

HEALTH & NUTRITION

Magazine

AbbysHealthFood.com



THE LIFE AND LEGACY OF ABBY SAYLER

Founder of Abbys Health & Nutrition Est. 1997

Calming solutions for STRESS and SLEEP



Natural Factors' superior, fast-acting Stress-Relax® products can help you cope with occasional stress, and promote sound, healthy sleep. These supplements provide a comprehensive approach for calmer days and restful nights.

TRANQUIL SLEEP® Advanced fast-acting sleep formula
SUNTHEANINE® L-THEANINE For mental calmness and relaxation
PHARMA GABA® Clinically shown to support mental focus



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.

HUSTLING AND BUSTLING AROUND?

Try these calming solutions for stress and sleep!

To be alive is to experience stress. Whether it is coming from your job, relationships, or some other aspect of your daily life, stress is ever present. Even positive life events like a wedding, new baby, or job promotion can be stressful.

The key to positively coping with stress is to use a comprehensive stress management plan that effectively supports your mind and body during stressful times. This approach involves four equally important areas:

- Calm your mind and body with individualized relaxation techniques
- Follow a healthy lifestyle that includes quality sleep and regular physical activity
- Eat a healthful whole foods diet
- Use key dietary supplements that provide the nutrients and botanicals your body needs

A few key supplements from the Natural Factors Stress-Relax® line can help ensure you maintain a calm mind despite the busyness!

Need sleep support? Try Tranquil Sleep®!
This superior non-habit-forming sleep formula synergistically combines L-theanine, melatonin, and 5-HTP to promote peaceful and tranquil sleep; helping you fall asleep, stay asleep, and sleep more soundly. Enjoy a refreshing and rejuvenating night of sleep so that you are recharged for your day!

Need to relax? Pharma GABA® provides a profound sense of relaxation while maintaining mental focus and alertness. This unique, clinically tested form of GABA is produced via fermentation from Lactobacillus hilgardii, and is shown to be more effective than synthetic GABA to help calm a racing mind.



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Suntheanine® L-Theanine promotes calm, but alert alpha brain waves and promotes an overall sense of relaxation. Suntheanine is a purified form of L-theanine, an amino acid found in green tea that is profoundly relaxing and calming, yet non-drowsy. It can also help with sleep when taken before bedtime!

Want to increase stress resistance? Ashwagandha Sensoril® is clinically studied to inhibit the occasional fatigue, tension, and exhaustion often associated with everyday stress.

Need adrenal support? Serenity Formula synergistically combines the adaptogenic herbs Sensoril ashwagandha, eleuthero, rhodiola, and lavender to help you cope with occasional stress and promote emotional well-being.

High-quality supplements from companies such as Natural Factors can help support your mental and emotional health during these busy times! Learn more at natural factors.com.



In This Issue



As most of you know by now, Tampa lost a very special person last August. Abby Sayler was and always will be remembered as a remarkable person who made it a life long goal to educate our community about health and nutrition and to empower others to find their path to personal health. In this issue of Abby's Mag, we have compiled years of people's testimonies and a little more information about her life and accomplishments. Since the birth of the company,

Abby's vision has always been to be the leader in education and research of natural products. Today we can proudly say that Abby's is just that, a place where people can get the education they need and feel comfortable buying supplements and foods that are healthy for them and their family.

Enjoy this special edition of Abby's Mag. It is a "one of a kind".

Victor Karydis Owner / Manager

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New at Abby's

Vitamins & Supplements

New Chapter Probiotic all-flora

Probiotic All-Flora is formulated with probiotics in clinically relevant amounts that work. A revolutionary approach to total microbiome health, Probiotic All-Flora delivers two types of clinical strength flora: friendly bacteria and beneficial yeast. New Chapter's probiotics are DNA-tested to assure quality and identity by delivering the exact researched strains



every time. The rebalancing yeast provides a more complete approach to supporting gut flora than just having friendly bacteria alone—since our gut is home to both bacteria and yeast species.

