

ATEMPO

SPECIAL

NATURAL LIFESTYLE

EDITION



UNLOCKING A HEALTHIER YOU ON TIME!

YOUR GUIDE
TO OPTIMAL
HEALTH

NAD+

The Secret to Aging Well

OMEGA 3-KRILL

Lowers Cholesterol and Triglycerides

TURMERIC

The Natural Anti-inflammatory

BERBERINE

The natural ally for blood Sugar Control

MAGNESIUM

The Essential Mineral for Well-being

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SECRETS OF
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The Power of Walking and
Supplements **Importance**



Unlocking **Cognitive**
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Techniques for a
restful **Sleep**



The Healing Power of
Laughter

Living Better Together

Welcome to Atempo, your trusted companion on the journey to a vibrant and healthy life. Within these pages, you'll discover a world where wellness meets truth, where science embraces nature, and where information ignites inspiration. At Atempo, we are deeply committed to your health. We believe you deserve to live with Vitality, Energy, and Balance. That's why we dedicate ourselves to providing you with practical, evidence-based tips to empower you to make informed decisions about your well-being.

We don't settle for half-truths. We illuminate both the genuine benefits for your health and the potential pitfalls, because we believe in transparency and the power of knowledge.

Atempo is a supportive community that walks alongside you on your path to a healthier and happier you. Together, we'll explore the secrets of nutrition, fitness, emotional well-being and much more.

Prepare to discover a new perspective on health, one that empowers you to take control and live your best life.

Join us on this adventure towards wellness!

Life is beautiful, Enjoy with good Health
Atempo Team

Life Message from a user

You can have 1.000 problems in life, until you have a health problem and then you only have one.

Everything else, money, relationships, stress, fades away in its shadow. Suddenly the things you once worried about seem so small because nothing else matters, when your body or mind is screaming for help.

Health isn't just something you have, its everything, it's the ability to wake up and feel alive, to move freely, to laugh without pain, to breath without struggle. Yet we take it for granted, don't we? Until it's gone, we don't truly understand how precious it is.

When your health is compromised, every little thing becomes harder, dreams get put on hold, happiness feels distant, and lifes colors start to fade.

That's why taking care of yourself isn't a luxury, it's an act of love, a gift to your future self. Because when you are healthy, you can face anything. Without health, even the smallest battles feel impossible, don't wait to lose it, to realize its value. Treasure your body now, your health is everything, take care of it!



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The Power of Walking and the Importance of Supplements in Modern Life

Take the First Step to a More Active and Healthy Life

Sedentary behavior, characterized by a lack of regular physical activity, has infiltrated our lives, contributing to a range of health issues. Sedentary habits increase the risk of cardiovascular disease, type 2 diabetes, obesity, osteoporosis, depression, and certain cancers. Technology and modern life have made us increasingly sedentary, but the price is high. We spend hours sitting in front of screens, using vehicles for short distances, and relying on processed foods. ***It's time to get up, to move, to reconnect with our bodies.*** We do not need to be elite athletes, small changes can make a big difference, the science of supplementation is a good companion and ally to recover what was lost. This article is an invitation to rediscover the power of walking, to nourish our bodies intelligently with supplementation and good nutrition, and to **reclaim the vitality that belongs to us.**

Dedicate at least 30 minutes a day to a Walking Experience. Walking is a meditation in motion, a way to release stress and clear the mind, it's time to get up, to move, to reconnect with our bodies.

Moderate sun exposure is essential for the body to synthesize vitamin D, which plays a vital role in bone health, immune function, and overall well-being.

Tip to Incorporate movement:

- ♥ Leave the car farther than usual.
- ♥ Take the stairs.
- ♥ Walk during work breaks.
- ♥ Explore new trails and parks.

Proven benefits:

- ♥ Improves cardiovascular health.
- ♥ Strengthens bones and muscles.
- ♥ Increases energy and mood.
- ♥ Reduces stress and anxiety.



