

remedies[®] for LIFE buyer's edge

JUNE 2015

remedies June 2015

Feature: *Men's Health*

These healing herbs and nutrients keep a man's health humming, fending off cancer and age-related fatigue while also preventing or treating benign prostatic hyperplasia and libido issues.

departments

Herbal Glow: *Sun Care* explains that sunscreens don't have to be made from unpronounceable chemicals to be effective; minerals and antioxidants can help keep the skin healthy as we enjoy the warm sunshine.

Supplement Spotlight:

Probiotics While some microbes may be up to no good, we are host to beneficial bacteria that play a role in everything from cell-to-cell communication to extensive signaling involving the central nervous system.

Real World Homeopathy:

Bites and Stings can come from bugs, bees, and jellyfish (along with small children!) Whatever the source, there's probably a homeopathic remedy to try.

Everyday Remedies: *Age Spots*



A source for news, information, and ideas for your healthy lifestyle.

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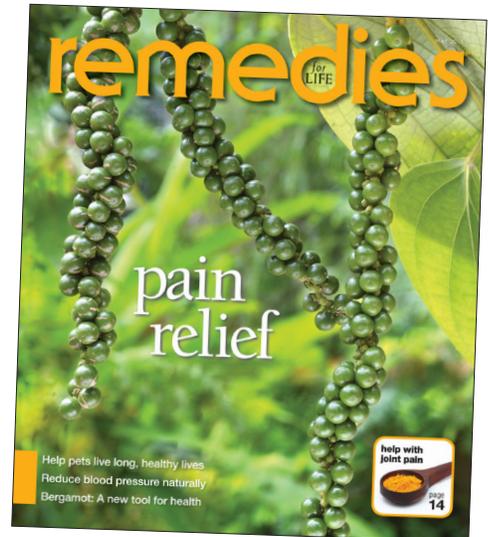
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remedies™ QUIZ

True or False?

Our readers tell us they buy more products in your stores after reading our magazine. True! The following quiz can help you and your staff learn more about the products and topics currently appearing in the May issue of *remedies*.



- TRUE FALSE 1 The supplement glutathione may help reduce exercise-induced fatigue and the formation of lactic acid.
- TRUE FALSE 2 Recent research suggests that Pycnogenol, an extract of French maritime pine tree bark, can help reduce the length and severity of colds.
- TRUE FALSE 3 For healthy women, pregnant or not, 150 minutes of low-intensity aerobic exercise is recommended per week.
- TRUE FALSE 4 Adaptogenic herbs such as black cohosh, chasteberry, and rhodiola can be used by women of all ages as natural coping methods for female health needs.
- TRUE FALSE 5 When dealing with chronic joint pain, being inactive can help.
- TRUE FALSE 6 Pets can suffer from some of the same age-related diseases as humans.
- TRUE FALSE 7 Homeopathic treatments are mainly recommended for teenagers.
- TRUE FALSE 8 Cocoa supplementation can help regulate and reduce blood pressure.

1 TRUE 2 TRUE 3 FALSE: For healthy women, pregnant or not, 150 minutes of moderate-intensity aerobic exercise is recommended per week. 4 TRUE 5 FALSE: When dealing with chronic joint pain, being active can help. Being inactive can actually worsen the pain. 6 TRUE 7 FALSE: While drinking coffee does have many health benefits, only raw green coffee beans or supplements containing chlorogenic acid are believed to lower blood pressure. 8 TRUE