

EXTRAORDINARY health™

Volume 38

Danica
Patrick

Never Slowing Down!

Every Body
Needs
Collagen
New Products
with YOU
in Mind

Introducing
Dr. Formulated
CBD Probiotics
Two Premium
Products in One



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Dr. Formulated
KETO

FUEL FOR BODY & BRAIN



Enjoy the convenience of on-the-go nutrition in powder form from Garden of Life. Our MCT Powder can be added to your favorite drinks for a boost of energy while our Butter Powder is perfect for cooking, baking or adding to side dishes. Keto convenience at your fingertips!



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Welcome to 2020 and as I say that, I feel like I'm talking about a sci-fi movie. Not long ago, the year 2020 seemed so far off into the future. I'm here to tell you that there's nothing fictional about some exciting new products we have in store for you. But I will say, as always, there was science involved.

Innovation is always at the forefront of our Science and Innovation Team's mind—and boy did they hit a home run here. We are so proud to introduce our Dr. Formulated CBD Probiotics line that uses a “capsule-in-a-capsule” technology, providing two premium products in one. Learn more about this amazing new line of products on page 22.

With the new year upon us, our thoughts always turn to making ourselves better, healthier and happier. We're offering several options you may want to consider. What about starting the new year by trying the Ketogenic lifestyle? If so, check out our section starting on page 6. Or maybe you've wanted to try taking collagen for its beauty benefits and joint support. Collagen is so important to the strength and structure of our bodies. You'll be happy to know Garden of Life now offers nine premium collagen products to address your specific needs. We've got you covered beginning on page 32.

Our cover story in this issue features Danica Patrick—beauty, brains, business savvy, athleticism—all wrapped up in one amazing woman. She's not slowing down for anything as you can see from this feature story. We've also included some amazing Brand Ambassador stories in this issue—all people who are on a mission of health and wellness. I'm sure you will find their stories inspiring and motivate you to take charge of your life in 2020.

We here at Garden of Life are so excited about what the year 2020 will bring. Wishing you and your family a fantastic year ahead filled with extraordinary health and happiness!

Mandy McCarthy
Vice President, Marketing



mykind
ORGANICS



ELDERBERRY



Organic SEASONAL WELLNESS

Black Elderberry and Echinacea combined with our unique blend of antioxidant-rich vitamin C derived from Organic Amla berry plus Organic Rosemary extract and Zinc (from organic guava), provide powerful immune system support to keep you and your family well all season.[†]

No Added Sugar

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good Reads



The Wizard and the Prophet: Two Remarkable Scientists and Their Dueling Visions to Shape Tomorrow's World
by Charles C. Mann

In forty years, Earth's population will reach 10 billion. Can our world support that? What kind of world will it be? Those answering these questions generally fall into two deeply divided groups—Wizards and Prophets, as Charles Mann calls them in this balanced, authoritative, nonpolemical new book. Mann delves into these diverging viewpoints to assess the four great challenges humanity faces—food, water, energy, climate change. The author's insightful analysis is an essential addition to the urgent conversation about how our children will fare on an increasingly crowded Earth.

Just the Good Stuff
Launching Feb. 25, 2020 – available for preorder on Amazon
by Rachel Mansfield

Welcome to food freedom: 100+ recipes that prove you can make healthy choices without sacrificing the meals, snacks, and sweets you love—with plenty of gluten-free, Paleo, and plant-based options. Rachel Mansfield's vibrant debut cookbook proves that living a healthy lifestyle doesn't mean adhering to restrictive diets or giving up all the foods you crave. By using better-for-you ingredients, such as grain-free flours, avocado oil, and coconut sugar, you can indulge while still maintaining a balanced approach to eating.



The Inflammation Spectrum: Find Your Food Triggers and Reset Your System
by Dr. Will Cole

In Dr. Will Cole's game-changing new book, readers will discover how inflammation is at the core of most common health woes. What's more, it exists on a continuum: from mild symptoms such as weight gain and fatigue on one end, to hormone imbalance and autoimmune conditions on the other. Every food you eat is either feeding inflammation or fighting it. The Inflammation Spectrum is about learning to love your body enough to nourish it with delicious, healing foods.

cool Picks



Marich® Milk Chocolate Sea Salt Almonds
www.marich.com
 7 oz., \$11.00

Fresh roasted California almonds find their natural beauty with a hint of sea salt and multiple layers of creamy milk chocolate. Not only delicious, but we love that this brand ethically sources their fair trade chocolate. Many options to choose from—check them out!

Garlic Gold Infused Extra Virgin Olive Oil
www.garlicgold.com
 8.44 fl. oz., \$12.95

Yum... just two ingredients: USDA Certified Organic Extra Virgin Olive Oil and Toasted Garlic. You had us at hello! Widely recognized as the finest tasting garlic-infused organic extra-virgin olive oil on the market, you will not be disappointed. Great for sauteeing or stir-frying your favorite dishes, or simply use it as a bread dip.

Namaste Muffin & Scone Mix
www.namastefoods.com
 16 oz., \$4.89

These muffins are light and airy with a sweet taste. Have them for breakfast or a snack. They are great any time of the day! Add fruit or spices and suddenly, you've got variety. Makes fabulous scones, too! We love that this mix is Non-GMO Project Verified and free from the top eight food allergens.

Raw Chemistry Revival Moisturizer
www.rawchemistry.com
 1.7 oz., \$24.99

A natural face cream that is vegan, paraben- and phthalate-free, Revival is a luxurious face moisturizer that has no silicones or synthetic materials. Rich in anti-wrinkle and anti-aging vitamins to properly nourish your skin, Revival Moisturizer is great for all skin types.



Time to Make a Change? The Ketogenic Diet May be the Answer

by David Perlmutter, M.D., F.A.C.N

Simply put, a ketogenic diet typically derives about 70-to-80% of total calories from healthful fats. The remaining 20-to-30% of calories are derived from carbohydrates and proteins. Eating like this puts your body in a state of ketosis in which it primarily burns fat for energy.

To get into and stay in ketosis, you must restrict carbs and sugar—less than 50 grams per day. This initiates your body to burn the remaining carbohydrates present, after which it moves on to stored glucose (glycogen), and finally it taps into ketones. Ketones are produced by the liver and readily used by the body for potent energy production and critical brain-related functions.

Ketones are a cellular “superfuel,” and one in particular—beta-hydroxybutyrate (BHB)—drives powerful, beneficial processes. Beta-hydroxybutyrate is important for the regulation of the expression of important genes, inflammation regulation, immune system activity, and even antioxidant function. This important ketone is one of the fundamental reasons the keto diet is so beneficial.

Prior to any dietary change, you should consult your healthcare provider. With that in mind, a ketogenic diet may be a good fit for you.

Taking Your First Steps

How To Get Started

Start with fasting for one-to-two days. Be sure to drink plenty of water during this time. This will force the body to burn through all of its available carbohydrates—an excellent way to kick-start your body into ketosis. Also, check with your healthcare practitioner before starting your fast.

Now it's time to stock your pantry with plenty of keto foods so you're prepared to start your journey once your fast is completed.

Pick up the Garden of Life Dr. Formulated Keto line of products. They're a great way to make your ketogenic diet more convenient. These easy-to-mix powders take the guesswork out of counting fats, protein and carbs. Use as a meal replacement or add to shakes, smoothies and use in cooking or baking. The options are endless.

Plan your first week of menus so you're prepared. Check out our sample menu and keto recipes beginning on page 12 to help guide you through the process. Once you get the hang of it, you'll develop your own combinations of keto-acceptable foods and ratios that are pleasing to your palate.

Be sure to get your body in motion. Whether you are trying to lose weight or achieve optimum health with your ketogenic lifestyle, exercise is an extremely important piece of the puzzle. If you don't already have a fitness routine, do something you enjoy. Just walking briskly for 30 minutes, three-to-four times per week is a great way to get moving. Go skating, biking, hiking—have fun! Exercise and movement will also help with digestion—very important when adopting a ketogenic lifestyle.



David Perlmutter, M.D., F.A.C.N

A leading expert on the human microbiome and New York Times best-selling author, David Perlmutter, M.D. is a board-certified neurologist and Fellow of the American College of Nutrition. Additionally, Dr. Perlmutter is a founding member and fellow of the American Board of Integrative and Holistic Medicine. Dr. Perlmutter and Garden of Life are responsible for the Dr. Formulated line of products.





Dr. Formulated
KETO



KETO FIT NO MATH—JUST MIX!



by Dawn Thorpe Jarvis, Senior Director of Nutrition Science & Educational Content

The ketogenic diet has gained immense popularity mostly for its ability to promote weight loss, through fat burning and fighting sugar cravings while supporting healthy blood sugar levels. A ketogenic diet is high fat, moderate protein and low carb. It is specifically designed to deliver around 70% of calories from healthy fats, with protein contributing 20% of calories, and the remaining 10% coming from low-sugar carbs.

By restricting carbs to about 30g - 50g per day, you are re-programming your body to burn stored fats for energy. The result is that you enter a state of “ketosis” and become a fat-burning machine rather than a sugar-burning machine. In order to remain in the state of “ketosis” and maintain the fat burning, you need to stay on a keto diet.

The Keto Fit Weight Loss Shake[†] is an ideal way to get started on a keto diet and is designed for weight loss. We’ve made it easy

for everyone to accomplish without doing any math, no counting calories or macronutrients every day.

FAT SOURCE—ORGANIC GRASS FED BUTTER POWDER

The primary ingredient in Keto Fit is our Organic Grass Fed Butter Powder. This delicious golden butter comes from our organic farmers in New Zealand. Its golden color indicates that it’s rich in beta-carotene and other beneficial fat-soluble nutrients—it’s the perfect fuel source for a ketogenic diet. Our Organic Grass Fed Butter not only provides fat-soluble vitamins, and a host of natural minerals, but it also contains Conjugated Linoleic Acid (CLA) which has been shown to increase lean body mass, reduce body fat mass, and improve overall body composition in overweight individuals.

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KETO FIT HANGRY ELIMINATOR

2 scoops Garden of Life Keto Fit
10-12 oz. unsweetened almond milk
1 Tablespoon almond butter
½ cup spinach
¼ cup blueberries

DIRECTIONS:

Place all ingredients into a blender and enjoy! Top with dash of cinnamon if desired.



TRULY GRASS FED WHEY

Our whey is Certified “Truly Grass Fed” as cows roam on lush nutritious grass, unique to Ireland’s wet climate year-round. They never receive commercial feed, and only receive cut grass silage when calving. Truly Grass Fed Whey is free of hormones such as rBST, rBGH and is also antibiotic free, un-denatured, cold pressed and micro-filtered. We are also very proud that this is the only Non-GMO Project Verified Whey.

We specifically chose our Truly Grass Fed Irish Whey Isolate as the protein source for our Keto Fit Weight Loss Shake because it’s extremely high in an amino acid called cysteine, a precursor to our body’s master antioxidant called glutathione. The isolate form of protein greatly reduces lactose for those who struggle digesting this milk sugar and it also greatly reduces the carbohydrate content. Ten grams of protein is the perfect amount per serving to keep you full and satiated while staying within the ketogenic guidelines of 70% fat, 20% protein and 10% carbohydrates.

WEIGHT LOSS BLEND

Our weight loss blend contains some clinically studied weight loss activators. The first ingredient in this blend is Organic Svetol, which is a naturally decaffeinated green coffee bean extract. We added it at a studied dosage of 450mg, which has been shown to support weight loss by slowing uptake of intestinal glucose and regulating blood sugar levels. No jitters, just metabolic benefits. More recently, peer reviewed science has shown it to have lipolytic activity—meaning it also breaks down fat in the body.

Also included is our Organic Coffeeberry Whole Coffee Fruit Extract. This blend provides 50mg of caffeine, which is just a bit less than a standard cup of coffee. Caffeine is a powerful ingredient that can release fat stores, increase metabolism and encourage the body to utilize ketones as a fuel source. This makes

Keto Fit the perfect shake for breakfast, a meal replacement or even as a pre-workout.

The third ingredient in our weight loss blend is Organic Ashwagandha. Ashwagandha is an adaptogen that helps the body adapt to stress. Clinical studies have shown Ashwagandha effective for regulating cortisol (stress hormone) in the body. We added a clinical dose of Ashwagandha to Keto Fit to help to fight stress cravings for sugar and carbs.

WHY PROBIOTICS?

