

A woman with curly hair is shown in profile, meditating with her eyes closed and hands in a mudra position. She is wearing a grey cardigan over a white top. The background is a bright, out-of-focus indoor space.

SIMPLE STEPS FOR Managing Your Mood

HOLISTIC HEALTH
SOLUTIONS, PRACTICES
AND RITUALS FOR
FEELING RESOURCED,
PROMOTING CALM,
AND FINDING JOY

yoga journal

The logo for NOW (National Organization of Women) features the letters 'NOW' in a bold, blue, sans-serif font. A stylized sun with rays is positioned between the 'O' and 'W'. Below the letters is a green horizontal bar.

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Navigating Life's Up & Downs

When you're feeling healthy and whole, being resilient comes naturally. While you can't avoid sorrow, grief, and feeling on edge sometimes, you can bolster and balance your mind and body so that the lows don't knock you out and the highs manifest as sustainable energy and joy.

In this indispensable guide to managing moods, you'll get a grasp on the science behind strong emotion and find supplements, recipes, and self-care practices to help you finetune your health and find ease.

The Mystery of Moods

Have you ever felt a wave of joy sweep over you but couldn't pinpoint what made you so happy in the moment? Or maybe you've spent a week battling a bad mood you just couldn't shake. These temporary states of mind can overwhelm us when we're not resourced. They can pop up predictably or take us by surprise, often emerging from a complex web of biochemical, genetic, and environmental factors.

Here, the science on where mood comes from, including stress, hormones, nutrition, and the gut-brain connection.

Why Am I in a Mood?

First, let's distinguish major mood disorders like diagnosed depression and bipolar from everyday ups and downs. The former are serious conditions that need the support and treatment of a professional. It's the more mild moods that a healthy lifestyle can help you face with more resilience.

And moods are different from emotions. Moods are the background feelings, like tense, relaxed, worried, and loving, that last for a while, but are hard to connect

to a direct cause. Emotions are usually the result of a specific action, interaction, or event. When you are experiencing difficult emotions like sadness and grief, you can find yourself down, or in a bad mood. When you are resourced, and feeling strong mentally and physically, you often have the ability to process difficult emotions without becoming enmeshed and moody.

Bottom line: bad moods are often fallout from overexertion. Even the most prolific among us have cognitive and energetic limits. And, unfortunately, humans are hardwired for negative thinking. Most of the time we are working hard, through self-control and willpower, to stay positive. But when we're facing big life changes—like a move or the death of a loved one—or focused on meeting a deadline at work, navigating a tense relationship, or tending to a stressful family situation, we shift energy away from self-control and keeping negativity at bay. Irritation and challenging feelings leak out, overpowering our thoughts.

Moods can also shift rapidly with imbalances in stress, thyroid, and reproductive hormones. This is when you might go from high to low within a matter of minutes. (And if it lasts for days, you should probably go see a doc.) During natural cycles and stressful situations, hormones race through our bodies, causing dramatic change and throwing us out of balance.

The Brain-Belly Connection

Optimizing digestion and the health of your gut microbiome is critical for troubleshooting mood. The highest concentration of the chemical serotonin, a primary mood influencer, is made by the gut, partially in response to bacteria in the digestive tract. Low levels of serotonin are associated with depression. Because there is a link between the gut microbiome and mood, you want to keep your digestive tract populated with beneficial bacteria (via a probiotic and a healthy diet) that create conditions optimal for production and distribution.

The First Step in Mood Management

There are many reasons to want to balance out moods. The ups and downs can be exhausting, disruptive, and cause stress on relationships, to name a few. Plus, your moods and mental health are closely linked with how you feel physically, including how much energy you have, how well you sleep, and how healthy your heart is.

Practicing awareness around subtle, and not-so-subtle, mood changes can help you track your mental health and make shifts in your diet, supplement routine, and lifestyle habits that lead to better balance. Try these strategies for tracking your moods, including mindfulness practices and journaling and mapping tools.

Mood Mapping

From apps and worksheets to bullet journal methods and monthly notebook subscriptions, there's no shortage of creative tools for tracking and tallying your moods. When you record your moods daily, you can see what circumstantial factors—like that work deadline—may have set you off. You'll also start to see trends over time related to monthly cycles like menstruation, or weekly patterns related to when you have more time for self-care and when you're overcommitted and stressed out.