Today's diet, often lacking in essential nutrients, can leave gaps that supplements help fill. Products such as Omega 3 boost brain health, lowering triglycerides and bad cholesterol. Magnesium aids muscle relaxation and sound sleep. Turmeric fights inflammation and is a remarkable antioxidant, helping to raise defenses and improve the benefits of exercise. In addition, supplements such as collagen help repair tissues and give your hair a nice and healthy look. Meanwhile, NAD + helps cell repair, stops cellular aging, and optimizes energy production. Finally, Berberine helps with metabolism and controls blood glucose levels.

Practical advice: Combining outdoor walks with a supplement routine tailored to your needs can be the key to holistic well-being.

Below, we would like to present more information on suitable supplements that we hope you take advantage of, enjoy and use to begin a **healthy life.**

NAD+ It's trendy, everyone is talking about it, but do you know what it is?

What is NAD+? NAD+ (nicotinamide adenine dinucleotide) is like your body's ultimate life force, a critical coenzyme found in every cell, acting as a catalyst for energy production and cellular repair. Imagine it as a molecular power source that fuels your body by converting the food you eat into energy through cellular respiration.

But its superpowers don't stop there. NAD+ plays a pivotal role in repairing damaged DNA, reducing oxidative stress, and regulating key processes that influence aging and overall health. It activates sirtuins, known as "longevity genes," which help protect cells from age-related decline and promote metabolic balance.

Unfortunately, NAD+ levels naturally decrease as we age, making it harder for our bodies to repair and regenerate. This decline is linked to fatigue, cognitive decline, weakened immunity, and a higher risk of chronic conditions. By replenishing NAD+ levels, you can supercharge your body's ability to heal, boost mental clarity, enhance physical performance, and support graceful aging-making it an essential molecule for vibrant, long-lasting health.



Unlocking
The Power
of NAD+



Why take NAD+ supplements? Restoring NAD+ levels can improve cellular energy, boost brain function, protect cells from deterioration, and improve resistance to aging. Regular NAD+ supplementation is ineffective due to its low bioavailability; precursors such as nicotinamide riboside (NR), Resveratrol, Pterostilbene, Glutathione, Quercetin are the gold standard. These precursors act as building blocks, helping your body naturally produce and sustain optimal NAD+ levels. By supporting cellular metabolism and enhancing repair mechanisms, they contribute to increased vitality, sharper cognitive function, and improved resilience against age-related decline. Maintaining healthy NAD+ levels is a proactive step toward feeling energized, youthful, and ready to thrive every day.

THE SECRET TO AGING WELL

Now, let's dive into the best precursors
for Boosting NAD+

NR (nicotinamide riboside), the Best Boost for NAD+

NR is a highly efficient NAD+ precursor, easily absorbed and converted into NAD+ within cells. Clinical studies show that NR supplementation can significantly elevate NAD+ levels, promoting better mitochondrial function, increased energy, and enhanced repair mechanisms.

Other Essential Precursors for Cell Repair

Resveratrol: A polyphenol found in grapes, resveratrol activates sirtuins and amplifies the effects of NAD+. It supports cardiovascular health and reduces inflammation.

Pterostilbene: Chemically similar to resveratrol, it offers potent antioxidant and anti-inflammatory properties, further boosting sirtuin activity.

Glutathione: The “master antioxidant,” detoxifies cells, reduces oxidative stress, and supports immune function, ultimately preserving cellular integrity.

Quercetin: A powerful flavonoid, quercetin reduces inflammation, combats free radicals, and enhances the body's natural NAD+ production.

Coenzyme Q10 (CoQ10): Essential for mitochondrial energy production, CoQ10 works synergistically with NAD+ to enhance cellular energy and protect against oxidative damage.

Broccoli Extract (Sulforaphane): Supports detoxification pathways and activates NRF2, a protein that regulates antioxidant responses and helps repair damaged DNA.

Astragalus: A traditional herb with anti-aging properties, supports immune health and preserves telomeres—the protective caps on DNA that shorten with age.



Dr. José Vitto MD

Dr. Vitto is a triple board-certified physician with over 25 years of experience. He is dedicated to helping people look good, feel good, and slow the aging process. With extensive training and experience in the field of medicine, he is well-equipped to provide expert care. As the CEO and Founder of VITTO MD Plastic Surgery Anti-aging Center in Miami, Dr. Vitto recommends the **Atempo Natural NAD+** Formula to his patients. He understands the scientific principles behind it and recognizes the powerful benefits of this unique complex. Dr. Vitto is committed to helping individuals feel vibrant and youthful from within.