Garden of Life believes that good digestive health is the key to well-being. This is why we rounded out our Keto Fit with 1.5 Billion CFU of *Lactobacillus plantarum* probiotics—a hardy strain that has numerous health benefits. At 1.5 Billion CFU per serving, Keto Fit provides an effective dose of probiotics to assist with digestion and assimilation of nutrients.

CERTIFICATIONS

Dr. Formulated Keto Fit is Certified Keto and Certified Paleo Friendly by the Paleo Foundation. This third-party certification makes it easy for people to know that it’s approved for a Keto diet and has a carbohydrate content of 10% or less. No sugar, artificial sweeteners or vegetable oils are allowed to be used and all herbivore animal products must be pasture-raised; no caged poultry allowed either. Keto Fit is also Non-GMO Project Verified and Certified by NSF as Gluten Free.

KETO FIT: CLEAN & SIMPLE

Available in two delicious organic flavors—vanilla and chocolate—Dr. Formulated Keto Fit is designed to be mixed with just water, and as the label says—No Math, Just Mix. It makes a perfect smoothie for breakfast, or it can be used as a meal replacement delivering the ideal ratio of macronutrients 70/20/10 for a keto diet, along with clinically studied ingredients to support weight loss.

Before starting any diet or exercise program always consult with your doctor or health care practitioner for specific advice related to your individual health needs. The ketogenic diet is not suitable for everyone.



KETO MEAL BALANCED SHAKE

Clean, Simple, Convenient.



by Dawn Thorpe Jarvis, Senior Director of Nutrition Science & Educational Content

We are very excited to have collaborated with Dr. Perlmutter, a leading medical expert and advocate of the Ketogenic diet and lifestyle, to create this unique Keto Meal Balanced Shake—specially crafted for those seeking to follow a ketogenic diet. No math, no counting calories or macronutrients every day—we made it clean and simple for everyone to use and follow.

We know that everyone has busy lives and very little time, so that's why we offer Dr. Formulated Keto Meal. It's a convenient healthy Keto Meal shake—just add water and mix!

IT'S ALL ABOUT THE BUTTER

Keto Meal has a macronutrient ratio of 70% fat, 23% protein, 7% carbs. The primary ingredient in Keto Meal is our Organic Grass Fed Butter Powder. This delicious golden butter comes from our organic farmers in New Zealand. Not only does it taste delicious, but its golden color indicates that it is rich in beta-carotene and other beneficial fat-soluble nutrients. It is the perfect fuel source for a ketogenic meal. Remember—Certified USDA Organic and Truly Grass Fed—the only source you want for your butter.

Our Organic Grass Fed Butter not only provides fat-soluble vitamins, and a host of natural minerals, but it contains CLA.

Conjugated Linoleic Acid (CLA) has been shown to increase lean body mass, reduce body fat mass, and improve overall body composition in overweight individuals. Another great benefit of Keto Meal is due to a slightly higher fat content, you will remain feeling full for even longer periods of time.

TRULY GRASS FED

We specifically chose our Truly Grass Fed Irish Whey Isolate as the protein source for Keto Meal Balanced Shake. Our Truly Grass Fed Whey Protein Isolate is extremely high in an amino acid called cysteine which is a precursor to our body's master antioxidant called glutathione. The isolate form of protein greatly reduces lactose for those who struggle digesting this milk sugar and it also reduces the carbohydrate content.

Our whey is Certified "Truly Grass Fed" as cows roam on lush nutritious grass, unique to Ireland's wet climate year-round. They never receive commercial feed, and only receive cut grass silage when calving. Our premium quality Truly Grass Fed Whey is free of hormones such as rBST, rBGH and is also antibiotic free, un-denatured, cold pressed and micro-filtered, along with being Non-GMO Project Verified.



PROTEIN—KEEPS YOU FULLER LONGER

One key difference between Keto Fit and Keto Meal is that Keto Meal has a larger serving of protein coming in at 16g per serving versus 10g in Keto Fit. This larger amount of protein is designed to keep you feeling full for a longer period of time as it is intended to be consumed as a meal, while staying within the ketogenic guidelines of 70/23/7. Also, remember that Keto Meal is a caffeine-free meal replacement that may be enjoyed at any time of the day. This also makes it ideal for those who are constantly on-the-go or travel often and need to replace at least one or more meals per day.

PROBIOTICS AND FIBER

We are believers that good digestive health is the key to well-being. This is why we rounded out our Keto Meal with 1.5 Billion CFU of *Lactobacillus plantarum* probiotics. This hardy strain has numerous health benefits and provides an effective dose of probiotics to assist with digestion and assimilation of nutrients in the product. Often, people following a ketogenic diet complain about constipation. This can be because they increase their fat intake and cut out most carbs and forget to include lots of low-carb fibrous veggies for fiber and minerals. Keto Meal has you covered with 4 grams of prebiotic fiber from Organic Acacia. Dr. Perlmutter is a huge advocate of consuming prebiotics to feed the probiotics and help build a healthy microbiome. With 4g out of the 5g of carbohydrates coming from fiber, this means our Keto Meal has only 1 gram of net carbs!

CERTIFICATIONS AND TASTE MATTER

Along with being Keto Certified and Certified Paleo Friendly, Keto Meal is Certified Truly Grass Fed and Non-GMO Project Verified. This ensures there are no genetically modified ingredients as rigorous steps are taken to test all plant and animal materials. Animal feed is also audited to check for GMOs. Keto Meal is also Certified by NSF as Gluten Free.

Dr. Formulated Keto Meal comes in two delicious organic flavors, vanilla and chocolate. Not only wonderful in shakes and smoothies, Keto Meal can be used for baking.



Before starting any diet or exercise program always consult with your doctor or health care practitioner for specific advice related to your individual health needs. The ketogenic diet is not suitable for everyone.

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Let's Eat!

Ketogenic Sample Meal Plans & Recipes

Recipes courtesy of: Ryan Cornett, Garden of Life Project Coordinator of Nutrition Science & Educational Content

Following a ketogenic meal plan means that much of your diet will consist of healthy oils, fats, nuts and seeds, along with some clean protein. Kick start your body into ketosis by using Dr. Formulated Keto Fit every day for the first week. Fiber is very important when following a keto diet, so be sure to include non-starchy vegetables and Dr. Formulated Keto Meal and Organic MCT Powder. Use the following sample menus as a guide and be sure to use organic ingredients.

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A Clean and Simple Guide To Everything Keto

DAY 1

BREAKFAST

Chia Keto Pudding (Serves 2)

2 Tablespoons Garden of Life Chia Seed
2 scoops Garden of Life Keto Fit
13.5 oz. full-fat coconut cream or milk
5-10 nuts (Macadamia, pecans, walnuts or almonds)
1 Tablespoon goji berries, coconut flakes & raw cacao nibs
Dash cinnamon

Directions:

Stir chia seed, Keto Fit and coconut milk in Mason jar and place with lid in refrigerator for next morning. Spoon into bowl and top with remaining ingredients.

LUNCH

Keto Chicken Salad

3-5 oz. shredded chicken
2 Tablespoons avocado oil mayonnaise
1 stick diced celery
½ diced cucumber
2 Tablespoons chopped walnuts
1 Tablespoon unsweetened raisins

Directions:

Mix chicken, avocado mayonnaise, celery and cucumber in a bowl. Top with walnuts and raisins.

DINNER

Keto Protein Pie

3-4 pastured eggs
¼ inch slice red onion
2-3 cloves garlic
1-3 cups spinach or other leafy greens
1-3 Tablespoons almond flour or coconut flour
1 Tablespoon Garden of Life MCT Powder
2 oz. goat cheese
5-10 nuts (walnuts, pecans or Macadamia)

Directions:

In saute pan, cook diced garlic and onion in coconut oil. Add spinach and cook until wilted. Add eggs and stir. Stir in 1 Tablespoon. of flour at a time until a cake-like batter is achieved. Cover and cook on low heat until eggs are firm. Add goat cheese and cover until melted. Place on serving plate and top with nuts.

SNACK OR DESSERT

Cream Cheese with 6-8 Walnuts Cucumber with Nut Butter

DAY 2

BREAKFAST

Keto Fit Shake

2 scoops Garden of Life Keto Fit
10 oz. water, almond milk or coconut milk

Directions:

Add ingredients to blender and enjoy!
No counting or measuring necessary.

LUNCH

Tuna Wrap

1 can wild caught tuna (Wild Planet)
2 Tablespoons avocado oil mayonnaise
1-2 Tablespoons pine nuts or sunflower seeds
2-3 large romaine lettuce leaves
1 Tablespoon Garden of Life MCT Powder
Sea salt & black pepper

Directions:

Mix tuna, avocado mayonnaise, black pepper and sea salt in bowl. Scoop tuna salad into romaine lettuce wraps. Top with nuts or sunflower seeds.

DINNER

Guilt-free Chocolate Mousse

2 scoops Garden of Life Keto Meal Chocolate
10 oz. unsweetened vanilla almond or coconut milk
½ avocado
1 teaspoon to 1 Tablespoon cacao powder
Dash of cinnamon & sea salt
5 drops vanilla extract
5-10 drops of stevia

Directions:

Place all ingredients into a blender and blend until smooth. Spatula finished mix into serving bowl and top with raspberries, coconut flakes and crumbled cashews (if desired).

SNACK OR DESSERT

Guacamole with Cucumber Chips

Directions:

Mix diced avocado, red onion, garlic and cilantro. Top with squeeze of lime and dash of salt. Cut cucumber into ¼-inch "chips."

Keto Meal Shake

Directions:

Blend 2 scoops Keto Meal with 10 oz. water or unsweetened coconut milk



Garden of Life®
Brand Ambassador

coach

*Krystal
Nielson*

Believes in You



by Kelly Merritt

A glance at Krystal Nielson's Instagram feed and one thing is clear—achieving extraordinary wellness never looked so good. It's not just the level of fitness Nielson has attained, or the fashions or the scenery. It's how she conveys the humanity of health, how she applies that to her coaching and how it all comes together. It's how she is able to help her participants stay accountable to themselves.

Between commenters exclaiming, 'Those abs!' 'Where can we get those shorts?' and 'You are a force to be reckoned with,' Nielson's advice and consult goes beyond what she eats and does in the gym. Using her experiences as a baseline, she shares her coaching message in ways that resonate beneath the surface. In a post that garnered nearly 50,000 likes, Nielson supposes: "Maybe she's born with it... or maybe she shows up for her goals even on days she feels lazy.... Maybe she's lucky... Or maybe she considers failure a chance to try harder... and refuses to give up... On her goals... Or on herself."

Women everywhere hear her. They respond to Nielson's honest approach. And for Nielson's fans who want what she has, she is eager to share it with them. The only catch? They must do the work.

"I've made moving my body daily a lifestyle, along with eating healthy food, staying connected and in tune with my emotions and with my mental and physical body," says Nielson, who vows that she could never go back to a time of dishonoring her body.

"I see with clients that everyone is looking for help and what I have unmasked is that people can feel alone on their fitness journey."

Though Nielson is a NASM Certified Personal Trainer and NASM Fitness Nutrition Specialist, helping transform her clients' lives is the result of her own inner transformation.

"I went through a year and a half of a deep spiritual and emotional journey of growth and taking ownership of my life," says Nielson. "I have brought that into my coaching."

Nielson is the creator of several guides and programs including Coach Krystal's Total Body Guide, a 30-day workout plan with workout videos, recipes and time challenges. Her seasonal guides such as for fall and the holidays include multi-day workouts and recipes, while her superfood smoothies guide contains recipes for energy, mood and workout. As an online health, fitness and transformation coach, Nielson is also the brains behind her LIVE



online group-coaching experiences, a 30-day focused mindset in a group experience. All of the programs pay homage to fat loss and lean muscle gains complimented by Nielson's core values of self-love and self-care. The before and after photos of clients on Nielson's website speak volumes as to the effectiveness of these programs.

"One example of how we let ourselves go is most people are chronically dehydrated and don't even know it, plus things like back and knee pain, depression and that zenith of stress has become a way of life," says Nielson. "Life coaching is incorporating what we put into our body, but also strong truths and confronting that deep inner work—before the pounds can melt off the clients, they have to learn self-love, self-acceptance and self-ownership."

Aside from coaching clients to learn how to work out, meal plan and create a safe space for reflection, Nielson's weekly Facebook Live events provide comfort and help participants feel less alone and understand the importance of preparation.

"A lot of pre-planning is needed to address challenges as to why you haven't succeeded before now and it's important to put yourself around people who want the same things and have those conversations," says Nielson. "Regarding nutrition, if you're trying to lose weight and you don't meal prep your food, on the go you will succumb to what's available, fast and easy and probably cheap, so pre-work is everything."