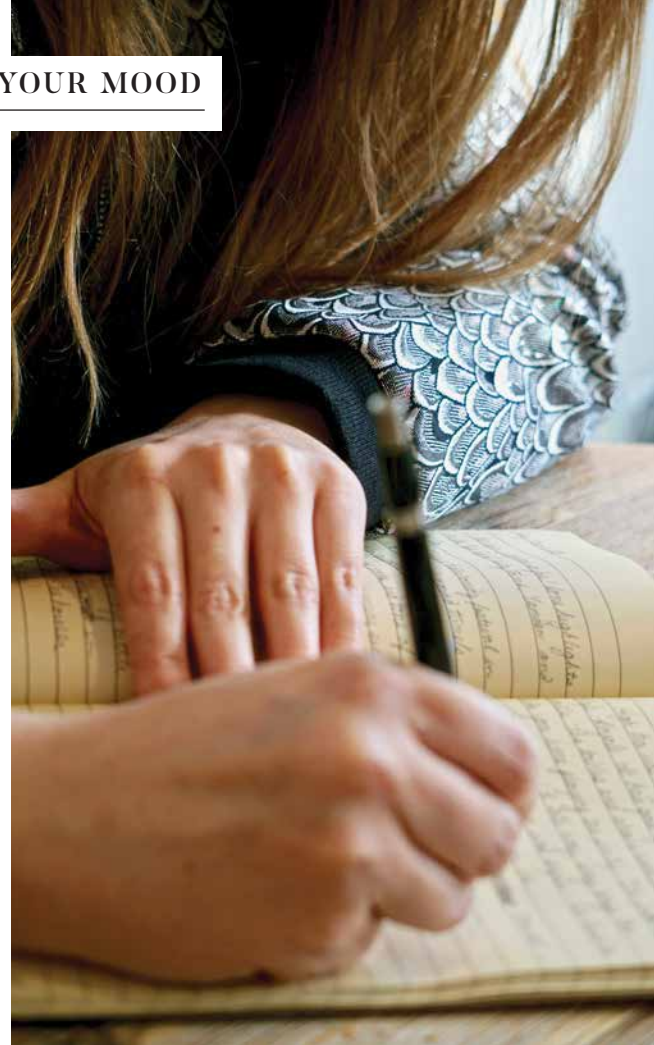
The method of tracking can be as simple as listing your moods in a journal—on a scale from 1 to 10, with a word or phrase, or with a color (remember mood rings?)—along with your energy levels and any events that day that may have triggered lows or highs. There are also easy-to-download worksheets online, often used in Cognitive Behavioral Therapy, that help you chart your mood against the time of day, in order to get a sense of daily patterns.

Or download popular mood mapping and charting apps, including Moodily, Moodnotes, and Daylio Journal, which also serve as self-care trackers.

Mindfulness

Research shows that being mindful can be a tool to track your mood and a powerful practice for changing how you feel. In one study on how mindfulness affects moods in relationships, 47 couples tracked the level of mindfulness they brought to conversations with their partners. The researchers found that for men, mindfulness was correlated to feeling loved and supported, and for women, it was linked to reducing anxiety and sadness, and mood improved. Mindfulness practices, such as the therapeutic model of Mindfulness-Based Cognitive Behavioral Therapy, which can include mood tracking, have also been shown to make self-control easier when it comes to not ruminating on negative thoughts.

In the following sections, we offer mindfulness and yoga practices, recipes, and supplement recommendations, so you can start to identify patterns of imbalance and create a foundation for finding focus and energy, feeling calm and relaxed, and managing your brain-belly connection.



Find Focus & Energy*

Moods, and the way we manage them, can either energize us or leave us feeling depleted. Learn how to create lasting energy and you'll start to see more clearly what you need to stay self-regulated. From there, you can find focus and clarity, and bulletproof your brain from the bombardment of information-age messaging that takes you away from your senses, and sense of self.