Techniques for a Restful Sleep

"Getting good sleep is essential for our physical and mental health. When we sleep, our body recovers and prepares for the next day. However, many people have difficulty falling asleep or deep sleep. Fortunately, there are many things we can do to improve our sleep quality."

Why is it important to sleep well? Sleep is essential for our physical and mental health. When we sleep, our body recovers and prepares for the next day. Sleep is also important for our learning ability, memory, and concentration.

How many hours of sleep do we need? The amount of sleep we need varies from person to person. However, most adults need between 7 and 8 hours of sleep per night. Children and adolescents need even more sleep.

How can I improve my sleep quality? There are many things you can do to improve your sleep quality. Here are some tips:

- Establish a regular sleep schedule: Going to bed and waking up at the same time every day, even on weekends, helps regulate the circadian rhythm and establish a healthy sleep pattern.
- Create a sleep-conducive environment: Ensure the bedroom is dark, quiet, and cool, with a comfortable temperature, pillow and bed. Use blackout curtains, earplugs, or an eye mask if necessary.
- Avoid caffeine and alcohol before bedtime.
- Moderate exercise can improve sleep quality, but avoid doing it close to bedtime.
- Avoid screens before sleep: The blue light emitted by electronic devices like cell phones, tablets, and computers can suppress the production of melatonin, a hormone that regulates sleep.
- Taking a warm bath, reading a book, listening to soft music, or practicing relaxation techniques like deep breathing or meditation can help prepare the body and mind for sleep.
- Avoid long naps during the day: Short naps can be beneficial, but long naps can make it difficult to fall asleep at night.
- Don't eat heavy meals before bedtime: Heavy meals can hinder digestion and cause discomfort that interferes with sleep.
- Expose yourself to sunlight during the day: Sunlight helps regulate the circadian rhythm and promote healthy sleep.



4-7-8 Breathing

This technique is very popular for falling asleep quickly. It's based on a specific breathing pattern that helps calm the nervous system. Follow these steps:

- Lie down comfortably.
- Exhale completely through your mouth, releasing all the air from your lungs.
- Inhale quietly through your nose, counting to 4.
- Hold your breath, counting to 7.
- Exhale loudly through your mouth, counting to 8.
- Repeat this cycle 7 times.

"Did you know that magnesium deficiency can also significantly disrupt your sleep? This essential mineral plays a crucial role in muscle relaxation and nervous system regulation. When magnesium levels are low, you may experience difficulty falling asleep, nocturnal awakenings, and poor sleep quality.

To combat this, Magnesium glycinate stands out as the best form of magnesium for promoting restful sleep. Its high bioavailability allows the body to absorb it efficiently, maximizing its relaxing effects and helping you achieve deep, restorative rest."

Unlocking Your Inner Vitality

The Omega-3 Secret

Why Omega-3 is Essential for Health: Omega-3 fatty acids are vital for overall well-being, supporting heart health, brain function, and reducing inflammation. These essential fats are not produced by the body, meaning we must obtain them through diet or supplementation. Omega-3s are linked to improved cardiovascular health, enhanced cognitive performance, joint flexibility, and even better mood regulation.

The Marvelous Benefits of Omega-3:

Heart Health Hero: EPA and DHA, play a crucial role in heart health. They help reduce triglycerides and bad cholesterol, lower blood pressure, and keep arteries flexible and clear, reducing the risk of heart disease and stroke, contributing to a healthier cardiovascular system. Omega-3s also contribute to stabilizing heart rhythms and decreasing overall inflammation, which can damage blood vessels and lead to cardiovascular issues.

Brain Boosting Brilliance: Omega-3s are crucial for cognitive function, memory, and mood regulation. Studies suggest they may even play a role in preventing age-related cognitive decline.

Eye Health Advocate: Omega-3s are a structural component of the retina, supporting healthy vision and potentially reducing the risk of macular degeneration.

