

# Community Health Stores



Sharing a commitment to healthy communities

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## *The Health Benefits of Berberine: Nature's Golden Supplement*

Today, we're diving into the fascinating world of berberine, a golden-hued compound found in various plants. Berberine has been gaining popularity as a natural supplement due to its wide range of health benefits. In this article, we'll explore what berberine is, its potential benefits, and some key considerations.

**Understanding Berberine:** Berberine is a natural alkaloid compound found in several plants, including goldenseal, barberry, and Chinese goldthread. It has been used in traditional Ayurvedic and Chinese practices for centuries. Berberine possesses antioxidant properties, making it a versatile compound with numerous potential health applications. Research suggests that berberine can offer several health benefits, making it a subject of interest among scientists and health enthusiasts alike. Here are some potential areas where berberine may have a positive impact:



**Blood Sugar Balance:** One of the most well-known benefits of berberine is its ability to support normal blood sugar levels. This makes it a promising supplement for individuals looking to manage their blood sugar levels.

**Heart Health:** Berberine may help support cardiovascular health. It may help support balanced triglycerides and cholesterol levels. Additionally, it may support healthy blood pressure levels thus supporting overall heart function.

**Weight Management:** Some studies suggest that Berberine may support weight management. It may help support healthy fat metabolism. Combined with a healthy lifestyle, Berberine may be a helpful tool to support your weight management goals..

**Gut Health:** It may support a healthy balance of beneficial gut bacteria. Maintaining a healthy gut is crucial for digestion, nutrient absorption, and overall well-being.

**Antioxidant Effects:** Berberine has shown potential for supporting healthy circulation and mobility. It also acts as an antioxidant, protecting cells from oxidative stress and free radical damage

While berberine offers promising health benefits, it's essential to consider a few precautions: The appropriate dosage of berberine can vary based on individual needs and health conditions. It's always advisable to consult with a healthcare professional before starting any new supplement regimen. Given the increasing popularity of berberine, it's important to choose a reputable brand that ensures high-quality sourcing, manufacturing practices, and third-party testing to ensure purity and potency.

Pop into your local Community Health Store today to talk to one of our friendly team about the right solutions for your health and wellness.

## Your winter care package



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## Nurturing Your Mental Health during the Colder Months

WORDS BY Jason Shon Bennett

For more check out:

[www.jasonshonbennett.com](http://www.jasonshonbennett.com)

'At a biological level, there is no difference between mental health and physical health' Dr Lea Davis, Vanderbilt University, November 2021.

Why are we so sad and upset? Part of the problem is that we are living in the most vicious and deadly diet, lifestyle & environmental cycle in human history. The decades of poor diet, lack of sleep, too much stress, the increase in alcohol, the rise in 'Social-Impress-Me-Syndrome' (SIMS), not enough joyful fun, too much processed sugar-rich and meat-rich foods, rampant constipation, bad gut care, and a loss of 'what really matters in life', has created a tsunami of mental 'unwellness' around the world. Where can we find a work/life balance that supports happiness? In 1998 psychiatrist and biochemist Joseph Hibbeln noticed depression was up to 60 times less common in countries such as Japan and Taiwan - where the population eats a plant-based wholefood diet.

They have a deep Buddhist faith around not eating meat and treating animals with respect. They fundamentally understand that health is better than wealth, and without your health you have nothing.

My advice?

- Eat a fresh, seasonal, local, plant-based wholefood diet.
- Early to bed, early to rise 9pm-5am or 10pm-6am ideally (this builds tryptophan, which builds serotonin for happiness)
- A basic daily routine around bed time, wake time, exercise time and meal times
- Quit the booze.
- Reading books, meditation, prayer - whatever brings you deep peace.
- Seek out regular happy times with the people you love the most and bring you the most joy (be with people who love you the way you are).
- Have faith in your own innate ability to choose your life for yourself. You can choose how your life will be.
- More than anything; respect yourself and others and treat people how you would like to be treated.



## Yummy Winter Caesar Salad

(Serves 2)

Try this Caesar Salad with warm chicken and fresh croutons for a yummy winter lunch!

### Salad

- 2 Large Handfuls of Salad Greens
- 200g Shredded Chicken
- 3-4 Rashers of Chemical-Free Bacon
- 1-2 tbsp Parmesan Cheese Shavings
- 1 Ciabatta Bun, cut into cubes
- Lemon, to serve

### Dressing

- 2 tbsp Greek yogurt
  - 1 tsp [Manuka Honey](#)
  - 1 tsp Wholegrain Mustard
- Squeeze of Lemon

### Method:

1. Add a small drizzle of olive oil to a pan over medium heat. Toast ciabatta until golden and season with a generous pinch of salt and pepper.
2. Cut bacon into bite size chunks and fry to your desired crispness.
3. Combine dressing ingredients in a small bowl and mix well.
4. Assemble salads with remaining ingredients.

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