SUPPLEMENTS FOR FINDING FOCUS & ENERGY*



Methyl B-12 1,000 mcg Lozenges Vitamin B-12 (cyanocobalamin) is a water soluble vitamin necessary for the maintenance of a healthy nervous system and for the production of energy from fats and proteins.* Dietary sources of B-12 are mostly dairy and animal-based foods, so it's important that vegetarians supplement. Take one lozenge daily for sustained energy.*



True Focus™ Veg Capsules This potent formula of grape seed extract, amino acids, ginkgo, Dimethylaminoethanol Bitartrate (DMAE), and Coenzyme Q10 (CoQ10) helps to support neurotransmitter production.* Take two capsules daily between meals for brain health.*



Brain Attention™ Chewables This tasty supplement relies on Cera-Q™, a silk protein derivative to enhance attention and support memory.* Take one tablet twice daily for a cognitive boost.*



PQQ Energy Veg Capsules Mitochondria are the organelles that produce almost all of the cellular energy your body requires. Organs like the heart and brain are particularly dense with mitochondria due to their high-energy demands. Pyrroloquinoline quinone (PQQ) is a B vitamin-like enzyme cofactor that helps to maintain the integrity of mitochondrial structures and promotes the generation of new mitochondria within cells.* Take one capsule daily with a meal to maintain normal cognitive function.*



DHA-500 Double Strength Softgels EPA and DHA omega-3 fatty acids have been linked to supporting better mood.* This fish oil concentrate is manufactured under strict quality control standards and is tested to be free of potentially harmful levels of contaminants, such as Polychlorinated biphenyls (PCBs), dioxins, mercury and other heavy metals. Take one softgel one to two times a day with food.