Inflammation Fighter: EPA and DHA have potent anti-inflammatory properties, and can ease symptoms of conditions like arthritis and inflammatory bowel disease.

Mood Elevator: Research indicates that Omega-3s can help alleviate symptoms of depression and anxiety, promoting emotional well-being.



Krill Oil: Demonstrating True Omega-3 Superiority

Did You Know That the Best Omega-3 Comes from Krill Oil?

Krill are small, shrimp-like crustaceans found in the pristine waters of **Antarctica**. Unlike fish oil, krill oil contains omega-3s in phospholipid form, making it easier for the body to absorb and utilize. This superior bioavailability means you get more health benefits with smaller doses.

Why Krill Oil Outshines Other Sources:

- **Purity and Sustainability:** Krill are harvested from clean, unpolluted waters, free from the mercury and heavy metals often found in fish oil.
- **Astaxanthin Power:** Krill oil naturally contains astaxanthin, a potent antioxidant that protects cells from oxidative damage and boosts the oil's stability.
- **Avoiding Contaminants:** Farm-raised fish can be exposed to antibiotics and artificial feeds, while plant-based omega-3 sources often contain lower-quality ALA (alpha-linolenic acid). Body must first convert ALA to usable EPA and DHA — an inefficient process. Plus, many plant oils are extracted using harsh chemicals, leaving behind unwanted residues.



TURMERIC

Exploring the Science-Backed Benefits of Turmeric and Curcumin



Turmeric, a vibrant yellow spice derived from the *Curcuma longa* plant, has been a staple in traditional medicine for centuries. Its potent bioactive compound, curcumin, is the primary source of its remarkable health benefits. While turmeric offers a complex array of compounds, it's curcumin that's been the subject of extensive scientific research, revealing a treasure trove of potential therapeutic applications. This article delves into the science behind turmeric and curcumin, exploring their potential to improve health and well-being.

Curcuminoids

Curcumin, the bright yellow pigment in turmeric, is a powerful polyphenol with impressive antioxidant, anti-inflammatory, and anti-cancer properties. It's this unique chemical structure that allows curcumin to interact with various molecular pathways in the body, influencing numerous biological processes.

However, curcumin's bioavailability is a challenge. It's poorly absorbed into the bloodstream, limiting its effectiveness. This is why need to combine curcumin with pure black pepper extract, which significantly enhances its absorption.



Backed by Science

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Choosing the Right Turmeric Curcumin Supplement

Given the bioavailability challenges, choosing a high-quality turmeric or curcumin supplement is crucial. Look for products that contain:

- * **Standardized Curcumin:** Ensure the product specifies the percentage of curcuminoids (the active compounds in curcumin). A higher percentage generally indicates a more potent product.
- * **Organic Turmeric:** Organic turmeric is considered more pure and free of toxins because it's grown without synthetic pesticides, herbicides, or chemical fertilizers. These chemicals can leave harmful residues on crops, which might make their way into your body when consumed.
- * **Black Pepper Extract:** With pure extract, it can increase the bioavailability of curcumin by up to 2000%
- * **Third-party testing:** Choose supplements that have been independently tested for purity and potency.
- * **Without fillers, additives, or excipients:** Ensure that the "other ingredients" section is free of these fillers, which only benefit the manufacturer financially. They reduce the amount of the product you receive, decreasing its effectiveness through dilution, and in some cases, causing alterations in your body's acidity, leading to discomfort instead of healing.

Science-Backed Benefits of Curcumin:

Here's a look at some of the most promising areas of research

* **Anti-inflammatory Powerhouse:** Chronic inflammation is a root cause of many modern diseases. Curcumin has demonstrated potent anti-inflammatory effects comparable to some over-the-counter medications. It acts by inhibiting key inflammatory molecules. This makes curcumin a potential therapeutic agent for conditions like arthritis, inflammatory bowel disease, and other chronic inflammatory disorders.

* **Antioxidant Champion:** Curcumin is a powerful antioxidant that neutralizes free radicals, protecting cells from damage. Its antioxidant capacity surpasses that of many other antioxidants, contributing to its potential in preventing chronic diseases like heart disease and cancer.