One of the first things Nielson coaches her clients is that the number one cause of weight gain is an overconsumption of calories and being mindful of calories in and calories out. She prefers to focus on whole foods, fruits, grains and veggies, plus moving the body every day for 20 minutes in the morning.

"Tony Robbins is known for saying motion creates emotion, so raise your energy and raise your mood and that's why I advocate for exercise in the morning," says Nielson. "During workouts I can work out stress, problem solve and find solutions, improving myself from the inside out."

Nielson helps her clients see the emotional benefits of this type of lifestyle change and begin seeing their own great transformation. That also has to include some down time. She schedules two

days a week where she doesn't engage in a formal workout with weights, but she still gets in exercise walking her dogs three times a day for 20 minutes. Along with her husband Chris, the two dog lovers post updates on raising their canine children Wayne and Chucky, much to the delight of their followers.

"There are days for celebration, like the one I recently experienced in New York with Garden of Life and I work really hard to earn those moments," says Nielson, who is a fan of green smoothies and Garden of Life Raw Organic Perfect Food superfoods greens. "It's about being mindful to the connotation of how you eat, not depriving yourself, because that's no way to live."

Currently Nielson is setting the stage to bring her life coaching to a new level. She is excited to work with women, especially mothers, to give them the solid tools they need to feel empowered and help them believe in themselves.

"The mindset of coaching is transformative and is about reclaiming power, so part of my plans going forward will include speaking publicly and teaching people that if they want results they have never had, they must do things they have never done," says Nielson. "To lose weight or start that dream job or whatever your goals, you have to make some changes."

Among the tips she shares with clients is creating an arsenal of products. Nielson especially loves Garden of Life's Raw Organic Protein in vanilla flavor, enzymes and *mykind* Organics Turmeric. To nourish her adrenal glands, help the body manage stress, optimize energy and fight fatigue, Nielson also takes Garden of Life's *mykind* Organics Ashwagandha. She takes the *mykind* Woman's multivitamin daily and loves the new Ready-To-Drink protein shakes.

"The ready-to-drink shakes are amazing, especially with being out and about to throw in my bag, and as soon as my workout is done, I have a shake loaded with vitamins and minerals to help me feel energized and support my fitness," says Nielson. "The thing about Garden of Life products, is this is an amazing company to explore wherever you are in your journey, because the products can assist you in your goals."

Follow Coach Krystal Nielson on Instagram at [coachkrystal_](https://www.instagram.com/coachkrystal_) and online at www.coachkrystalnielson.com.



Troy Akers:

aka recording artist Bandit Heart
"In and out of the recording studio, on and off the yoga mat, the GoL clean protein drink keeps me fueled and filled to keep moving on to the next with strength and energy. And it doesn't hurt that I am a chocoholic!"

— What Our —

BRAND

Ambassadors Are Saying About

Clean, Convenient, Ready-To-Drink

PROTEIN



Jared Eberwein:

"Whether I'm pressed for time or just want to sit and enjoy a nice cold flavorful sweet shake, my sweet tooth (which runs my life) is 100% content every time I have a RTD from GoL. My youngest son has a new morning regimen, wake up and drink his Cha-Chi-Milk. Absolutely love'em!"



Eden Greenstein:

*Daughter of Michelle Jerson-
National Radio & Podcast Host
www.passportmommy.com*

"Here is what I love about RTD: I love RTD because it takes all the time out of mixing together my protein powder and milk and gives me the opportunity to enjoy a really creamy chocolate drink even though I'm lactose intolerant. My 2.5 year old also really enjoys it and I feel comfortable knowing it is organic, plant based and full of protein."



Daniella Hill:

USA Track and Field

"I've pretty much got my entire family and training group hooked on GoL products and I've always been a fan. But the new RTD line is amazing! The quality is awesome and the concept fits so well in my chaotic life. GoL rocks!"



Quentin Eberhardt:

*University of Tennessee Director of
Baseball Sports Performance*

"GoL has set the standard for quality in the industry. Great people producing a great product makes it an easy choice over the competition. Adding RTDs to the Sport line has been a game changer. All of the nutrients packed in a convenient, quick, on-the-go bottle that tastes amazing, and my athletes love."



Don't Ask Danica Patrick To Slow Down

The world's most famous female racer on what keeps her going and in the driver's seat

by Priscila Martinez

Don't ask Danica Patrick to slow down. Even before she became the only woman to win an IndyCar Series race, she has been a force to be reckoned with on and off the racetrack. Don't ask her to show stress either, even being billed as the most successful woman in the history of American open-wheel racing isn't enough to make her lose her cool. She credits long walks for keeping her serene and centered. "I reset somewhere out in nature, the more nature the better," she asserts. She also credits her workouts for helping her on and off the racetrack. "Yoga is great if I can get myself to do it. It's a little bit more mental and calming for me. It slows me down," she says.

No easy feat for the most famous female IndyCar driver.

Patrick's public persona has made her out to be a kind of mythical figure: a woman with enough male energy to command a room full of guys, but enough warmth to allow her podcast guests to feel comfortable during their sessions. When asked about the advice she would give women trying to enter male dominated turf, she doesn't stutter. "Stop thinking about being the only girl in the field and start thinking about being the best," she says so assertively that you want to practice her advice as soon as it's left her mouth.

Being surrounded by male energy all of her career made her acutely aware of the activities that let her dial into her desired energy. She admits to opting for yoga when she wants to tap into her feminine strength and looking for more intense workouts like CrossFit or weights when she wants to draw from her masculine moxie. "CrossFit, something more intense or weights still tap into the masculine in me," she says about her workout routines. She credits these activities with giving her the 'go go go' kind of energy.

When it comes to her morning routine, she likes to start her day like millions of Americans: with coffee. During her mornings, the female racer also confesses trying to add other habits like a gratitude practice. Don't assume it will take up her whole day, "I try to wake up and say things like 'thank you' and 'I am grateful for this day,' even if it's that quick," she admits. She also tries to make her bed a phone-free zone by not looking at her device until she is out of bed and in the kitchen. Once in her kitchen, she tries to drink 16 oz of water before her coffee. "Which is hard," she confesses. "Because I just really want the coffee." Sounds like she is human after all.

Known as a perennial jack-of-all-trades, Patrick came into our collective conscience first as a female racer. She later became a businesswoman, mentor, and now fans can add podcaster to her resume. When asked about how she deals with all of these identities, she first starts by acknowledging that although all of us wear many hats, it can be easy for us to attach to one identity along the way. "We're all many things. I think it can be common

"I try to wake up and say things like 'thank you' and 'I am grateful for this day,' even if it's that quick," she admits.



for someone to become very attached to one identity and assume that's who they are," she cautions. She warmly reminds us that while we have many identities, they come out at different times. "Never forget that you can be someone different tomorrow, and the next day, or right now," she says. Patrick believes we are allowed to evolve and progress through life and she advocates for us to embrace that fact. "There is such a negative connotation to change. It's not about being someone. It's not about forgetting who you were. It's about continuously evolving into a broader and more diverse person. And sometimes, that shows up differently."

After announcing her retirement from racing, she launched a podcast in the summer of 2019. She found the idea of mentoring really gratifying. Through racing, Patrick knew firsthand that mentoring and inspiring were important jobs. It was clear to her that she wanted to continue doing both after her racing career but that she had to wait for the right opportunity to let those larger

goals manifest. She got her feet wet in the world of podcasts when she was promoting her book. "I did a few different podcasts that were a lot of fun and really interesting. I felt invigorated by them," she begins. "I thought, here I am doing interviews that are ten times longer than I normally do, and I'm not exhausted. I'm actually energized from them," she explains and admits that those experiences planted the initial seed for her to try her hand in a new role.

Her new role fits well into her larger plans. "I'm very proud of what I accomplished in racing, based on my ambition to do more and go further," she says. She also admits that she doesn't want to reinvent herself with her next chapters, she hopes to expand upon the hard work she's put in. "I hope that when it's all said and done, [me being a racer] is more of an afterthought," she muses. Racing will be what we first knew her for, but not what we will always recall first.



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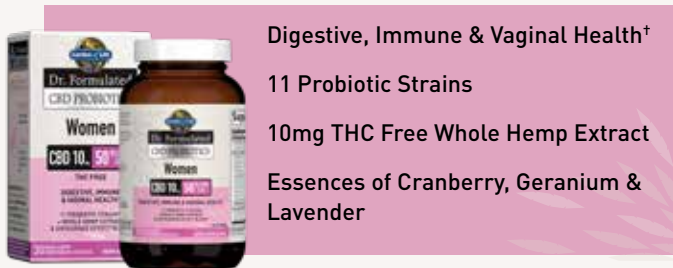
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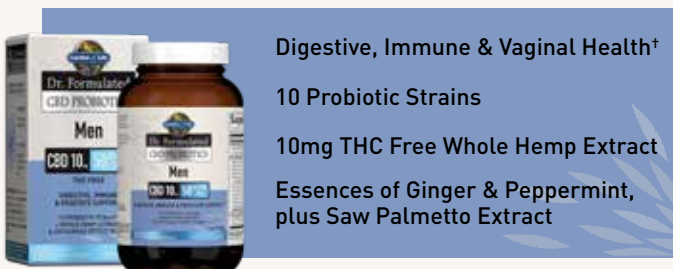
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INFLAMMATORY RESPONSE[†]: A healthy inflammatory response is critical to overall wellbeing.





On the Road with Jeff Brams Oregon Hemp Farm

By Ross MacPherson

With the Pacific Ocean just in sight to the west and the Cascade Mountain Range to the east, the Willamette Valley in Oregon was one of the most beautiful destinations that I have had the pleasure of visiting on my travels with Garden of Life.

We arrived early on a hot August morning and were welcomed with a warm, calloused handshake from our hemp farmer, Cody. His three small children scurried at our feet and played in the baked, hard soil as we shared fresh berries that we had picked up at a quaint roadside market on the way to the farm.

Although out of sight, we could hear the gentle current of the Willamette River flowing beyond the brush behind the fields. Wall-to-wall sunshine consumed the skies above us and the hemp crop ran perfectly symmetrically over the fields in front of us as far as the eye could see. I immediately began to appreciate

the type of life Cody had with his family. In fact, in another life, I could picture myself with my own family amongst the astonishing natural beauty of the area, yet just within reaching distance of the bustling streets of Portland. It seemed like quite the life.

We spent the day exploring the vast farmland, while Cody enlightened us on his decision to grow hemp in a region that, until very recently, had been most known for its wine. Hemp is a relatively new crop to the area and is not a familiar sight to those indigenous to Oregon. Cody looked over the land in front of us as he announced, “I’ve always liked the concept of Organic, and it is a decision that worked well with myself and my family.” He then added, “No pesticides or synthetic fertilizers, it’s farming in its most raw, untouched form.” Our visit to the farm was only a few short weeks after the fields had been planted, yet some of the crop was already as high as four feet tall. Each plant was completely unique in its appearance—some tall and thin, and others shorter and wider at the base. Yet the sheer size of the farm, coupled with the natural rolling topography of the



area, created the illusion of a never-ending, green sea of hemp. Surprisingly, while I expected the aroma of the farm to be quite pungent, the gentle herbaceous wafts of the plant only arrived following a gentle breeze and were exceptionally pleasant. The farm smelled fresh and clean, yet undeniably distinct.

As the day went on, and Cody continued to educate us on his methods of farming and harvesting such high levels of CBD, I felt at ease knowing we were sourcing our CBD from such a natural and rich source of hemp. We learned that depending on the field, Cody would employ different tactics in order to harvest the highest yield of CBD from his plant and he had to be very adaptable with his farming methods. From our point of view, Cody was running a tight ship and had perfected the way in which his plant is grown and harvested. However, according to Cody, he is always learning and developing his farming practices and techniques in order to continuously improve and produce such a high quality product.

On the visit to Oregon, we had the pleasure of meeting Freddie, who facilitates the extraction of the CBD. I have worked with Freddie for many years and we have a close personal relationship. Freddie works meticulously with Cody to ensure the time involved from the plant being harvested to the time it is extracted at his facility, is kept to an absolute minimum. What makes our CBD so special is that we don't use any harsh chemicals or solvents to create our oil. Cody and Freddie have created a synergy whereby the plant is taken from the farm to the extraction facility, and delivered to our customers with such efficiency that "crop to store" end product contains very high levels of CBD, and undetectable levels of THC—all while maintaining a completely organic process.