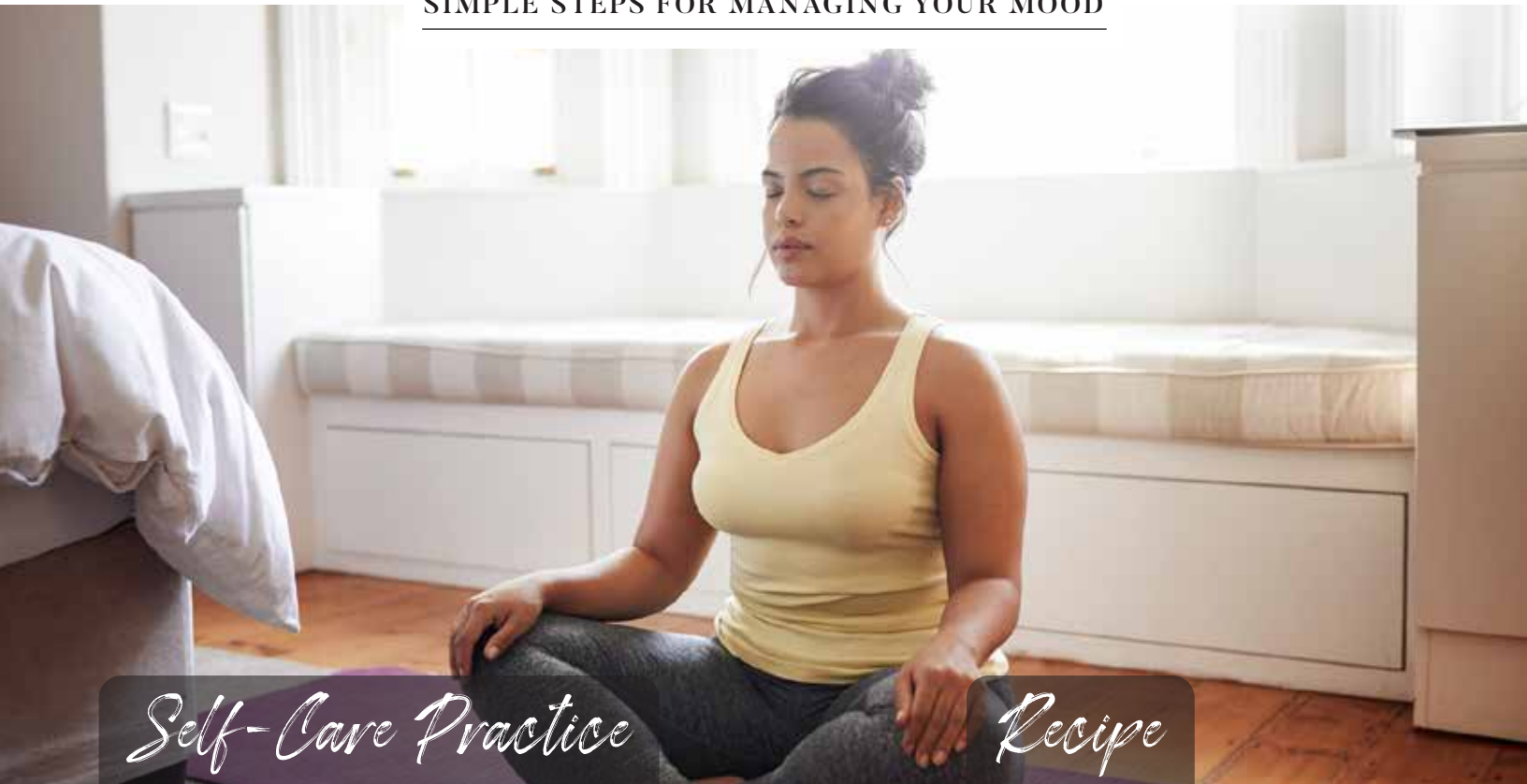


Cordyceps 750 mg Veg Capsules *Cordyceps sinensis* is a fungus that has been used by traditional Chinese herbalists for centuries for its energizing and adaptogenic properties. In addition to supporting your immune system, it can help boost energy.* Take two capsules two to three times a day for feeling resourced.*



Rhodiola 500 mg Veg Capsules Rhodiola (*Rhodiola rosea*) is indigenous to the Arctic and Alpine regions of Europe, Asia and America and has long been used as a tonic by many cultures, including the Ancient Greeks. Rhodiola is generally known as an "adaptogen," a term which refers to any agent possessing the ability to support the body's natural capacity to adapt to life's changing conditions.* Take one capsule one to two times a day on an empty stomach to help maintain mental and physical energy levels.*

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.



Self-Care Practice

Recipe

Kapalabhati Pranayama for Instant Energy

This classic yogic pranayama is an energizing breathing practice for finding focus and strength. Pronounced *kah-pah-lah-BAH-tee* and translated as Skull Shining Breath, it has been used for centuries to boost mood in just minutes.

Step 1 | Kapalabhati consists of alternating short, explosive exhales and slightly longer, passive inhales. Exhales are generated by powerful contractions of the lower belly, which push air out of the lungs. Inhales are responses to the release of this contraction, which sucks air back into the lungs.

Step 2 | Focus on your lower belly. Many beginners aren't able to isolate and contract this area. If needed, cup one hand lightly in the other and press them gently against your lower belly.

Step 3 | Now quickly contract (or pump your fist) hands against) your lower belly, pushing a burst of air out of your lungs. Then quickly release the contraction (or your hands), so the belly "rebounds" to suck air into your lungs. Pace yourself slowly at first. Repeat eight to 10 times at about one exhale-inhale cycle every second or two.

Step 4 | As you become more adept at contracting and releasing your lower belly, you can increase your pace to about two exhale-inhale cycles every second. Imagine the exhale sweeping out or "brightening" the inner lining of your skull.

Step 5 | Do 25 to 30 cycles at first. Gradually increase the number of cycles you do each practice to 100 or more.

FRENCH VANILLA COCONUT ENERGY BITES

PREP TIME: 1 hr 15 minutes

INGREDIENTS:

- 1 cup refrigerated **Nutty Infusions™ Cashew Butter**, Roasted
- ½ cup **Macadamia Nuts, Dry Roasted & Salted**
- ¼ cup **Coconut Flour, Organic**
- 4 drops **BetterStevia® Liquid, French Vanilla**
- ¼ cup **Coconut, Organic**

DIRECTIONS:

- Place parchment paper on ½ sheet pan.
- In a chilled bowl combine cashew butter, macadamia nut, organic coconut flour, and french vanilla liquid.
- Using a small scoop, roll mixture into ½ inch balls.
- Roll balls in shredded coconut until evenly coated.
- Place balls 1 inch apart on a sheet pan.
- Place in the refrigerator for a minimum of one hour.
- Serve and enjoy for up to 2 weeks.