* **Brain Booster:** Curcumin has shown promise in supporting brain health. It may increase levels of brain-derived neurotrophic factor (BDNF), a protein crucial for brain function and linked to improved memory and cognitive function. Some research suggests it could play a role in preventing age-related cognitive decline and even Alzheimer's disease, though more research is needed.

* **Heart Health Hero:** Curcumin may contribute to heart health by improving endothelial function (the lining of blood vessels), reducing inflammation, and lowering cholesterol levels. These effects can contribute to a reduced risk of heart disease.

* **Cancer Fighter:** Curcumin has demonstrated anti-cancer properties in various studies, inhibiting the growth and spread of cancer cells. While more research is needed, curcumin's potential in cancer prevention and treatment is being actively explored.

* **Arthritis Relief:** Due to its potent anti-inflammatory properties, curcumin may offer relief from osteoarthritis and rheumatoid arthritis symptoms. Studies have shown that curcumin can reduce pain and improve joint function in people with arthritis.

* **Mood Elevator:** Some studies suggest that curcumin may have mood-boosting effects, potentially by influencing neurotransmitter levels in the brain. While more research is needed, it shows promise as a natural approach to supporting mental well-being.

* **Digestive Aid:** Turmeric supports digestive health by stimulating bile production, which aids in digesting fats and improving nutrient absorption. Its anti-inflammatory properties can also soothe the digestive tract, potentially alleviating symptoms of conditions like irritable bowel syndrome (IBS) and indigestion.

* **Immune System Support:** Turmeric can bolster your immune system with its antimicrobial, antiviral, and antifungal properties. Curcumin helps modulate immune responses, enhancing the body's ability to fight off infections while reducing excessive inflammation that can contribute to autoimmune conditions.

"Researchers continue to dedicate significant effort to uncovering the wellness benefits of Turmeric-Curcumin."



Unveiling the Benefits of Berberine and Ceylon Cinnamon

The Power of Nature

In the quest for wellness, nature offers robust solutions to support metabolic health, balance blood sugar, and enhance overall vitality. Two standout herbal compounds, Berberine and Ceylon Cinnamon have gained recognition for their remarkable health benefits. Let's dive into what makes these ingredients so valuable and how they can serve as natural alternatives for modern health concerns.

Berberine:

The Natural Metabolic Master Berberine is a bioactive compound extracted from several plants, including barberry and goldenseal. Used in traditional Chinese and Ayurvedic medicine for centuries, berberine is now backed by modern science for its potent effects on metabolism and overall health.

Key Benefits of Berberine:

- **Blood Sugar Regulation:** Berberine activates AMPK, an enzyme known as the body's metabolic master switch. This helps increase insulin sensitivity and lowers blood sugar levels, making it a powerful natural ally for people managing type 2 diabetes or insulin resistance.
- **Cholesterol and Heart Health:** Berberine has been shown to reduce LDL cholesterol and triglycerides while increasing HDL cholesterol, promoting cardiovascular health and reducing the risk of heart disease.
- **Gut and Digestive Health:** It supports a healthy gut microbiome by balancing intestinal bacteria and reducing inflammation, which can enhance digestion and nutrient absorption.
- **Weight Management:** By improving metabolism and reducing fat accumulation, berberine may aid in weight loss and help maintain a healthy body composition.



Ceylon Cinnamon:

The True Cinnamon with Healing Properties Ceylon cinnamon, known as "true cinnamon," is a spice derived from the inner bark of the *Cinnamomum verum* tree. Unlike the more common Cassia cinnamon, Ceylon cinnamon is prized for its delicate flavor and lower coumarin content, making it a safer option for long-term use.

Key Benefits of Ceylon Cinnamon:

- **Blood Sugar Control:** Ceylon cinnamon helps lower blood sugar levels by enhancing insulin sensitivity, making it an excellent complement to berberine for managing glucose metabolism.
- **Anti-Inflammatory and Antioxidant Properties:** Rich in powerful antioxidants, Ceylon cinnamon helps combat oxidative stress and reduce chronic inflammation, which are key drivers of aging and disease.
- **Heart Health:** Ceylon Cinnamon may help lower blood pressure and reduce cholesterol, supporting overall cardiovascular function.
- **Antimicrobial Effects:** Ceylon cinnamon has outstanding antimicrobial properties, which can help fight infections and support immune health.