It's so important to us that we can trace every point in our supply chain no matter what product we launch. When it comes to CBD Oil, I feel at ease knowing that behind our product line is a family taking the greatest care of their farm—and ultimately—our product line.

REDUCING INFLAMMATION For Health



by David Perlmutter, M.D.

The leading causes of death and disability worldwide are chronic degenerative conditions. These familiar diseases including cardiovascular disease, cancer, Alzheimer's disease, and type II diabetes are increasing globally, at a dramatic rate, in every region, and in all socioeconomic classes. To be clear, chronic degenerative conditions exceed deaths caused by famine, war, and even infectious diseases. And importantly, this was not always the case.

What has changed? Certainly, it hasn't been our genetics. Our DNA has changed very little in the past hundred thousand years. And yet, we are suddenly experiencing a virtual explosion in the prevalence of these conditions.

To understand why these conditions are now so widespread, we have to ask if there's any shared mechanism that underlies chronic degenerative diseases as a group. And indeed, there is. In a word, its inflammation. All of these conditions represent a consequence of increased levels of inflammation within the body. And higher levels of inflammation can damage heart arteries, the brain, the joints, and even disrupt the function of the immune system allowing cancer to manifest.

So, if inflammation is at the root of what are now the most pervasive diseases on our planet, it really makes sense to explore how our modern world is amping up inflammation as this should clearly provide us some action points to live a healthier and longer life.



Food, Probiotics & Fiber

Without question, the biggest environmental change that humans have experienced worldwide in the past several decades has been in the area of the type of foods consumed. The so-called, "Western diet" has unfortunately become pretty much the global norm—high in ultra-processed components, sugar, and refined carbohydrates which dramatically enhances inflammation. Of the 1.2 million foods typically sold in American grocery stores, approximately 68% contain added sugar. And an incredible 58% of food consumed by Americans is ultra-processed.

Forward-thinking healthcare providers are dialing in to diets that are designed to reduce inflammation. These are diets that emphasize whole foods from natural sources, low in sugar and refined carbohydrates, primarily plant-based, with an emphasis on providing adequate amounts of healthy fats. In addition, there

is certainly a greater emphasis these days on including foods that contain both probiotics (fermented foods) as well as prebiotic fiber (to enhance the growth and metabolism of the probiotic bacteria in the gut). The reason there is such an emphasis on the gut bacteria has to do with the role of these organisms in maintaining the integrity of the gut lining.

The lining of the intestinal wall represents a powerful line of defense, keeping the rest of the body isolated from various gut related chemical compounds that can aggressively increase inflammation. This explains the important relationship between the health of the gut and systemic inflammation. Threatening the function, health, or diversity of our resident microbes, as can happen with inappropriate food choices, taking various medications like antibiotics, and even exposure to pesticides and herbicides can ultimately play out as increased permeability of the gut lining, now commonly referred to as “leaky gut.” And, to reiterate, this is a situation that powerfully enhances inflammation, setting the stage for a wide array of diseases.

Specific gut bacteria are known to play important roles in maintaining and even reducing intestinal permeability. Our gut bacteria thrive when they are nurtured by foods rich in prebiotic fiber as well as polyphenols. Prebiotic fiber, as mentioned above, is the type of dietary fiber that nurtures our good bacteria, allowing them to produce their metabolic products that ultimately provide health benefits. Supplements containing acacia gum and baobab fruit derivatives are also a terrific source of prebiotic fiber.

Polyphenols contribute to gut the health by further enhancing the growth of beneficial bacteria while helping to suppress the growth of potentially pathogenic organisms. In addition, polyphenols are actually antioxidants in and of themselves and help reduce inflammation. Foods rich in polyphenols include apples, blueberries, peaches, raspberries, broccoli, spinach, black beans, almonds, flax seeds, cinnamon, coffee, dark chocolate, olives and olive oil, and red wine.

Sleep

Quality sleep remains incredibly underrated in terms of its importance for health and disease resistance. It's been estimated that a full two-thirds of American adults do not get adequate amounts of restorative sleep. This very much plays into risk for chronic to generative diseases as lack of restorative sleep directly enhances inflammation. This may well explain, at least in part, why sleep disorders are associated with increased risk for things like cancer, Alzheimer's disease, heart disease, and type II diabetes. Even one night of non-restorative sleep has consequences the very next day not just in terms of inflammation, but in other areas like hormone balance and even blood sugar regulation.



These days there are plenty of wearable devices that can provide very meaningful information that will allow and encourage you to make changes to foster a better night's sleep. That said, some helpful tips include stopping caffeine after 2 PM, minimizing screen time in the evening as blue light from computers, tablets, phones, and TV, can inhibit the hormone melatonin and make it more difficult to fall asleep. Try to make your bedroom as dark as possible, and you might even consider lowering the temperature by a degree or two.

Stress

From multiple perspectives, our environment seems to be getting more and more toxic. Stress, for example, is one of the most obvious toxins that has become virtually ubiquitous in our modern world. Stress, leads to an increased production from the adrenal glands of the hormone cortisol. Chronic elevation of cortisol, a manifestation of chronically being exposed to a stressful environment, causes important changes to happen in the gut. Changes occur not only in terms of the various species that are represented, but in addition, cortisol acts directly on the gut wall to increase permeability, which, as noted above, powerfully enhances the production of inflammatory chemicals throughout the body. So, it is through this mechanism that we are able to understand a relationship between our stressful modern world and the ever-increasing rates of chronic degenerative diseases.

Two important ways that we can offset the damaging effects of stress in our lives include meditation and exposure to nature. Meditation, even for as little as 12 minutes each day, has been shown to lower cortisol, reduce inflammation, balance the immune system, and even improve empathy and compassion. Exposure to nature has similar effects. Essential oils that are secreted by trees increase our sense of wellness. Nature exposure, even in an urban environment, has been shown to dramatically reduce cortisol levels, and this occurs even after just a few minutes. To be clear, nature exposure doesn't mean that you have to plan a trip to Yellowstone each week. Measurable benefits have been demonstrated by simply being around a plant. One recent study demonstrated reduced measurements of stress in individuals in a hospital waiting room when there was a plant present.

Conclusion

Inflammation plays an important role in helping combat infections, and recover from injuries. But, when the fire of inflammation continues to smolder over a long period of time, it ushers in any number of chronic degenerative conditions. The good news is our lifestyle choices can make a huge difference in terms of keeping inflammation in check and as such, help us live long and healthy lives.



Garden of Life® Brand Ambassador
Courage on the Court:

Lauren Davis & Eddie Elliott

Serve Up a Winning Combination

by Kelly Merritt

In the ultra-competitive world of women's professional tennis, athleticism is only one component required to remain at the top of the game. Just when muscles are pushed to their absolute limits, when one more start-and-stop to return a killer serve feels impossible, training and inspiration kicks in. Contrary to popular belief, tennis is a team sport, comprised of a winning pupil and dedicated coach. Such is the team of Lauren Davis and Eddie Elliott.

Davis is in the prime of her career, going into her tenth year on tour. She recently returned from China. She's wowed crowds at the Australian Open and Wimbledon, where Davis defeated three-time major champion Angelique Kerber this past July. Quick to praise her opponents, Davis is a class act. 'She's like a human backboard', 'a tremendous competitor', 'hardly makes any errors' and 'an incredible champion' are just a few compliments Davis has given her toughest competition.

"Players already have to deal with an enormous amount of stress, so it's important to pump good nutrition into your body and for that reason, Garden of Life has been awesome," says Elliott.

It's no wonder the tennis world continues to take notice of the fight within this champion. But the road hasn't always been serve and volley.

"This was a fulfilling year, but in the past, I did struggle and actually took two and half months off from tennis season, doubting whether to continue," says Davis, who credits playing for the wrong reasons for the burnout she experienced. "I put a lot of pressure on myself and my ranking dropped, so it was an uphill battle to get my mojo back."

With help from coach Eddie Elliott and a whole lot of introspection, Davis found her way back to the heart of the court.

"Time off makes you appreciate what you have, and Eddie helped me to regain and find the love I had for tennis once again," says Davis. "I was forced to look for that in myself and realize that at the end of my life, I want to look back and see that I have made use of the God-given talents I've received."

In addition to beating Kerber at Wimbledon, Davis' memorable experiences since her tennis rebirth include being center court at the Australian Open, which to this day is one of her most enjoyable matches.

"It was just such a really cool experience, playing my best tennis and fully expressing myself, and though there were several match points I didn't convert, it was a really good game," says Davis, who possesses an enviable backhand.

Australia is a meaningful place for Davis. It claims the top spot as her favorite place to travel, not just for the tennis, but for the ease in which it delivers a healthful lifestyle.

"The food is amazing in Australia, clean, and organic, with salads and acai bowls on every corner, which is not the case at many tournament locations," says Davis. "It's tough eating clean on the road and you have to really make an effort, like taking an Uber to a vegan or organic restaurant."

Davis steers clear of processed food, something coach Elliott champions both for his player and in his own life. Davis credits Elliott with helping her take a healthful lifestyle to new heights.

"The smallest detail can give you an edge and might cause you to win one more round," says Davis, who takes probiotics, turmeric, green superfoods and *mykind* Elderberry Gummies. "I've noticed I don't get sick as often and I recover faster after matches and in between matches, and I have a sense of a more sustainable form of energy."

Coach Elliott helped Davis improve her game exponentially, but a big part of her advancement was how Elliott encouraged Davis to take care of her spirit. The tennis coach known as much for his inspiring nature as his skillset, recognized a fighter beneath the frustration.

"Lauren has an unbelievable fight in her, so part of our path was getting her to realize her strengths and that no one could take that away from her – because she was already a top athlete and there was no reason she couldn't go higher," says Elliott. "As a coach you are looking for the strengths of your player,

understanding what makes a player tick and making sure the player knows themselves."

Elliott fondly recalls something he learned from his father, in that the farthest difference is between knowing and doing.

"You can talk the talk, but if you haven't made that connection of understanding, it's not going to work, so it's better if there is a natural progression towards what your player is striving to be and that path has to match," says Elliott. "We have had an awesome year with Lauren's hard work resulting in her rankings going from 260 to 150 and into the 60s, so we look forward to continuing that momentum and that focus."

For Elliott, connecting the spiritual self with the body is in the bloodline. He comes from a family of missionaries and attributes how he helps others handle tough situations to his parents.

The values he learned from his parents help Elliott to be there for Davis along her journey. The world of tennis may look shiny on television between grand slams and traveling 40 weeks out of the year, but Elliott says players need a team. Elliott's philosophy on coaching is a holistic approach. He advocates for clean and organic supplements and says if athletes aren't careful to avoid processed food, the body will break down and build up inflammation, leading stress to jump in.

"Players already have to deal with an enormous amount of stress, so it's important to pump good nutrition into your body and for that reason, Garden of Life has been awesome," says Elliott, who helps Lauren rise above the typical nutrition challenges with recovery meals and other nutrient supplements. In the preseason, Davis and Elliott will train two-five hours a day, which requires good fuel that won't hurt the body. It can get complicated, so Elliott advises keeping to simple examples of clean eating, whole foods and avoid processed food and white sugar.

"The biggest thing about diet is sustainability and if zero to 100 works for you, great. But if you will hate yourself in a week, it is better to consistently draw you to where you want to be," says Elliott, who works with WOW Sports Agency as Davis' full-time coach. "I'm a big advocate of the active lifestyle, so there should not be a negative connotation to fitness—as much as you can, make it enjoyable—go rollerblading by the beach, surf in the afternoon, jump into a fun class like yoga."

Elliott is a dedicated fly angler who has Lauren begin her preseason training at higher altitudes engaging in activities. "When you come back to sea level, your lungs are in great shape and there is an inspirational factor to that part of training."

Elliott's go-to Garden of Life products include apple or chocolate flavor Perfect Food® super greens, Dr. Formulated CBD Relax and CBD Sleep to help adjust to various time zones. For immune support, like Lauren, he takes *mykind* Organics Elderberry Gummies and uses the Vitamin C spray daily.

Follow along with Davis' journey @laurend1092 and Eddie Elliott @eddie_elliott both on Instagram.

Garden of Life is Proud of its Brand Ambassadors



Garden of Life's brand ambassadors compete at amateur and professional levels throughout the world. You'll find them climbing the highest mountains, competing in regional triathlons, punishing opponents in a mixed martial-arts cage, paddleboarding in the ocean or driving the lane for a layup. Some follow plant-based diets, while others enjoy raw or omnivore lifestyles, but all of them have one thing in common—the desire to achieve extraordinary health and to rise above the competition.