Garden of Life Ashwagandha Stress & Mood

Ashwagandha Stress & Mood supports optimal energy levels. These vegan tablets contain fermented ginger and probiotics for digestion. Ashwagandha is a clinically studied adaptogenic herb that nourishes your adrenal glands, helping your body to manage stress, optimize energy levels and fight fatigue. Inspired by centuries of Ayurveda.



Garden of Life has added Organic Fermented Ginger Root to their Ashwagandha for its synergistic effect.

Ancient Nutrition Multi Collagen Vanilla Protein

A delicious vanilla twist on Ancient Nutrition's bestselling Multi Collagen Protein—featuring 5 different collagen types. Multi Collagen Vanilla Protein supports joint health, with benefits reported as early as 3 weeks. Promotes healthy skin elasticity and healthy skin hydration, in combination with other



ingredients, supports a healthy gut, mixes instantly to create a delicious, collagen-packed vanilla beverage with 9 grams of protein per serving. Naturally sweetened with stevia leaf. No fake flavors or food dyes. Also available in cold brew, watermelon, and calming natural lavender.

Health & Beauty

Safesha Moisturizing Hand Sanitizer

Protect your hands against germs with Safesha Moisturizing Hand Sanitizer. Gentle, yet effective formula made with soothing botanicals and kills 99.9% of bacteria without over drying your skin. Gel sanitizes on contact, leaving skin refreshed and clean. Available in Sweet Orange and Unscented.



BWC Premium Aromatherapy Shampoo & Conditioner

BWC Daily Benefits
Shampoo is a cruelty
free, gentle formula that
thoroughly cleans your hair
while restoring its balance,
body, and shine. Special
botanicals with select
vitamins and plant proteins
help fortify and nourish each
hair strand. Pure premium
aroma-therapeutic essential
oils strengthen and protect
your hair and improve its



look, feel, and texture. Your hair will be clean, healthy, and beautiful. Ideal for daily use. BWC Daily Benefits Conditioner is a plant-based formula that restores your hair's soft luster, healthy shine, and manageability. Natures revitalizing botanical conditioners, combined with natural plant proteins and select vitamins, moisturize, protect, and add body to each hair strand, while helping eliminate static fly-aways and reduce frizz. Pure, premium, aromatherapeutic essential oils help repair, strengthen, and condition your hair for a fresh, no build-up, natural look. Your hair will be silky smooth, bright, and healthy-looking after every treatment.

Himalayan Salt Cart Himalayan Pink Salt Nightlight

This natural negative ion generator emits a soft, amber glow while purifying the surrounding air. Himalayan pink salt removes dust and other particles from the air as it pulls in moisture. 100% natural material, each



Himalayan pink salt nightlight is made of top-quality salt crystal with wonderful clarity. Hand carved into a variety of unique shapes and available in cylinder, mushroom, monument, and natural cut. 15-watt lightbulb included.

Grocery

LAKANTO Maple Flavored Syrup

Experience the ultimate, sugarfree breakfast with LAKANTO's Maple-Flavored Syrup. Enjoy the texture, taste, and sweetness of syrup without spiking your glycemic index. LAKANTO uses a monk fruit sweetener to create a proprietary, sugar-free pancake syrup. You can also use this delicious syrup with dried oatmeal mix, granola, frosting, marinade, or dressing ingredient.



Stasher Plastic-Free Reusable Storage Bag

Stasher is a patented, award-winning design that is eco-friendly, environmentally safe, and long-lasting. Designed by the daughter of a nutritionist and athlete, Kat Nouri grew up reading food labels



and always choosing the freshest, healthiest ingredients she could find. Kat always had a serious issue with storing her healthy food in plastic bags and desperately wanted to change that for her own children. Stasher Store Bags are made of pure platinum silicone, a 100% naturally healthy material. Pure as glass, durable, nontoxic and temperature resistant, Stasher is available at Abby's in different sizes and colors.