The Natural "Ozempic" Duo: By working together to help control blood sugar, enhance insulin efficiency, and bolster metabolic fitness, Berberine and Ceylon cinnamon remain widely known as the natural alternative to modern medications like Ozempic. While they don't replace prescription treatments, they offer a holistic approach to enhancing metabolic function and promoting long-term wellness.

MAGNESIUM

The Essential Mineral for Well-being



Magnesium is an essential mineral that participates in over 300 biochemical reactions in the body. It plays a crucial role in muscle and nerve function, blood pressure regulation, and immune system support. However, many people don't get enough magnesium from their diet, which can lead to a variety of health problems.

Importance of Magnesium

Muscle and nerve function: Magnesium is essential for muscle contraction and relaxation, as well as the transmission of nerve signals.

Blood pressure regulation: Magnesium helps relax blood vessels, which can help lower blood pressure.

Immune system support: Magnesium plays a role in immune function and inflammation.

Bone health: Magnesium is important for the formation and maintenance of strong bones.

Blood sugar regulation: Magnesium helps regulate blood sugar levels and insulin sensitivity.

Sleep quality: Magnesium is necessary for the production of melatonin, a hormone that regulates sleep.

Types of Magnesium and Bioavailability

There are several different types of magnesium supplements, each with its own advantages and disadvantages.

Magnesium Citrate: This form of magnesium has high bioavailability, meaning the body absorbs it easily. It is a good option for people with constipation, as it has a positive effect in promoting intestinal regularity.

Magnesium Glycinate: This form of magnesium also has high bioavailability and is a good option for people with digestive sensitivity. It is also the best option for improving sleep quality.

Magnesium Oxide: This is the most common and economical form of magnesium but is also the least bioavailable. This means that the body DOES NOT absorb it well. In addition, magnesium oxide can cause digestive problems, such as severe diarrhea. Avoid supplements that include this form or blends containing magnesium oxide. Also, steer clear of products with unnecessary excipients or fillers.



Magnesium Citrate and Magnesium Glycinate: Your Key to Optimal Health



"Many doctors recommend that a large number of their patients take a capsule of Magnesium Citrate in the morning to promote intestinal regularity and another capsule of Magnesium Glycinate at night to encourage restful sleep. Consult with your doctor."

Backed by Science

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UNLOCKING COGNITIVE POTENTIAL

THE POWER OF LION'S MANE AND OTHER NOOTROPICS FOR BRAIN HEALTH

In an era where mental clarity, focus, and memory retention are more valued than ever, many are turning to natural supplements to boost cognitive performance. Among the stars of this wellness revolution is Lion's Mane mushroom (*Hericium erinaceus*), celebrated for its remarkable neuroprotective properties. But Lion's Mane is just the beginning. Let's explore how this powerful fungus, alongside other potent nootropics like Reishi, Cordyceps, Alpha GPC, Bacopa Monnieri, and Phosphatidylserine, can enhance brain health and overall well-being.



LION'S MANE

The Brain's Best Friend! Is a powerhouse for neural regeneration. It stimulates the production of nerve growth factor (NGF), a protein crucial for the growth and maintenance of neurons. Regular consumption of Lion's Mane can lead to improved memory, enhanced focus, and even protection against neurodegenerative diseases like Alzheimer's.

REISHI MUSHROOM

The Stress Reliever! Known as the "mushroom of immortality," Reishi (*Ganoderma lucidum*) is prized for its adaptogenic properties. It helps modulate the body's stress response, promoting relaxation and reducing anxiety — key factors in maintaining cognitive function and mental clarity.

CORDYCEPS MUSHROOM

The Energy Booster, is renowned for enhancing energy production and oxygen utilization. By improving cellular energy through ATP production, Cordyceps not only boosts physical endurance but also sharpens mental acuity and resilience against fatigue.

ALPHA GPC

The Memory Enhancer, Alpha GPC is a choline compound that supports the synthesis of acetylcholine, a neurotransmitter essential for learning and memory. It's a favorite among students and professionals seeking a cognitive edge, as it enhances recall, concentration, and mental agility.