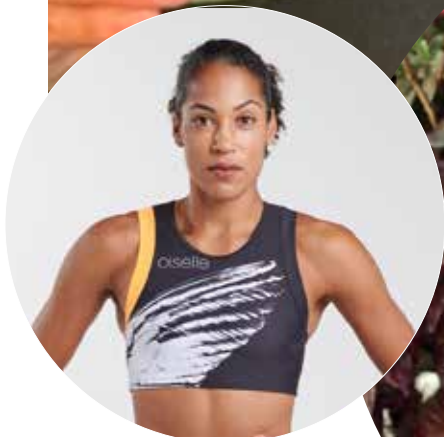
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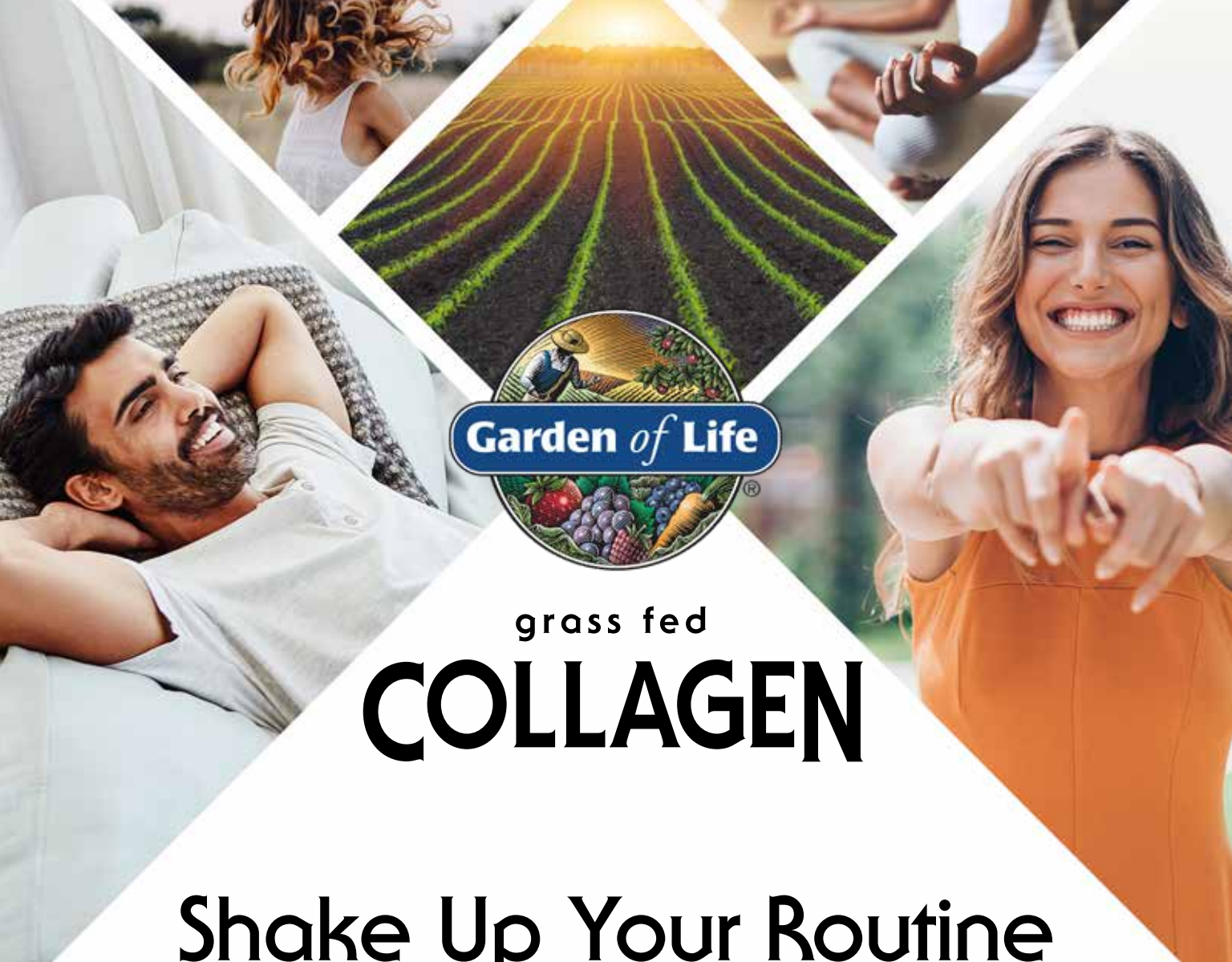
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grass fed COLLAGEN

What Every Body Needs



by Dawn Thorpe Jarvis, Sr. Director of Nutrition Science & Educational Content

We now offer nine collagen products with targeted ingredients, all from traceable sources with third-party certifications.

Collagen makes up 30% of the body's protein; it gives structure to very important tissues such as skin, muscles, bone, hair, tendons and cartilage. As we age, the body's ability to make collagen diminishes significantly starting at around age 30. This new line is designed to bring clean, high quality, absorbable collagen to consumers, for skin elasticity, strong hair and nails and for joint support and mobility.[†]

Recently we have seen a tremendous demand for collagen products and there are various options available. So, let's start with: what's the difference between Collagen, Bone Broth and Collagen Peptides?

Collagen is a very large protein; it consists of three very long chains of amino acids. These chains are made up of 18 different amino acids including three important ones called Proline, Hydroxyproline and Glutamine. Each collagen molecule has three long chains wrapped around in a triple helix structure. Because it is such a large molecule, the body needs to break it down in order to digest it. Bone broth is a partially-digested form of collagen (made by boiling bones for hours). When collagen is completely digested, it is in the form of small chains of amino acids called collagen peptides, which are easily absorbed and are very bioavailable to the body. They travel in the blood stream to deliver the amino acids to the tissues for building collagen.

GARDEN OF LIFE GRASS FED COLLAGEN

The entire world gets its collagen as byproducts from the meat/beef industry and hence the supply chain for ethically, humanely-raised, grass-fed beef is very tiny and the market is full of sketchy claims. Garden of Life has worked very hard to find the cleanest source of collagen available. For us, this was the most important part of the process, working with farmers with the same values that we uphold. Healthy cattle roam free, feeding on Non-GMO grass, being treated humanely and not being treated with antibiotics and hormones. All of this matters to us.

Where there are extremely large herds of cattle such as in South America, complete traceability of the animals in the herd is not possible. So, we needed to partner with smaller farms with more traceable systems before we could bring our collagen to market. We are sourcing our collagen from Germany where we worked with smaller farms; we went to Europe because GMOs are not allowed there and the herds are much smaller and more traceable.

Our entire Collagen line is third-party Certified Paleo Certified and Certified Keto, plus NSF Gluten Free. As we worked on building a supply chain for our collagen, we learned of the challenges of obtaining other third-party certifications for livestock (versus plant and dairy). For example, Non-GMO Project Verification does not have methods available yet for livestock, although they are working on them for us. Although we know that there are no GMOs used for our cattle and the grass is Non-GMO, we needed third-party verification to meet our own standards. Our new Collagen line is tested by IGEN™ which stands for the International Genetically Modified Organism (GMO) Evaluation and Notification Program. IGEN is a third-party certification program developed to test for the presence of genetically modified organisms (GMOs).

- ❖ IGEN tests products using direct analysis.
- ❖ IGEN adheres to ridged European standards and to receive certification, a product must contain undetectable amounts of GMOs.
- ❖ IGEN is a fully transparent certifier with full consumer reports available on all products tested.

We now offer you Collagen in various formats so you can pick and choose the right one for you. From super beauty formulas, to turmeric, to MCT creamers, our powders are great for shakes, smoothies, lattes and in baking. The possibilities are endless!

grass fed COLLAGEN — BEAUTY —

When it comes to collagen formulas for youthful skin, beautiful hair and strong nails, Garden of Life has all the bases covered. Our delicious beauty formulas provide the clean nutrition your body is craving.



COLLAGEN SUPER BEAUTY

Who doesn't want more youthful looking skin and better resistance to aging?† Collagen Super Beauty contains clinically studied and organically grown Holimel® French Melon extract, astaxanthin and vitamin C—ingredients proven to boost your skin's elasticity and resistance to UVA- and UVB-related skin aging.†



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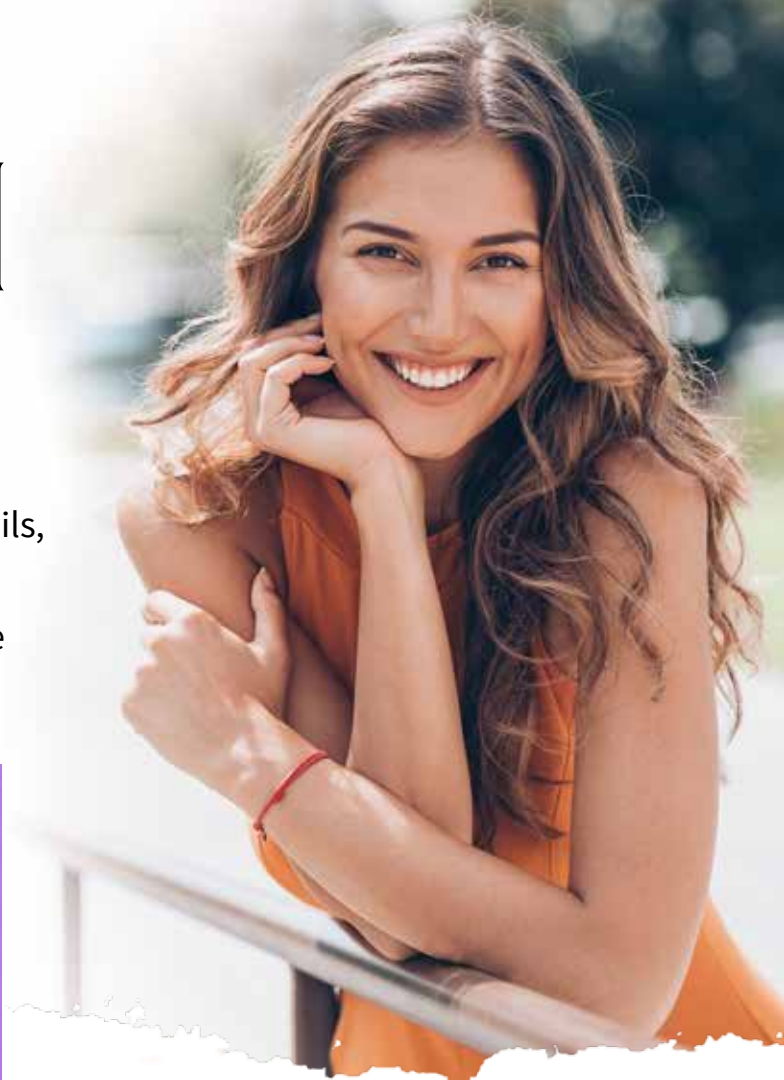
RESISTANCE TO AGING†



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BEAUTIFUL HAIR & NAILS†



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- ❖ 10g Grass-fed collagen
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 - High source of Superoxide Dismutase (SOD)
 - Boosts the body's natural antioxidant defenses preventing oxidative stress & inflammation†
 - Proven efficacy against UV radiation side effects
- ❖ Organic AstaPure® whole algae astaxanthin
 - Clinically studied to increase skin elasticity & decrease fine lines & wrinkles†
 - UV-blocking properties help skin protect itself against sun-related aging†
- ❖ Probiotics – *Bacillus Subtilis* for enhanced digestion†
- ❖ Use in shakes, smoothies & in baking



COLLAGEN BEAUTY

Grass Fed Collagen Beauty brings together the best plant-derived building blocks for beauty and our unique grass fed Bovine Type I and III Collagen Peptides.



RADIANT SKIN†



GORGEOUS HAIR†



BEAUTIFUL NAILS†



BOTANICAL BIOTIN, SILICA & VITAMIN C

- ❖ 12g Grass-fed & pasture-raised collagen
- ❖ Supports radiant skin, gorgeous hair & beautiful nails†
- ❖ 1.5 Billion CFU probiotics for enhanced digestion†
- ❖ Powerful organic plant-based collagen builders:
 - 10.5mg Silica from Organic Bamboo
 - 2500mcg Biotin from Organic *Sesbania grandiflora*
 - 45mg vitamin C from Organic Amla
- ❖ Use in shakes & smoothies

COLLAGEN GREENS BEAUTY

Our Grass Fed Collagen Greens Beauty combines alkalizing, organically grown parsley, alfalfa and wheat grass juices with a heaping 15 spinach and 15 kale leaves in every serving, together with our Grass Fed Type I & III Collagen Peptides.