6 Steps to Refocus, at Any Time of the Day*

By [#LiveHealthyNOW](#) Wellness Expert DJ Blatner, RD



1 WAKE UP: HYDRATE

After eight hours of dehydrating sleep, the first step to stay focused and ready for the day is getting immediate hydration. A 16-ounce glass of plain water works, but I recommend adding a [NOW Real Food® Coconut Water Slender Stick™](#). It's made from real coconut, has no added sugar, and gives you electrolytes and more than 4,000% the daily recommendation of energizing B12.

2 MORNING RITUAL: MATCHA TEA

Sipping on a little caffeine can help wake up a sleepy mind. [NOW Real Tea® Organic Matcha Green Tea Powder](#) has caffeine, but much less than coffee to help keep jitters away. Matcha also has a compound called L-theanine which may help to balance caffeine's effects and all sorts of powerful beneficial compounds such as plant compound epigallocatechin gallate (EGCg). Want to add a little sweetness to your cup of matcha? Try [NOW Real Food® Manuka Honey](#). It's creamy, delicious, and has a guaranteed 250mg/kg of beneficial methylglyoxal (MGO).



3 BREAKFAST: OMEGA 3

Whether you eat breakfast first thing in the morning or much later, it's a great time to take an omega-3 supplement with extra brain-friendly docosahexaenoic acid (DHA) like [NOW® DHA-500](#). In just 1 capsule, you'll get 500mg of DHA (double the amount found in many omega-3 supplements) and 250mg eicosapentaenoic acid (EPA).* Omega-3 supplements, along with a healthy lifestyle, may support brain health.*

4 AFTERNOON: WHOLESOME SNACK

In the afternoon, your brain is craving energy from food to stay focused. Reach for snacks that keep your blood sugar balanced for more steady energy instead of sugary snacks that leave your focus on a roller coaster. Nuts are a great afternoon snack because they have a satisfying mix of fiber, plus plant-protein and healthy fat. One of my favorite nut mixes is [NOW Real Food® Raw Energy Nut Mix](#), which is a delicious mix of naturally sweet raisins with raw walnuts, pecans, almonds, pumpkin seeds, and cashews.



AFTERNOON EXTRA CREDIT: AROMATHERAPY

If you really want to keep your brain on task, consider using aromatherapy in your office. I love the invigorating citrus mint smell of the [NOW® Essential Oils Mental Focus blend](#). I'll take an extra sniff of it before a big presentation or meeting to get my mind into "ON" mode.



5 AFTER LUNCH and DINNER: NOW BRAIN ATTENTION

In addition to a healthy lifestyle, there are exciting new supplements that may help the brain work optimally.* Research suggests that the active ingredient in [NOW® Brain Attention™](#), a silk protein derivative, may help enhance attention and improve memory retention.* It comes in chocolate-flavored chewable tablets that are perfect for an after meal treat, while adding a dose of cutting-edge brain support.*

6 EVENING: BETTER SLEEP

One way to have more energy and focus throughout the day is to get better sleep. Sleep is an active time of repair for your body's cells and when you sleep well, it's easier to have energy throughout the day. Get help relaxing before bed by making yourself a [NOW Real Tea® Nighttime Tea Latte](#). This tea is a mellow blend of botanicals, like chamomile and passionflower.



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Feel Calm & Relaxed*

We live in a hyper-stimulating environment, constantly faced with competing demands and media overload. In this section, we'll look at ways to create calm, set boundaries, and feel refreshed, including the science on amino acids and herbal support.*

SUPPLEMENTS FOR FEELING CALM & RELAXED*



GABA 750 mg Veg Capsules Gamma-aminobutyric acid (GABA) is a non-protein amino acid that functions as a neurotransmitter in the human brain.* GABA is naturally produced in the body and its presence within the central nervous system may help promote relaxation and ease nervous tension.* Take one capsule one to two times daily as needed, with juice or water on an empty stomach.*



Glycine 1,000 mg Veg Capsules Glycine is the smallest and simplest amino acid and a calming neurotransmitter in the brain, where it facilitates nerve impulses and is important for the maintenance of healthy sleep patterns.* Take one to three capsules daily, on an empty stomach.



CurcuBrain™ 400 mg Veg Capsules Curcumin is a powerful free radical neutralizer that can support calm mood and centeredness.* Curcumin can also support balanced immune function, but is also known to have poor bioavailability.* NOW® CurcuBrain™ overcomes that challenge with an optimization process that allows for penetration of the blood-brain barrier and support of healthy neuronal tissues.* Take one capsule daily.