Crunch-a-mame Organic Edamame Puffs

Crunch-a-mame puffs are made from wholesome edamame, brown and white rice, spinach, and are seasoned with scrumptious organic herbs. 6.7 grams of plant protein per serving with half the fat of traditional potato chips, a snack that is healthy and fun! Available in 4 different flavors: Ranch,



Barbecue, Nearly Naked, and Cheddar.

Come On In & Shop Today!



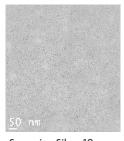


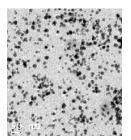
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Sovereign Silver 10 ppm

Brand N 250 ppm

"I have tried many colloidal silver products in the past, but nothing works as well as



Education, Nutrition and Inspiration

If there's ever a woman who was so passionate on nutrition, health, and healthy lifestyles it was Abby Sayler. I, Dr. Dan met Abby for the very first time when I decided to shop at Abby's Health and Nutrition store, where I decided to approach her and introduce myself. From that moment I knew there was an instant connection. Shortly after, she came in as a new patient already showing interest in chiropractic ready to enhance her health. Her coming in as a patient gave me the opportunity to learn more on health and healing based off her abundance of nutritional intelligence. Abby always knew so much information, and from that I always learned.

My first project with Abby was the Extreme makeover challenge for over 110 people. This project consisted on three professionals coming together to promote a healthy and correct lifestyle.

Abby came into the office to give a talk on nutrition (how to eat correctly) and hormonal balance while a personal trainer came in and spoke about the importance of exercise, and I covered



postural stretches and the philosophy on chiropractic health. At the end of the challenge those with biggest and most notable changes would win prizes.

Working on this project with Abby made me realize that she was someone I wanted to work with and make longlasting connections with.

We had a synergistic relationship, where we worked as a team on persuading patients/ customers into the correct healing lifestyle for their body. Between both of our specialties, Abby's being nutrition



and mine being chiropractic we were able to bring both of our patients to the right path on health. Not only would Abby educate her customers on nutrition, but she would also add why chiropractic would be an important aspect of their lives. Teaching my own patients on chiropractic was very similar because I always brought it back to nutrition and making sure my patients understood not only the aspect of chiropractic but the philosophy of it regarding the natural way of life towards a healing body, sending all my patients to Abby's. It was a mutual care we had for the patients.

As a business owner, I respected Abby for how she handled owning her business based off of her dedication to health. Understanding how a business runs allowed me to admire her own ways and skills for running Abby's Health and Nutrition store. She was very successful due to the fact that she gave her clients a tremendous amount of education which is something we shared in common. Seeing that she practiced this same ideology really explained how successful she was as a business owner.

Abby will forever be missed but her legacy will live on to the next person in running this store, Victor. I will continue to work with Victor along her legacy to help promote nutrition and chiropractic care in all patients, hopefully with the ability in allowing them to see the health and healing they deserve. God has blessed me with the relationship with Abby not only for myself but for my patients as well. ■



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Have you ever wondered why is there earth?

Have you ever wondered why are we here?

Do you know why YOU are here?

Do you know your purpose for being "here" at this time on earth?

I think Abby had an answer for all of the above. She was a beacon of light in a dark abyss. She was determined to make a difference in people's lives. She was here to serve and she did it tirelessly, through consultations that she never charged for, to setting the gold standard for a health food store.

Abby appreciated the value of knowledge. She sent her team to classes like CNHP (certified natural health professionals) so they could better serve their loyal clientele. She promoted people who had a great message to share by hosting excellent classes in the learning center. I was honored to have lectured there myself.

She started a food revolution when she opened the cafe, the first organic food buffet in Tampa. The best chef's, the healthiest food, that was how Abby rolled.