BACOPA MONNIERI

The Ancient Cognitive Tonic, Used in Ayurvedic medicine for centuries, Bacopa Monnieri is famed for its ability to improve memory and cognitive processing. It works by enhancing synaptic communication and has been shown to support long-term brain health by combating oxidative stress and inflammation.

PHOSPHATIDYLSERINE

The Cellular Protector, Phosphatidylserine is a phospholipid that is vital for the integrity and fluidity of cell membranes, especially in the brain. It plays a key role in neurotransmission and has been linked to improved cognitive function, reduced cognitive decline, and better mood regulation.

SYNERGIZING FOR OPTIMAL BRAIN HEALTH

When combined these nootropics create a synergistic effect that amplifies their individual benefits. This blend can supercharge neurogenesis, memory formation and help mitigate the stress that often hampers cognitive performance. Use of nootropic blends can be a transformative step toward enhanced mental clarity, emotional balance, and long-term brain health. As research continues to unveil the complexities of the human brain, these ancient and modern remedies offer a beacon of hope for those seeking to unlock their cognitive potential. Additionally, essential B vitamins B6, B9, and B12, play a critical role in brain health. Vitamin B6 facilitates neurotransmitter synthesis, supporting mood regulation and cognitive function. Vitamin B9 (folate) is crucial for DNA synthesis and repair, influencing brain development and mental clarity. Meanwhile, Vitamin B12 is vital for nerve health and the production of myelin, the protective sheath around neurons, contributing to improved memory and reduced risk of cognitive decline. Embrace the power of nature's pharmacy and give your brain the nourishment it deserves — your future self will thank you!

BACKED BY SCIENCE

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THE HEALING POWER OF LAUGHTER

"Laughter, that universal expression of joy and well-being, is much more than a simple reaction to a joke or a funny situation. Numerous scientific studies have shown that laughter has a profound and positive impact on our physical and mental health."

Here we give you some jokes to brighten up your reading and your life!



Why don't skeletons ever start a fight?
Because they don't have the guts!



Why did the skeleton go to the party alone?
Because he had no body to go with!

Why did the bicycle fall over?
Because it was two-tired!

Why did the tomato turn red?
Because it saw the salad dressing!



Why did the mushroom get invited to all the parties? Because he's a fungi!

What is an astronaut's favorite part on a computer? The space bar ... "hahahaha"

What do you call a magic dog?
A labracadabrador ... "hahahaha"



What do you call a bear with no ears?
B "lol"

Why did the ghost go to the bar?
For the boos ... "jajajaja"

What did the left eye say to the right eye?
Between you and me, something smells!

What do you call an alligator in a vest?
An investigator "lol"

What food is never on time?
Choco-late! "hahahaha"



What do you call a fish wearing a bowtie? Sofishticated ... "hahahaha"



What kind of music do mummies listen to?
Wrap music ... "hahahaha"

What do you call a sad strawberry?
A blueberry "hahahaha"

What makes a sick lemon feel better?
Lemon-aid "lol"

Get ready for more laughs in our next issue, subscribe!

Hydrolyzed Collagen , Vitamin C, Hyaluronic Acid, and Biotin

A Science-Backed Synergy for Health and Beauty



In the realm of wellness and skincare, few combinations are as powerful as hydrolyzed collagen, vitamin C, hyaluronic acid, and biotin. This quartet not only enhances beauty from the inside out but is also backed by science for its effectiveness in promoting skin elasticity, hydration, and overall vitality. Let's dive into what makes these ingredients essential and how they work synergistically.

Hydrolyzed Collagen: The Building Block of Skin

Collagen is the most abundant protein in the human body, crucial for maintaining the structure and strength of skin, hair, nails, and joints. Hydrolyzed collagen, or collagen peptides, is broken down into smaller, easily digestible amino acids, allowing for better absorption and utilization by the body.

Studies suggest that regular supplementation with hydrolyzed collagen can improve skin elasticity, reduce wrinkles, and enhance skin hydration. This is because it stimulates the body's natural collagen production, replenishing what diminishes with age.