- ❖ Radiant skin, beautiful nails, gorgeous hair, joints & mobility†
- ❖ 12g Grass-fed collagen
- ❖ Dark leafy greens provide strong antioxidant benefits slowing the aging process:
 - 1.5 Servings (15 spinach and 15 kale) organic leaves
- ❖ Organic parsley supports detoxification and healthy skin†
- ❖ Organic alfalfa and wheat grass juices
 - Contains both vitamins and natural phytochemicals such as flavonoids
 - Supports detoxification
- ❖ Probiotics - *Bacillus Subtilis* for enhanced digestion†
- ❖ Use in shakes, smoothies & in baking



RADIANT SKIN†



BEAUTIFUL NAILS†



GORGEOUS HAIR†



JOINTS & MOBILITY†

†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.



COLLAGEN PEPTIDES

Grass Fed Collagen Peptides provides an easy way to add highly-absorbable collagen to your daily diet. It's unflavored and is perfect for shakes, smoothies or can be used in baking.

- ❖ 20g Grass-fed and pasture-raised collagen
- ❖ Promotes skin elasticity, strong nails & healthy hair[†]
- ❖ Supports joints & mobility[†]
- ❖ 1.5 Billion CFU probiotics for digestion[†]



**SKIN
ELASTICITY[†]**



**STRONG NAILS &
HEALTHY HAIR[†]**



**JOINTS &
MOBILITY[†]**

COLLAGEN CBD

Our Grass Fed Collagen CBD is an easy way to enjoy the benefits of Type I & III Bovine Collagen Peptides (20g) enhanced by our unique, THC Free Whole Hemp Extract (15mg).

- ❖ Joints, mobility & skin[†]
- ❖ 20g Grass-fed collagen
- ❖ 15mg CBD Whole Hemp Extract
- ❖ Probiotics – *Bacillus subtilis* for enhanced digestion[†]
- ❖ Labdoor Certified THC Free
- ❖ Unflavored powder—use in shakes, smoothies & in baking



**RADIANT
SKIN[†]**



**BEAUTIFUL
HAIR & NAILS[†]**



**JOINTS &
MOBILITY[†]**



DIGESTIBILITY[†]



COLLAGEN PROTEIN

Add the powerful benefits of our Grass Fed Collagen Protein any time to a shake, smoothie or baked goods. Use after a workout or enjoy as a light, delicious snack mixed just with cold water.



MUSCLE REPAIR†



JOINTS & MOBILITY†



ENERGY†



BEAUTIFUL HAIR, SKIN & NAILS†

- ❖ Joints, mobility & muscle repair†
- ❖ 20g Grass-fed collagen
- ❖ 4 Super seed proteins from organic hemp, sunflower, pumpkin, & watermelon seeds—sources of EFAs, antioxidants & protein
- ❖ MCTs from organic coconuts promote energy
- ❖ Probiotics – *Bacillus subtilis* for enhanced digestion†
- ❖ Two delicious flavors—Vanilla & Chocolate

COLLAGEN TURMERIC

Multi-sourced Collagen Turmeric offers powerful plant-derived ingredients together with Collagen Peptides from grass-fed Bovine Collagen and clinically studied, undenatured Chicken Collagen.



JOINTS & MOBILITY†



HAIR, SKIN & NAILS†



500MG ORGANIC TURMERIC + 50MG CURCUMIN†



ORGANIC BLACK PEPPER & PROBIOTICS FOR DIGESTION

- ❖ 10g Grass-fed and pasture-raised collagen
- ❖ Supports joints & mobility†
 - Clinically studied undenatured collagen
 - 500mg fermented organic turmeric
 - 50mg organic curcuminoids
- ❖ Fortifies radiant hair, skin & nails†
- ❖ 1.5 Billion CFU probiotics plus organic black pepper to support absorption & digestion†
- ❖ Use in shakes & smoothies

†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.



COLLAGEN CREAMER

Our Grass Fed Collagen Creamer combines energizing MCTs from organic coconuts and coconut milk, with our Type I & II Collagen Peptides for a delicious, dairy-free creamer.

- ❖ Energy, beauty & joints[†]
- ❖ 10g Grass-fed collagen
- ❖ Very rich & creamy
 - 9g fat from delicious coconut cream (MCTs)
- ❖ Probiotics – *Bacillus subtilis* for enhanced digestion[†]
- ❖ Creamy Vanilla & Chocolate
- ❖ Dairy free—mix in coffee or tea & use in baking

COLLAGEN COCONUT MCT

Add the powerful benefits of our Grass Fed Collagen Coconut MCT any time to a shake, smoothie or in baked goods. Enjoy as a light, delicious snack mixed just with cold water.

- ❖ Energy, hair, skin, nails & joints[†]
- ❖ 10mg Grass-fed collagen
- ❖ 3g MCTs from organic coconuts promotes energy[†]
- ❖ Probiotics – *Bacillus subtilis* for enhanced digestion[†]
- ❖ Deliciously light snack or beverage
- ❖ Two delicious options: Vanilla & Chocolate
- ❖ Stir in coffee or use in shakes, smoothies & use in baking



JOINTS & MOBILITY[†]



BEAUTIFUL HAIR & NAILS[†]



RADIANT SKIN[†]



ENERGY[†]



RADIANT SKIN[†]



STRONG NAILS & HEALTHY HAIR[†]

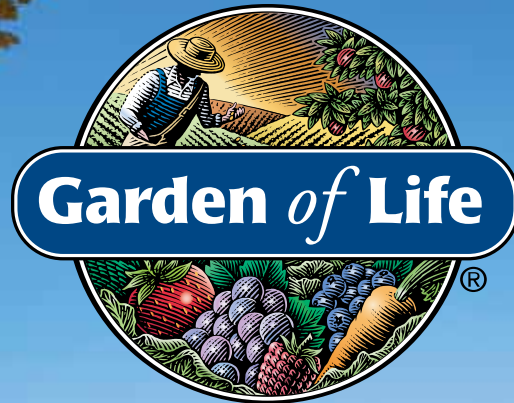


ENERGY[†]



JOINTS & MOBILITY[†]

[†]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.



Empowering Extraordinary Health[®]





Cook it up with Collagen Recipes

Our Grass Fed Collagen powders are great in shakes, but you can use them in cooking and baking. The possibilities are endless!



Recipes courtesy of: Gwen Eager, Garden of Life Certified Raw, Vegan Chef

Beet Hummus

Use Organic:

- 2 cups of peeled and cubed beets (plus olive oil, salt and pepper)
- 1 cup garbanzo beans
- 1 scoop Garden of Life Collagen Peptides or Collagen CBD
- 2 garlic cloves
- ¼ cup tahini
- 2 Tablespoons olive oil
- 1½ Tablespoons coconut aminos
- 2 teaspoons lemon juice
- ½ teaspoon cumin
- ½ teaspoon paprika
- ¼ teaspoon salt
- ¼ teaspoon pepper

Preparation:

Preheat oven to 400 degrees. Place cubed beets on a large baking sheet and drizzle olive oil on top then sprinkle on salt and pepper. Roast for 30 minutes, flipping beet pieces over after 15 minutes. Let beets cool, then add beets and remaining ingredients into a food processor and process until creamy. Serve with chips, crackers or veggies. Option: Top beet hummus with hemp seeds, pumpkin seeds and a little drizzle of olive oil. SERVES: 4-6



Broccoli Cheddar Collagen Soup



Use Organic:

- 2 cups whole milk
- 2 cups chicken or vegetable broth
- ¼ cup plus 1 Tablespoon grass-fed butter
- 2 cups broccoli florets
- 1 ¼ cups carrot matchsticks
- 1 cup yellow onion
- ¼ cup gluten-free flour
- 2 scoops Garden of Life Collagen Peptides or Collagen CBD
- 1 scoop Garden of Life Dr. Formulated Keto Butter Powder
- 2 cups grated cheddar cheese
- ½ teaspoon sea salt
- ½ teaspoon black pepper

Preparation:

Heat 1 Tablespoon grass-fed butter in a small skillet to medium high and add onion. Sauté for about 5 minutes, or until the onion is translucent. In a large pot, melt remaining ¼ cup of butter (medium low temp) then add in flour. Whisk continuously for five minutes until the mixture is smooth. Slowly add in milk, whisking continuously. Add in broth and reduce heat to low and let simmer for about 20 minutes, whisking every few minutes. After about 10 minutes of simmering, add in the salt, pepper, butter powder and collagen peptides. Once base is creamy, add in the vegetables and let simmer for another 10 minutes. Lastly, add in the cheese then serve once the cheese has all melted into the base (3-5 minutes). SERVES: 4



Jam Packed Collagen Jam

Use Organic:

- 12 oz. raspberries
- 1 scoop Garden of Life Collagen Beauty Powder-Cranberry Pomegranate
- 3 Tablespoons Garden of Life Chia Seed
- 2 teaspoons Garden of Life mykind Organics Elderberry Syrup
- ¼ teaspoon water

Preparation:

In a small sauce pan, heat up water to a low simmer and then add the raspberries. Mash the raspberries with a fork until they are mushy. Add in the chia seed then remove pan from heat. Stir in the elderberry syrup and collagen and let jam cool. Pour jam into a glass Mason jar and store in the refrigerator for up to one week. MAKES: 12 OZ.



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Garden of Life®
Brand Ambassador

Bun Undone: Morgan Raphael's

Extraordinary Wellness Journey

by Kelly Merritt



Morgan Raphael's slogan, 'for when life and your bun gets messy' echoes what so many women feel as they juggle work, home life, health and relationships. Raphael created the digital platform Bun Undone to encompass this philosophy and as a springboard for individuals to begin their own wellness journeys. In her quest for balance in her own life and to accept that in a matter of moments life can go from a slick-backed bun to disarray, Raphael has emerged as a self-care expert, inspiring others that just a few minutes each day can reshape how they approach life.

"All I ever want is for people to feel that wellness doesn't have to be difficult," says Raphael, whose mother raised her in a more holistic fashion and whose father is an internist. "With a physician in the house, we had that balance of western meets eastern health."

It wasn't always easy for Raphael to achieve the level of wellness she wanted. Her early views of gym class and athletics were a struggle to attain. Over time, Raphael realized that she was working out to be thin, rather than as an important component of her mental health.

"I fell in love with fitness when I discovered mental fitness and how it connects the mind, body and spirit, versus to solely gain a benefit of some kind," says Raphael. "If I'm sick and I can't work out, I go stir crazy."

Raphael is a strong supporter of engaging in community. She advocates decluttering social media feeds and following likeminded people who share similar wellness goals.

"The concept of community over competition is huge for me, finding your own place within this expanding world and having more of a self-care fitness path," she says. "When I founded Bun Undone, I knew how important it would be to speak from experience and make the whole site relatable and searchable, because so much of what people read online is not attainable."

Complicated wellness regimens can make it hard for people to not just stay on track, but



to continue at all. Raphael points to recipes with ingredients that are only available at specialty shops and other things that make good health inaccessible. The most successful wellness campaigns are inspired, not dictated.

"Never giving advice works to my benefit – what works for me is to share with you and the best compliment I hear is when people say, 'You are in person, just like you are online,' " says Raphael.

The former event planner is no stranger to shifting gears in life, which is part of why she resonates with her fans. Raphael didn't know anyone when she arrived in Chicago, but with a background in advertising and planning events and retreats, she was ready to make some changes.

"The traditional path wasn't for me, so I wanted to take the risk to move somewhere new and do something different," says Raphael. "I was doing events and retreats for other people and I didn't see how arranging napkins was going to have an impact on the world, but I did love the thrill of connecting people and coordinating."

Raphael eventually parlayed her skills into organizing her own wellness events, including work-out events with local trainers and local wellness vendors.

"It also became about doing something on a Saturday that's productive and I heard from so many of the women who attended that they, too, wanted friends in the healthy space, as part of a sisterhood of people who get you and who can help you grow," says Raphael.

As Bun Undone evolved, so did Raphael's offerings. Her tips for eating well included things like batch cooking her recipes with multiple veggies and proteins to put over greens, fresh or sautéed. It became a resource to people as a meal planning guide. Raphael saw a need to share beauty and skin care tips she learned along her journey. That became a shareable regimen of two minutes in the morning that can impact the rest of the day for her readers.