Holy Basil Extract 500 mg Veg Capsules Tulsi, or Holy Basil is a sacred plant in Ayurveda, the ancient traditional herbal and health system of India. Holy Basil has been shown to possess powerful adaptogenic properties with the ability to enhance the body's healthy response to normal daily stress.* Take one capsule one to two times daily with food.

L-Theanine, Double Strength 200 mg Veg Capsules Theanine is a unique amino acid found naturally in the tea plant (*Camellia sinensis*). Theanine promotes healthy cognitive function and relaxation while maintaining alertness.* Take one capsule one to two times daily as needed and on an empty stomach, for finding calm.*



True Calm™ Veg Capsules A combination of amino acids and their cofactor nutrients formulated to support the normal production and function of calming neurotransmitters in the brain.* This formula includes GABA and glycine, two amino acids that promote relaxed state of mind, along with taurine, another amino acid with calming properties.* Plus, there are added B vitamins and valerian, an herb known to interact with GABA receptors in the nervous system and promote relaxation.* Take one capsule one to three times daily, on an empty stomach or just before meals.



Licorice Root 450 mg Veg Capsules Licorice Root is a popular herb that has been studied in Chinese herbalism for thousands of years and is used throughout the world to help support the body's response to stress.* Take two capsules one to three times daily. (Long-term, high-level use is NOT recommended.)



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WHY NOW? MADE FOR WELLNESS

For 50-plus years, **NOW®** has been using high-quality ingredients from around the world and researching innovative ways to combine them to empower health and wellness. Our exclusive **True Calm™** formula combines amino acids with B vitamins and valerian to promote a relaxed mind.*

nowfoods.com/truecalm

SUPPORTS RELAXED MOOD*

now®
Live Happy. Live Healthy. Live NOW.



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PHOTO BY JOE HANCOCK

Self-Care Practice

A Restorative Yoga Nidra for Nervous System Regulation

By Karen Brody

Each time you practice yoga nidra meditation, you're stilling the waves of the mind through conscious entry into the sleep state. How does that work?

You start with sensing the body and breathing in specific ways in order to trigger the relaxation response. The relaxation response balances the sympathetic and parasympathetic nervous systems, and balances the left and right brain. In the process, your brain shifts from beta, an awakened state with lots of brain activity, to alpha, a more relaxed state. In alpha, the mood-regulating hormone serotonin gets released, and this calms you down. People who spend little time in an alpha brain-wave state have more anxiety than those who spend more time in alpha.

10 STEPS OF YOGA NIDRA *By Richard Miller*

Getting Started: | Set up your yoga nidra practice space by placing a bolster lengthwise on your mat and slipping a block under the top end, so that the bolster slants gently. Lie down with your sitting bones on the mat and with the bolster supporting you from the low back to the head. Place a folded blanket under your head for a pillow. Notice and welcome sounds, smells, and taste as well as color and light. Release excess tension throughout your body and feel a sense of relaxation spreading throughout your entire body and mind.

1. Connect to Your Heartfelt Desire | Bring to mind your heart's deepest desire—something that you want more than anything else in life. Perhaps it is a desire for health, well-being, or awakening. Feel this heartfelt desire with your entire body while imagining and experiencing it in this moment as if it were true.

2. Set an Intention | Reflect on your intention for your practice today. It might be to relax and rest, or to inquire into a particular sensation, emotion, or belief. Whatever your intention, welcome and affirm it with your entire body and mind.

3. Find Your Inner Resource | Bring attention to your inner resource, a safe haven within your body where you experience feelings of security, well-being, and calm. You may imagine a place, person, or experience that helps you feel secure and at ease and that helps you feel within your body the sense of well-being. Re-experience your inner resource at any time during your practice or in daily life when you feel overwhelmed by an emotion, thought, or life circumstance and wish to feel secure and at ease.

4. Scan Your Body | Gradually move your awareness through your body. Sense your jaw, mouth, ears, nose, and eyes. Sense your forehead, scalp, neck, and the inside of your throat. Scan your attention through your left arm and left palm, your right arm and right palm, and then both arms and hands simultaneously. Sense your torso, pelvis, and sacrum. Experience sensation in your left hip, leg, and foot, and then in your right hip, leg, and foot. Sense your entire body as a field of radiant sensation. *Continued >>*

5. Become Aware of Your Breath | Sense the body breathing by itself. Observe the natural flow of air in the nostrils, throat, and rib cage as well as the rise and fall of the abdomen with each breath. Feel each breath as flowing energy coursing throughout your entire body.

