



# LIFESOURCE INSTITUTE NEWS

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## Inflammation How Do We Minimize For Optimal Health?

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### ASK THE COACH?

#### STAY ON TRACK

- \* **Essential Ingredients:** Check every product ingredients list for safety and dosage amount in comparison to published research studies.
- \* **Label Accuracy:** Confirm each top brand's ingredients to make sure they contain the dosage amount they claim on their label, using third party lab testing results.
- \* **Return Policy:** Check the products' return procedure and policy and make sure top brands offer a hassle-free refund.
- \* **Last** the COVID-19 pandemic has changed many things, yearly physicals, the amount of in house time, and most eating habits, some of these changes have not been for the best. Please consult health care professionals use tele medicine so not to let possible problems with your health linger and get worst.
- \* **Remember** during this time of COVID 19 we are all here for each other the coaches at LIFESOURCE INSTITUTE will help you to bridge the gap between **mind body** and **spirit**. Don't worry about cost if that is the only hold back, we can work with any budget. Blessings, and may you all remain safe.
- \* **Disclaimer:** As a service to our clients or readers, LIFESOURCE INSTITUTE provides access to our library of archived newsletters. None of the content on this site, regardless of date, should ever be used as the substitute for medical advice from a doctor or qualified clinician.

**Turmeric** -vs.- Curcumin, what is the difference? Turmeric is the whole herb that has stood the test of time in practice and the studies for its ability to affect almost all aspects of health, targeting inflammation at its root and curcumin studies using standardized extracts that contain mostly curcumin. The truth is both are very highly beneficial for your health. It is very natural as humans for our bodies to have some increases in inflammation as we progress in age, as a direct result of a lifetime of living in a human body, but because of our modern non-organic lifestyles (with bad food choices, with little to no exercise, excessive amounts of alcohol consumption, constant exposure to air pollution and other known and unknown

toxins) to add insult to injury and the increase in that inflammatory burden. This chronic, systemic inflammation contributes to age-related decline in health, chronic disease and negatively affects our overall "health span."

**Healthy** brain aging keeping our well maintained healthy brain from aging to keeping our tickers in tip-top shape to maintaining our mobility and active lifestyle, gut health, and a beneficial gut microbiome turmeric and curcumin is a tried-and-true supplement that supports a timeless, thriving you, no matter your age or stage or position in this life!

**Research:** Turmeric

Curcumin supplements making sure they are purely natural, high quality, and all should be clinically proven. There are 1000's of studies, surveys, and reviews or review sites that gather honest reviews. Look to list out all the pros and cons of each brand and pick the top 5. We also want to make sure the companies stand by their products, so make sure you check each brand's guarantee, delivery time, and customer service; for example, brands that offer a hassle-free 90 to 365 days return policy are the ones you can trust.

**Last** only buy supplements that are manufactured in the United States. This way, you are sure that these companies must comply with stricter regulations, these brands should not be trusted.

### MUST READ: ANTI INFLAMMATORY DIET BY Kerry Elise

#### ASK THE COACH?

Q: COACH BERNARD: Why do some diet's say you don't need exercise to see result's?  
JOHNNY V. OK

A; GREAT QUESTION: YES JOHNNY, SOME DIETS DO STATE YOU DON'T NEED TO EXERCISE TO SEE RESULTS, I TRULY DON'T RECOMMEND THAT TO ANY OF MY CLIENTS. I BELIEVE WITH THE PROPER EXERCISE YOU CAN EAT MORE COMPLEX CARBOHYDRATES, THAT YOU WOULD NOT BE ABLE TO EAT ON A PORTION CONTROLLED DIET ONLY. EXERCISE ALSO HELPS TO WORT OF MANY HEARTH ISSUES, AS WELL AS HELPING WITH DIABETIES, BRAIN HEALTH, AND MANY MORE POSSIBLE ILLNESSES THAT WOULD NOT BE PREVENTED WITHOUT EXERCISE.

WE HAVE PEOPLE AT LIFESOURCE INSTITUTE THAT CAN CONNECT YOU DOWN THE PATH YOU ARE LOOKING TO TRAVEL DEALING WITH BRIDGING THE GAP BETWEEN SPIRITUAL AND PHYSICAL WORLDS WITH THE INTENT OF HEALING BOTH MIND, BODY AND SPIRIT. PLEASE CONTACT BERNARD@LIFESOURCEINSTITUTE.COM IF YOU NEED FURTHER THANKS AND KEEP SENDING IN THE QUESTIONS ON THE SUBJECT OF MIND, BODY AND SPIRIT.