Visitors to Bun Undone benefit from knowing the items they purchase are among Raphael's favorites. That includes a host of Garden of Life products.

"Garden of Life is a powerhouse of a brand, so it was a huge moment for me when I was selected as one of their brand ambassadors, and I am so honored to work with a company that cares so much about the products and what they put in people's bodies," says Raphael.

Up next for the enterprising self-care expert with a penchant for community, is a new way for people to stay connected to a health-focused network and feel better.

"Bun Undone is expanding to include my Self-Care Society, a five-week e-book and guide designed to showcase how self-care can be approachable, attainable, takes just a few minutes, costs zero dollars and impacts your day to day life," says Raphael.

"The five weeks span different approaches of self-care including mindfulness, environment, nourishment, movement, beauty and self-love, to honor how it comes in many different form and suited for all different walks of life."

Raphael says the purpose is to show how if you take care of yourself, other aspects of your life will flourish, too. Within the time frame of the program there is space for self-reflection and community connection with her separate Instagram @selfcaresociety. Be on the lookout for the book and program in early 2020.



Morgan Raphael's Garden of Life Regimen

CBD PRODUCTS

"CBD has changed my life. As someone who deals with stress/ anxiety and sometimes has trouble falling asleep, CBD relaxes my mind and body in the best way. Garden of Life offers so many varieties that I can take CBD Stress Relief during the day to help me focus, and then the sleep formula at night before falling to sleep. I also just love the regular 50mg version of Garden of Life's CBD."

ORGANIC FIT S'MORES BARS

"I literally have these bars every single day. No exaggeration, I could probably live off of them! I love eating them as a light snack before a workout in the morning or throwing some in my bag for my on-the-go day. The high protein also makes it a perfect refuel post-workout."

RAW PROTEIN AND GREENS CHOCOLATE

"I'm a breakfast smoothie lover and this protein is so clean and has so many great nutritional benefits compared to other plant-based proteins. I also have some intolerances and this one fits all my needs without sacrificing great taste."

GRASS FED COLLAGEN

"Collagen is my beauty secret. My hair and nails grow so fast and way stronger than they ever used to. Collagen is also great for skin and joints, and I believe it. I use the collagen in my smoothies as well and in my homemade matcha latte."

MYKIND ORGANICS ELDERBERRY GUMMIES

"I take elderberry gummies for seasonal wellbeing every day. They taste so good, it's hard to limit them to the recommended four gummies per day."

MYKIND ORGANICS WOMEN'S MULTI GUMMIES

"I love how the women's multi gummies are formulated with fruits and veggies. It is so important to take a once-a-day women's multivitamin in addition to any other supplements."

Follow Morgan at [bun_undone](https://www.instagram.com/bun_undone) on Instagram and www.Bunundone.com.

A New Approach to Getting Fit in 2020



If you want to lose weight... *Take A Different Approach!*



by Dawn Thorpe Jarvis, M.S., R.D., L.D.N. Garden of Life® Senior Director of Nutrition Science & Educational Content

It's all About Balance

It's time to take a different approach to losing weight and becoming healthier—change your lifestyle!

We know that the foundation of a healthy lifestyle includes physical activity and consuming a balanced diet containing a variety of nutrient-rich foods and beverages in moderation. We may know this—but research shows that as many as 82% of adult Americans don't want to give up foods they like in order to eat healthier! Additionally, 68% of Americans don't eat fruits and vegetables at least twice per day, while 62% say they have no time to track their diet. What's more, 60% of us juggle both work and family and prefer to prepare meals in just 15 minutes. This explains why most people don't stick with their weight loss diet plans.

As a Dietitian and Sports Nutritionist with over 30 years of experience, I believe that unless you are extremely disciplined, relying on self-control with a calorie-controlled diet is simply setting yourself up for failure in the long term. People tend to fall off the wagon when they are really hungry, or when life gets in the way. So an all-or-nothing approach to dieting creates huge self-disappointment, and people tend to throw in the towel when they have difficulty sticking to a set diet. It's all about balance—with our diet, our exercise and our lifestyle.

Gradual Change Works Best

So at Garden of Life® we don't believe in “diets” per se, or calorie counting—we believe in enjoying wholesome, real foods. When it comes to changing habits, we know that if people dramatically

change what they eat and go from one extreme to the other, they will have success initially, but more often than not, they will slip back into their old ways and regain weight if their new plan is too drastic a change from their old habits. Gradual change over time works best.

Get Moving & Up Your Protein

Exercise is such an important part of weight loss and weight management. Trainers will tell you that people actually need to eat more quality food to fuel their exercise. So there is good news coming here—you can eat more food when you start exercising, but it has to be good clean, wholesome, fresh food—ideally organic. You need to eat more to boost your metabolism so that you burn more calories and body fat. Eating more protein will help you in three ways, it will help you feel full longer, it will help boost your metabolism, plus it will help your muscles recover and repair after exercise. If you choose to follow a weight training program to build muscle—and you should—protein will support muscle building, but it will not create big muscles unless you are lifting heavy weights!

Change Your Lifestyle!

When you decide you want to lose weight, your first goal is to become more active and start exercising regularly. Please check with your doctor first and try to work with a trainer initially to make sure you are exercising in a safe and appropriate manner for

your age, sex, size and current health. Do NOT start a diet—simply start eating real, clean foods rich in vitamins and other important nutrients and only use Certified Organic supplements, free of artificial junk and other chemicals.

Consuming quality wholesome food nourishes your body and enables you to work out more effectively so you don't feel hungry and deprived. You are not going to get the most out of your workout if you are starving and running low on energy. People who are the most successful at long term weight management are the people who adopt this approach and eat healthy foods in moderation. If you feel hungry after eating a smaller amount of food, wait a few minutes. Allow your body time to digest and then decide if you still feel hungry. If so—eat. If not—tell yourself you are free to eat at any time and you don't have to deprive yourself.

Moderation Not Deprivation— Portion Control

Eating in moderation is a way of life, not a way of dieting. If you choose to practice this health tool, you will begin to eat what you desire, in the amounts your body needs and you will probably find yourself eating a more balanced and wider selection of foods. Don't fear this healthier diet—moderation never means deprivation. It really is about portion control and balance. If you stick to mostly natural unprocessed foods, you can eat practically anything providing you do so in “standard” portions which are so much smaller than what most people think!

STEPS FOR SUCCESS! JUMPSTART YOUR WEIGHT LOSS PLAN TODAY:

1. Consider starting with a cleanse such as Wild Rose Herbal D-Tox
2. Buy fresh real, organic foods
3. Have a serving of clean protein at main meals e.g. grilled organic chicken or wild salmon
4. Use organic protein shakes such as Raw Organic Fit as a meal or snack—up to twice per day
5. Eat small frequent meals throughout the day
6. Eat a variety of fresh-colored, organic vegetables at each meal
7. Avoid all processed foods, white flour, white sugar, artificial sweeteners and fast foods including anything deep fried
8. Drink plenty of water and avoid all sodas, especially diet sodas
9. Take organic whole food vitamins such as *mykind* Organics
10. Take Dr. Formulated Once Daily Probiotics for healthy digestion & immune support†



Winter Workout at Home In 20 Minutes!

Do cold temperatures, snowy roads and shorter days make you want to forego the gym and cuddle up on the couch? Don't let the winter doldrums sabotage your fitness goals. Here's a quick total body workout you can do in the comfort of your home with very little equipment. A set of dumbbells, an exercise ball and a sturdy chair or bench is all you need. Most of these movements work multiple areas of the body at once, intensifying your workout in a minimal amount of time. For an extra cardio boost, run in place for 60 seconds between each exercise. Be sure to go at a comfortable pace for you. If you need more rest between exercises, that's fine—but it may take a littler longer than 20 minutes to complete.



If you're a beginner, go through this entire routine once, performing the required number of repetitions. Trust us—it's a great workout. Then try to work your way up to two or three sets of the entire workout. So, put your favorite music on, and let's get started!

Lunge with Bicep Curl

TARGETS: Quads, Hamstrings, Glutes, Biceps*

- » Stand with feet hip-width apart and dumbbells at your side.
- » Lock torso in upright position with shoulders back.
- » Step forward with right foot, bending both knees toward the ground.
- » Right knee should be parallel to the ground at a 90-degree angle (knee should not go past toe) and left knee is almost touching the ground (don't let back knee rest on ground).
- » While holding that position, curl dumbbells up toward shoulders, keeping elbows in at sides.
- » Lower dumbbells and push back with right leg; straighten knees and return to starting position.
- » Switch legs; do 8-12 reps each side.

(Tip: Keep back straight, shoulders back, head forward and abdominals tight.)

Dumbbell Row With Triceps Kickback

TARGETS: Back, Triceps, Rear Deltoid

- » Holding a dumbbell in your right hand, bend at the waist, place your right foot behind you and rest your left hand (with elbow straight) on the chair to balance.
- » Keep back flat and head looking forward.
- » Pull the weight up with your elbow toward the ceiling.
- » Pull until your upper arm is in line or just above your back, and hold for a second.
- » Then push your arm straight back, keeping your arm close to your body.
- » Bring your arm back to your shoulder, and relax it down to starting position.
- » Do 8-12 reps; switch sides and repeat with left arm.

(Tip: Do not round back or rotate torso throughout movement.)

Chest Press (Incline)

TARGETS: Chest, Triceps

- » Using a stability ball (or bench), position yourself on your back.
- » Your upper back should be comfortably balanced (stability ball) with your butt dropped down slightly. This creates the incline and targets the upper pectorals.
- » With a dumbbell in each hand, bring arms up to starting position at shoulders with elbows parallel to the floor.
- » Keeping dumbbells steady, push upward to the ceiling in a controlled motion, and hold for two seconds.
- » Lower back to shoulder position using a controlled motion, and hold.
- » Perform 8-12 reps.

(Tip: Control the dumbbells throughout the entire movement—don't let them sway.)

Reverse Bench Lunge

TARGETS: Quads, Hamstrings, Glutes

- » Place a sturdy chair or bench behind you.
- » Bend right leg and position on chair.
- » Keep torso straight and shoulders back.
- » Bend your left knee to a 90-degree angle (knee should not go past toe).
- » Push up on left leg, straighten left knee and return to starting position.
- » Perform 8-12 reps; switch legs and repeat.

(Tip: Add resistance by holding dumbbells at your side while



Seated Shoulder Press

TARGETS: Deltoids, Upper Chest

- » Sit on a sturdy chair or bench with back straight.
- » Lift dumbbells so that elbows are parallel to the floor.
- » Dumbbells should be positioned somewhere around ear-height.

- » Lift dumbbells up over your head, straighten your elbows and hold for two seconds.
- » Slowly lower to starting position keeping a controlled movement.
- » Perform 8-12 reps.

(Tip: Add difficulty by sitting on an exercise ball, keeping balance throughout.)

NEW OPTIONS! Ready-To-Drink Plant-Based Protein Drink & Ready-To-Drink Grass-Fed Dairy Drink



CHILL | SHAKE | ENJOY





Who Inspires Us?

Here are a few Social Media accounts we think you may like—check them out!

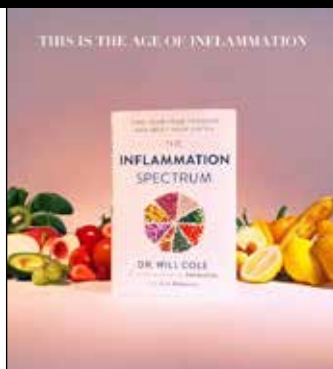
Monique is a big Garden of Life fan, an inspiring mama-to-be and a foodie who shares an abundance of delicious, better-for-you recipes over on her Instagram, @ambitiouskitchen. She is someone who is not afraid to get raw and real about her personal struggles, and openly shares her journey with her followers ... And we cannot forget to mention that her fashion and beauty tips are always on point, too!

MONIQUE VOLZ, @AMBITIOUSKITCHEN



Functional medicine leader Dr. Will Cole is the author of two best-selling books, *Ketotarian* and his newest read, *The Inflammation Spectrum*. Dr. Cole was named one of the top 50 functional-medicine and integrative doctors in the nation and is a health expert and course instructor for the world's largest wellness brands such as mindbodygreen and goop. We cannot get enough of his wealth of knowledge and the education he shares!

DR. WILL COLE, @DRWILLCOLE



Tommy is a Host and on-air Lifestyle Expert covering pop news, trends, fashion, grooming, travel, health, wellness and fitness. His Instagram feed provides all of the fit-spiration you need! Tommy and his husband, Gio, are also big fans of our *mykind* Organics vitamins.