6. Welcome Your Feelings | Without judging or trying to change anything, welcome the sensations (such as heaviness, tension, or warmth) and emotions (such as sadness, anger, or worry) that are present in your body and mind. Also notice opposite sensations and emotions: If you feel worry, call up feelings of serenity; if you feel tense, experience ease. Sense each feeling and its opposite within your body.

7. Witness Your Thoughts | Notice and welcome the thoughts, memories, and images that are present in your mind. Observe your thoughts without judging them or trying to change them. As you come upon beliefs that you hold about yourself, also bring to mind and experience their opposites, welcoming your experience just as it is.

8. Experience Joy | Welcome sensations of joy, well-being, or bliss emanating from your heart or belly and spreading throughout your body and into the space around you. With every exhalation, experience sensations of warmth, joy, and well-being radiating throughout your body.

9. Observe Your Self | Be aware of your sense of “I-ness,” or personality. Notice this sense of identity when you say “I’m hungry,” “I’m angry,” or “I’m happy.” Then, experience yourself as an observing witness or Awareness that is cognizant of these feelings. Set aside thinking and dissolve into Awareness, awake and conscious of the self.

10. Reflect on Your Practice | As you complete your practice, reflect on the journey you’ve just taken. Affirm how the feeling of pure being, or pure awareness, is always present as a deep, unchanging peace that underlies every changing circumstance. Imagine integrating that feeling into your everyday life, in both pleasant and difficult moments, and always reconnecting to that sense of equanimity.

To Finish | At your own pace, transition back to your waking life, reorienting to your surroundings. Come back slowly, and pause for a moment to feel grateful for taking this time for yourself.

Recipe

TURMERIC LATTE

Recipe courtesy of #NOWAmbassador Stephanie Howe, PhD

PREP TIME: 5 minutes

INGREDIENTS:

- 1 cup milk (your choice)
- 1 tablespoon **Virgin Coconut Cooking Oil, Organic**
- 2 capsules, open and pour **CurcuFRESH™ Curcumin Veg Capsules**
- ¼ teaspoon cinnamon
- ¼ teaspoon cardamom
- 1 pinch black pepper
- 1 tablespoon honey

DIRECTIONS:

- In a small saucepan, heat milk and coconut oil over medium heat.
- Slowly stir in spices and bring to a simmer. Stir in honey and remove from heat.
- Serve in a cozy mug and indulge.



Manage Your Brain-Belly Connection



With science now confirming that the bulk of neurotransmitters and mood makers are manufactured in your gut, digestive health and microbiome support has never been more important for mood management.

In this section, we'll explore the science behind the gut-brain connection and how to choose a probiotic that works for you.

If you experience gas, bloating, constipation or other gastrointestinal woes, often signs of bad bacteria, probiotics can help restore a healthy microbiome and support the natural production of serotonin.*

SUPPLEMENTS FOR MANAGING YOUR BRAIN-BELLY CONNECTION*



Saccharomyces Boulardii Veg Capsules *Saccharomyces boulardii* is a probiotic yeast that survives stomach acid and colonizes the intestinal tract to help encourage a healthy gut flora balance.* It also supports a balanced response to normal internal and environmental stressors.* *Saccharomyces boulardii* has also been shown to support proper gastrointestinal function during temporary disruptions to the normal balance of gut flora.* Take one to two capsules two to three times daily between meals as needed.

Probiotic-10™ 100 Billion Veg Capsules NOW® Probiotic-10™ offers a balanced spectrum of live organisms consisting of acid-resistant probiotic bacterial strains that are known to naturally colonize the human GI tract and support healthy digestion and detoxification.* This powerful probiotic formula delivers 100 billion live organisms to help restore healthy flora following occasional, but temporary, disruptions to intestinal balance.* Take one capsule daily between meals or on an empty stomach. Must stay refrigerated.