Vitamin C: The Collagen Catalyst

Vitamin C is indispensable in collagen synthesis. It acts as a cofactor for the enzymes prolyl and lysyl hydroxylase, which stabilize and cross-link collagen fibers. Without sufficient vitamin C, collagen production is compromised, leading to weakened skin structure and delayed wound healing. Moreover, vitamin C is a potent antioxidant, protecting skin cells from damage by free radicals and UV exposure, thereby preventing premature aging.

Hyaluronic Acid: The Hydration Hero

Hyaluronic acid is a naturally occurring substance in the skin known for its capacity to attract and retain moisture. It enhances skin hydration, plumpness, and elasticity, which are vital for a youthful appearance.

When combined with collagen, hyaluronic acid supports skin structure and volume, maximizing the anti-aging effects and promoting a supple, radiant complexion.

Biotin: The Beauty Vitamin

Biotin, or vitamin B7, is essential for healthy skin, hair, and nails. It aids in the production of keratin, a structural protein that makes up hair and nails, and supports skin health by improving hydration and smoothness.

Deficiency in biotin can lead to skin rashes, hair thinning, and brittle nails, highlighting its importance in a beauty-focused supplement regimen.

This powerful combination, grounded in research, offers a holistic approach to beauty, demonstrating that true radiance begins from within.



atempo®
Natural Lifestyle

Unlocking a Healthier You, On Time!

PREMIUM ULTRA PURE ADVANCED FORMULAS

**FREE from excipients,
fillers or additives**



NAD+

with NR, Resveratrol,
Gluthation & more

OMEGA 3 KRILL

with Astaxanthin

COLLAGEN

with Hyaluronic Acid,
Vitamin C & Biotin

BERBERINE

with Ceylon Cinnamon

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YOU ARE WHAT YOU EAT:

Understanding the Impact of Food Choices on Your Well-being

We've all heard the saying, "You are what you eat," but have you ever stopped to truly consider what that means? Every bite we take influences our health, energy, and even our mood. In today's fast-paced world, convenience often trumps nutrition, leading many to consume highly processed foods laden with harmful additives, colorants, and refined ingredients. It's time to become more conscious of what we put on our plates and recognize that eating better is easier than we think.

The Hidden Dangers

Modern diets are saturated with ultra-processed foods, products that barely resemble their original ingredients. These foods often contain artificial preservatives, flavor enhancers, and synthetic colorants designed to extend shelf life and make products more appealing. However, these additives can wreak havoc on our bodies. Studies have linked them to a range of health issues, from allergies and digestive problems to more severe conditions like cancer and neurological disorders.

For instance, artificial colorants like Caramel color, Red 40 and Yellow 5 have been associated with hyperactivity in children and other behavioral concerns.

Meanwhile, preservatives such as sodium nitrite, commonly found in processed meats, have been classified as potential carcinogens. Consuming these chemicals regularly can silently compromise our well-being.

Not only food but also supplements can contain harmful extras, often listed under "other ingredients" or labeled "inactive." These fillers don't just shape the pill or extend shelf life; they can affect absorption and may trigger adverse reactions. Always check labels carefully and opt for supplements without fillers or unnecessary additives.



Eat Healthy, Lose Weight, and Align Your Body

If you want to lose weight, be healthy, have a positive change, is time for a definitive change.

Say goodbye to refined carbohydrates, flours, sugars, and welcome a lifestyle that will transform your health and figure.

The key to losing weight and feeling better lies in drastically reducing carbohydrates, especially those from flours and sugars (also known as "The Silent Enemy"). Instead, focus on filling your plate with abundant fresh vegetables and lean proteins.

Make the Decision Today

Don't wait any longer to transform your life. This is the moment to make a definitive decision and commit to a healthy lifestyle. The results will surprise you: you will lose weight, have more energy, and feel better than ever.

Additional Tips Drink plenty of water, aim for at least 8 cups of water a day, but increase that amount if you exercise or live in a hot climate. Herbal teas and infused water can make staying hydrated more enjoyable. Exercise regularly, get enough sleep, and take the right supplements without fillers or additives to have a healthy life.

Health
is the
Best
Wealth

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