TOMMY DIDARIO, @TOMMYDIDARIO





Follow Garden of Life® on Instagram @gardenoflife

Our friends at cocokind always deliver clean, simple, top-notch skincare products that you can trust! From their Certified USDA Organic Sea Moss Exfoliator—made with organic irish moss, organic grapeseed flour and organic geranium oils— to their Rosewater Toner, rest assured that you are doing what's best for your skin with these products. Check out cocokind's Instagram feed for beauty tips and product tutorials!

COCOKIND, @COCOKIND



Skinny Dipped almonds are our favorite go-to snack! These almonds are the perfect on-the-go snack to grab while traveling, to enjoy after a work-out or even to indulge in as a late-night treat. SkinnyDipped almonds come in a variety of delicious flavors, from Dark Chocolate Raspberry to Peanut Butter, that are all Non-GMO Project Verified. Win!

SKINNYDIPPED, @GETSKINNYDIPPED



Proudly made in the heart of Texas, NadaMoo! whips up creamy, dreamy, coconut-milk based ice cream. They offer flavors such as Mmm...Maple Pecan, Peach Cobbler, and the basics – Dutch Chocolate and Vanilla...AHHH (our personal favorite here at GoLI!). With nearly 20 flavors to choose from, NadaMoo!'s products are made from clean ingredients and are dairy-free. This B. Corp company also has the cutest Instagram feed – be sure to check it out for all the dessert inspiration you'll ever need!

NADAMOO!, @NADAMOO



Making Waves

The Magical Surfing World of



by Kelly Merritt

Garden of Life® Brand Ambassadors

Peter & Kepa Mendia

Imagine a life that revolves around surfing and traveling, spending two months at a time in places like sunny California and Hawaii, all for the sole purpose of catching the best waves. The rest of the time is divided between home base in south Florida and exotic locales like Nicaragua, Costa Rica and Trinidad.

For Peter Mendia and his son Kepa, this is real life. Peter is a professional surfer and Kepa is already a competitive surfer who plans to tour professionally as soon as he ages into eligibility. For these avid Garden of Life fans, fitness is a perk of the job. Combined with a steady diet of sun and surf, extraordinary health is a Mendia family affair.

"There's always something new to discover on the road," says Kepa, a seventh grader who has already racked up several favorite surf destinations. "My favorite place right now is Hawaii and it's like my second home, since we are there for two months out of the year."

Surf, surf, and more surf is the agenda when the Mendias land until wheels up for the next destination. Kepa is homeschooled, allotting for competition and pursuit of the sport he loves.

"I balance surf and school around the waves, so if there are waves on Wednesday and Thursday, then I go to school the other days," says Kepa who began surfing very young and feels fortunate to have parents who allow him to have such a unique life experience. "They are everything to me and my dad is a huge inspiration for surfing, so 100 percent I got that from him."

Peter Mendia recognizes in his son the familiar pull toward the waves. He knows better than anyone, when surfing calls you, it's impossible not to answer. Peter has been surfing since he was a child, too.

"Surfing provides such a close connection with the ocean, watching the tides and feeling the wind, plus the water is one of the

biggest healers mentally and physically," says Peter, who despite having suffered many injuries while surfing, looks to the water for its restorative powers. "It does wonders, for example you can be in a bad mood and surfing will change everything, so even if the waves are small, I'll make myself go out because it literally heals you."

Peter and Kepa surf together as often as their busy schedules allow. They just completed a photo trip to Trinidad together.

"The waves were insane, just perfect at four-to-six feet, blue water and tubes long as can be," says Kepa, who has several friends who also surf. "The waves where we live are inconsistent, so that's one reason we travel."

They try to capture every trip on video to post to surf sites. Even when Kepa is home and Peter is traveling, while other kids have their noses in iPads and glued to the TV, he would always prefer to be outside.

"I'm always out of the house, never home doing any of that," says Kepa. "I'm surfing, fishing, skating, doing something."

It's a mantra that also inspires the family's surfing camp, Mendia Boarding School. Get out, get in the water and get on a board.

“We have a surf school showing all these kids the incredible fun things to do on the water and what the ocean has to offer,” says Peter, who has had many campers with parents who don’t know how to swim. “Parents will drop off their kids and come back three hours later to see them on a surfboard – often times the parents will tell us they couldn’t get their kids out of the house, but surfing changed their lives.”

When something has such a positive impact, it’s easy to put forth the effort to nurture it. There are times when the Mendias must listen to the waves when they tell them to stay home. Conditions rule the day and the road. This past November, Peter and Kepa were meant to travel to Fiji and North Carolina. Both trips cancelled due to weather and poor surfing conditions. Both father and son understand that’s just part of the adventure.

“Surfing allows us to travel the world and see a lot of new things, but also it’s about experiencing all kinds of waves, big waves, small waves, good waves and bad waves – it’s all a blast and I love it,” says Kepa, who misses his my black lab, Buddy and his friends while traveling. “On the water, we wait, and as I’m sitting on my board, I’ll be thinking, I hope the best wave comes to me right now.”

Peter feels a sense of incredible gratitude that his son chose a sport he loves that they can do together. He has been a professional surfer since he was 18 and was on tour for 12 years. Kepa and Peter even have the same sponsors, including Garden of Life, Billabong Clothing, Electric Eyewear, Nomad Surf Shop, Proctor Surfboards, Crowd Control Racks, Alta Watches, Sushi Joe Restaurant and Freak Traction.

“As my wife says, it almost seems like I am able to do this two times in my life, because now I’m experiencing it all again with Kepa while I’m lucky enough to still be going with my career,” says Peter. “And I love that there are days where Kepa, who just turned 13, will want to go hang out with his friends and just be a kid.”

Among a lifetime of milestones and memories, Peter says (and Kepa agrees) there is still nothing like the feeling a surfer gets when landing a trick or getting a great tube. Peter continues to surf parts unknown that would be undesirable for mere mortals.

In Newfoundland on a photography trip, stunning landscapes and surfing every day was a bone-chilling expedition.

“We got incredible waves, wearing wetsuits with booties, gloves and a hood and the only thing open was your eyeballs and nose, while everything else was covered,” says Peter, who loved surfing with exceptional equipment and without crowds, despite the freezing temps. “I’ve been to Norway on the tip near the Arctic circle in February and that was insane, like 12 degrees below zero, snowing and there were icebergs in the water.”

Peter’s physique isn’t solely dependent on surfing. He says 24/7 he watches what he eats. Using Garden of Life products as a base, he recently lost 23 pounds.

“What helped the most was the protein every morning, and I prefer Garden of Life Sport Plant-Based Vanilla protein shakes, plus cooking with their Coconut Oil,” says Peter, while Kepa’s favorites include Sport Chocolate Protein shakes and the Sport Caramel Sea Salt bars. “I almost said to Garden of Life they might want to document this.”

Peter was traveling a lot, staying very active and eating clean. He supplemented his eating with *mykind* Organics Vitamin C Spray and *mykind* Organics Elderberry Immune Gummies. While some may surf to stay healthy, Peter and Kepa stay healthy so they can surf. No matter what happens in their lives, it always comes back to the waves.

“I have had a broken foot, broken knee, dislocated shoulders, all from surfing and I’ve had some years where I have only surfed three months out of the year with injury after injury, but it wasn’t even a thought not to do the rehab and get back to surfing,” says Peter. “It has never felt like a job.”

When people ask Peter about his career choice, his answer is to connect with something that’s fun and letting yourself get lost in that experience.

Or as Kepa says, “Chase your dreams.”

Follow along on Peter and Kepa’s adventures on Instagram at [@k_epic_mendia_](#) and [@petemendia](#).





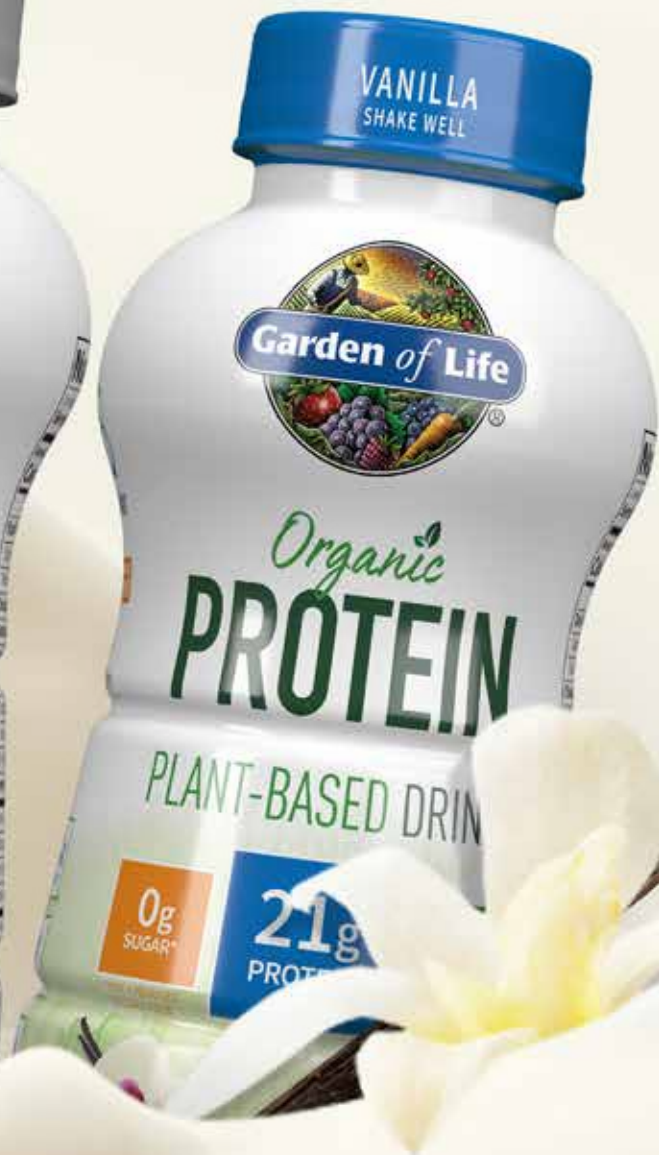
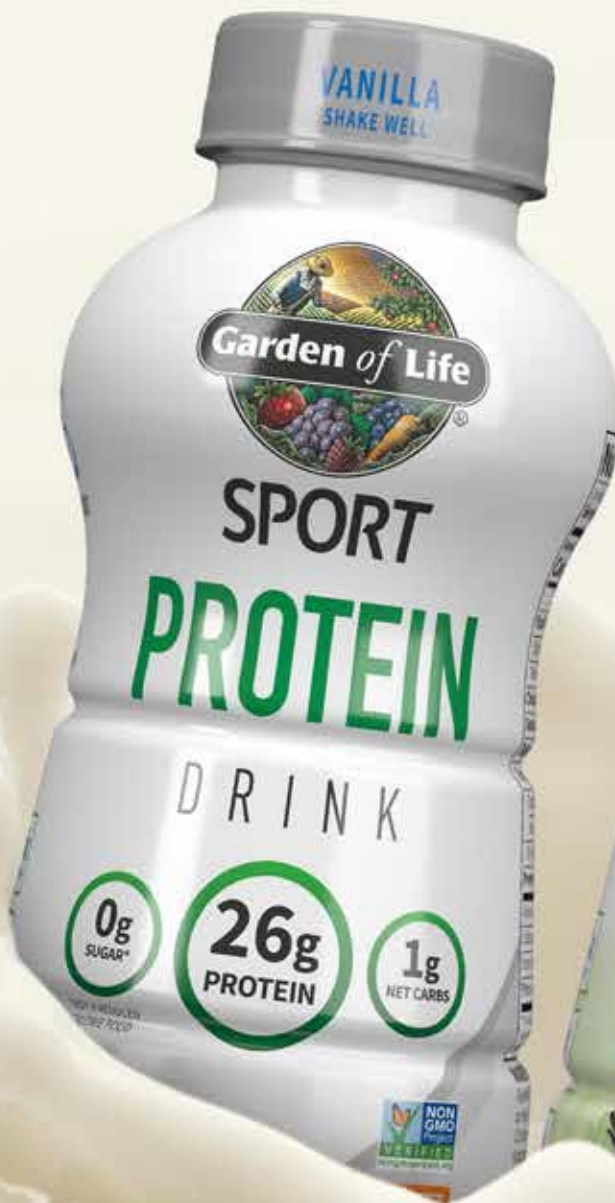
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