Clinical GI Probiotic™ Veg Capsules This probiotic features *Bifidobacterium lactis* HN019. Clinical studies have demonstrated that HN019™ supports digestive regularity and promotes normal immune system function in healthy adults over age 50.* Take one to two capsules one to two times daily for GI regularity and the temporary relief of minor bloating.*

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How to Choose the Right Probiotic for You

THERE ARE SO MANY DIFFERENT PROBIOTICS ON THE MARKET, ALL WITH DIFFERENT POTENCIES AND INGREDIENTS. SO IT HELPS TO KNOW WHAT TO LOOK FOR WHEN SHOPPING FOR GOOD GUT BACTERIA.

Identify what health concerns you're seeking to improve by taking a probiotic, and which bacteria or yeasts are likely to make a difference for your specific goal or situation. Research on probiotics shows time and time again that different strains will have different effects on the body.

Probiotics are measured in CFUs (Colony Forming Units). This number should be prominently displayed on the front of the box or bottle you are looking at. Some probiotics contain 1 billion cultures while some contain 200 billion and more. Try not to overly preoccupy yourself with the number of billions that you are getting. There's no way to tell if one number works best for you or not. Just experiment and see what amounts seem to provide you with benefits.

Look for the genus, species, and strains of the microorganisms on the bottle (*Lactobacillus acidophilus* La-14, for example). Each group of bacteria has different species and each species can have different strains. Make sure you are matching what you need with what you are getting.

Look for well-researched strains. A manufacturer should be able to provide proof that their probiotics contain health-promoting strains of bacteria through research and clinical trials.

Choose a probiotic supplement from a trustworthy manufacturer. NOW uses the latest advances in probiotic research and picks superior strains backed by clinical studies. We offer probiotic supplements in a variety of forms for convenience, including capsules, chewable lozenges, powders, and packets. We also offer several different potencies ranging from 2 billion up to 100 billion in potency.

Recipe

SUPERFOOD BEET ROOT SMOOTHIE

Recipe courtesy of NOW partner
@flexandflow

PREP TIME: 5 minutes

INGREDIENTS:

2 tablespoons **Beet Root Powder**

2 tablespoons Nut Butter

2-3 drops **Organic Liquid Monk Fruit, Caramel**

1 teaspoon **MCT Oil, Organic**

1 cup oat milk (or milk of choice), plus additional milk for desired consistency

½ cup cold brew coffee

2 frozen bananas

2 to 4 dates

DIRECTIONS:

Place all ingredients in a blender, blend to preference, and enjoy!



Self-Care Practice

Mindful Eating for Better Gut Health

By Meghan Rabbit

As anyone who's ever plowed through an entire pint of ice cream or bag of chips knows well, stress and other emotions can play a big role in us not taking care of our digestion. Mindfulness is an antidote. The practice acts directly on brain regions that regulate our emotions, enabling us to think more clearly.

But know that, at first, practicing mindfulness when you eat can feel pretty forced—until it becomes second nature. Finding the practice that resonates with you will help you stick to it effortlessly. Here's an easy guide to discovering your fit:

If your go-to meditation or de-stress tactic is... Savasana

Try: A senses scan. As you dig into your next meal, tap into all five senses. What does your food smell or look like? What is the taste and feel on your tongue, or the texture in your hands? What does the food sound like when you cut or chew it? Take a moment to really consider your answers. "Asking and answering these questions after each bite will inherently help you slow down and savor your food," says Kay.

If your go-to meditation or de-stress tactic is... counting your breaths

Try: Counting your chews. Ayurvedic practitioners recommend 30 chews per mouthful, to really break down your food before it hits the digestive system. The goal is to tune in to the food you're eating, not just shovel it in without really tasting or enjoying it.

If your go-to meditation or de-stress tactic is... repeating a mantra

Try: Setting an intention at the meal start. You can say grace, express your gratitude for your food and the people who helped grow and prepare it, or simply remind yourself to continually tap into all of your senses after each bite.

Then don't forget to log how your meal made you feel!





NOW...a trusted natural products company for more than 50 years!

NOW is a family-owned company whose mission is to empower people to lead healthier lives. We offer a comprehensive line of wellness products including dietary supplements, sports nutrition, wholesome foods, essential oils and personal care products. NOW starts with superior ingredients and tests throughout the manufacturing process to ensure that the final product is safe and effective, and that what's on the label is in the bottle.

