

S B L S

Santa Barbara Life & Style Magazine

January/February 2019



BEST YEAR YET

THE PATH TO WELLNESS

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While the New Year brings about resolutions related to enhancing well-being, health should be at the forefront of our minds all year round. To get my health routine on track, understand how my body absorbs nutrients and learn which products are best for what, I called up Dana Remedios, Registered Nutrition Consultant Practitioner for Flora, a natural health company offering supplements, teas, vitamins, oils, and snacks. I'm always searching for the best of the best when it comes to wellness, so I was excited to try products from Flora.

First and foremost, keeping my immune system strong is top priority. On Dana's recommendation, my new secret weapon is Flora Elderberry Crystals. Providing a burst of antioxidants and immune support, the tiny purple crystals are the perfect supplement for that about-to-get-sick feeling. Whether you're feeling low in energy or have a scratchy throat, the recommended dosage of Flora Elderberry Crystals mixed into your favorite smoothie or simply stirred in cold water helps fight off that cold. By taking this supplement before flights and when I feel a cold coming on, I am excited to say that it has kept me sick-free for months.

While not being sick feels good, I want to feel great. To make that happen, Dana introduces me to DHA (docosahexaenoic acid). She notes that it has been scientifically proven that our brains need specific omega-3 fatty acids, one of which includes DHA, a mood enhancer that promotes focus, and supports memory, brain, eye, and heart health. A great source of omega-3s is fish, as they get it from consuming algae. Flora's DHA Vegetarian Algae supplement allows for you to get in your omega-3s sustainably—going straight to the source, making a great option for vegetarians and vegans. Finishing my two month supply, I recognized a noticeable shift in my mood, with that 3 p.m. sluggish feeling completely diminished. With such positive and noticeable effects in a short period of time, I added Flora's DHA Vegetarian Algae to my daily routine.

The next subject on my quest for optimal health is iron, an essential element of hemoglobin, a protein needed to transport oxygen in the blood. Dana explains that without enough iron, the body is unable to create enough healthy red blood cells, resulting in low energy levels, pale skin, and brittle hair and nails. Floradix Iron + Herbs, the best-selling natural liquid iron supplement in North America, helps combat iron deficiency through promoting the creation of healthy oxygen-carrying red blood cells, and its liquid form allows for easy absorption and assimilation.

To give my fitness resolutions a boost, I try Omega Sport+ oil, which is designed with performance and recovery in mind. It's an essential supplement for everyone from avid athletes to occasional gym-goers. Including omega-3, -6, and -9, plus MCTs for energy, turmeric for recovery, and vitamin D to support strength and bone health, the oil helps you push boundaries in your fitness routine.

As one of my goals for the year is to stress less and incorporate more self-care into my life, Dana tells me about Flora's Holy Basil tea. Holy Basil (also known as tulsi) is one of India's most sacred herbs, used to promote well-being and a sense of peace. The caffeine-free tea blends revitalizing tulsi with rooibos to create a rich-tasting beverage, which gives you an instant sense of relaxation and peace within the first few sips.

If the way I feel didn't completely make me appreciate Flora products, Flora's sense of obligation towards the health of their customers and the environment did. Non-GMO ingredients of the highest quality, the utilization of organic farming practices, and extensive quality testing ensure every product is the purest and most effective possible. With over 100 years of experience in the health and wellness industry, Flora clearly knows what works. Hello, optimal health!

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