Though Abby enjoyed teaching and serving one to one, she knew the value of teaching one to many. When the concept of Abby's magazine was born, Abby didn't forget the furry 4 legged kids. She asked to have me write the pet





column which I have faithfully done since the first edition.

I received many referrals from Abby over the years. One case was her own nephew's dog. Abby not only referred him, but she came with him to the appointment! We had great fun muscle testing and collaborating our energetic findings.

Abby never stopped "giving". Her latest contribution, the farm, is "her legacy" to the community that will live on as an example of the groundbreaking adventurer that Abby was.

A private person, Abby did not talk much about herself and her achievements, but credited her success to her staff and business partner, Victor.

I spoke with Abby a few weeks before her transition. I told her I was opening a commercial commissary next to my office and did she have an interest in being a partner in any capacity?

Retrospectively, her response was profound.... "I am winding down and simplifying my life now, not revving things up."

Little did I know that would be our last conversation.

Abby, you have inspired me in so many ways...and I dedicate **Abby's Pearls** to my friend, Abby.

Abby's Pearls

Take charge of your health. No one is responsible for you but you!

Educate yourself, knowledge is power.

Connect to your higher power and listen, it is always right.

Give more than you receive.

Matter. Do things that matter *every day*, in your life and others!

Do what is right, not what is easy.

There is no task too big to accomplish, just take it 1 bite at a time.

Find what is good and what is right in everything and everyone, the rest doesn't matter.

Surround yourself with excellence, it is contagious. Celebrate those who have supported you.

Leave a legacy, something that makes the world a better place than the way you found it.



You did great Abby, thank you! Gratefully,



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AS Send your inquires to: Info

Dear Abby's, when should I start taking the colloidal silver for my toenail fungus--now or after my hernia surgery on October 24th? Thanks so much.

- Jay

I would wait until a month after your surgery to give your body time to heal before you start hitting it with a hard detox. Do the Sovereign Silver, 1 tsp. 5 times per day in combination with the NOW Candida Support for 2 weeks. If you can't pick up the Now Candida Support, then do the Sovereign Silver 7 times per day for 2 weeks. Do not hold under the tongue as it recommends because you want to kill fungus in your gut as well as the rest of your body. Holding it under the tongue will not target the gut. Remember to be sure to

do Saccharomyces boulardii post surgery in conjunction with any antibiotic you are taking so as not to allow Candida fungus to take over your body and take a general probiotic after finishing the antibiotic. Also be sure to take the Saccharomyces boulardii and a general probiotic in the 50 – 100 billion range for 1 month after you are done with the Sovereign Silver and Candida Support fungal regimen. At that point you can discontinue the boulardii and drop down to a lower potency general probiotic in the 15 - 30 billion range. It is not a bad idea to do the NOW Liver Refresh during your fungal cleanse to help your liver neutralize die off toxins from the fungus. Also, consider doing a Candida diet during your fungal cleanses. This is a temporary, very low

carbohydrate diet consisting mostly of nuts and seeds, vegetables, avocados, and meats. Coconut oil is good also during this diet as it is antifungal, antiviral, and provides necessary fat for fuel on such a low carb diet. If you are not going #2 every day on the Candida diet because it's lower in fiber, then get psyllium husk powder to assist you. This is important to eliminate toxins also so they are not recirculating in your body. I know this sounds a bit complicated, but you know me, it's all in the details. Good luck with the surgery, rest up and heal well. Bromelain and arnica are good anti-inflammatories to take post surgery and zinc carnosine would be great for gut wound healing. Let me know if you have any other questions.

- Collin







Dear Abby's, what is a good alternative to Angiostop and Prostachi?

- Jav

Hey Jay, here are the alternatives I like for Angiostop and Prostachi. Another alternative to Angiostop is **Longevity A.I.** by Life Extension, or **Mycommunity** by Host Defense, and Floressence by Flora.

For Prostachi, **Ultra Prostate** by Life Extension, or **Prostate Herbal Support** by My Kind line from Garden of Life, it is especially good if flow is a problem.

Pick one from each category. You don't need all of these. Eat 2 servings of cooked tomatoes per week, drink pomegranate juice, and eat mushrooms. All good for the prostate. Make it a great day!

-Collin

- Liz

Can you please email me a recommendation for H. Pylori (bacteria that causes stomach ulcers).

Hi Liz, here are some options for H. Pylori:

My recommendation:

- Solaray mastic gum 3 twice per day
- Dr.'s Best pepzin (zinc carnosine) –
 2 twice per day
- DGL 2 chewables 3 times per day 20 minutes before meals
- Dr. Ohirra's probiotic chew and swallow 2 softgels twice per day on empty stomach
- Jarrow saccharomyces boulardi open
 1 capsule and put in water once per day

If you can only do 3 supplements, not 4, then cut out the Ohirra's probiotic, though I would recommend all 4 of these.

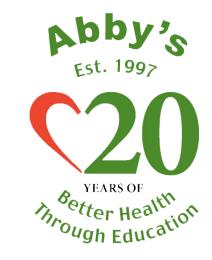
- Eat fermented foods with every meal kimchi, sauerkraut, umeboshi plums, goat kefir, tempeh, miso
- Drink 1 oz kombucha diluted in 2 oz water twice per day
- Eat broccoli sprouts

Start with the above recommendations. If not working enough, then add these products for overall improved digestion:

- Enzymedica digest basic 1 capsule with each large meal
- Flora swedish bitters 1 teaspoon with each large meal

Abby and Victor like Dr. Chi Digestron for H. Pylori also, just another option.

-Collin





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Every year, the American Psychological Association (APA) conducts a survey on the impact of stress in America – and as you may suspect, it's substantial.

The latest survey found that many Americans are still reporting extreme stress levels (8, 9 or 10 on a 10-point scale) and many say their stress levels have increased in the past year. As APA notes:

"Stress is so commonplace in American culture that a Google search generates millions of results with essays, opinions and missives on what stress is doing to us... Survey findings illustrate a scenario in which Americans consistently experience stress at levels higher than what they think is healthy. And while the average level of stress may be declining, people have a hard time achieving personal stress management goals..."

The fact of the matter is that stress management often takes a backseat to the responsibilities of daily life, and many regard such 'me time' as an indulgence that can only take place after everything else is 'done.' Of course, 'everything' won't ever be done, which is why it's important to weave stress relief into your daily grind such that you do it automatically – like breathing and sleeping.



That Important

I've long said that managing your stress levels is crucial to optimal health, and that is because all of your feelings, positive or negative, create physiological changes. Your skin, heart rate, digestion, joints, muscles, energy levels, the hair on your head, and countless cells and systems you don't even know about change with every emotion.

Stress plays a major role in your immune system, and can impact your blood pressure, cholesterol levels, brain chemistry, blood sugar levels, and hormonal balance, for instance. It can even "break" your heart, and is increasingly being viewed as a cardiovascular risk marker.

Extreme, sudden stress like the loss of a loved one or a job can have near-immediate impacts on your health, but so too can lingering everyday stressors that we all juggle, particularly when they're not dealt with over time. This causes your body to remain in "fight or flight" mode for far too long - much longer than was ever intended from a biological standpoint.

One of the most common consequences of this scenario is that your adrenal glands, faced with excessive stress and burden, become overworked and fatigued. This can lead to a number of related health conditions, including fatigue, autoimmune disorders, skin problems and more.

Stress has also been linked to cancer by acting as a drive of cancerous mutations and multidrug resistance, potentially triggering the growth of treatment-resistant tumors. And stress even appears to be related to the onset of Alzheimer's disease, by triggering a degenerative process in your brain and precipitating disruption of your neuroendocrine and immune systems.

In fact, stress, and by proxy your emotional health, is a leading factor in virtually any disease or illness you can think of. ■





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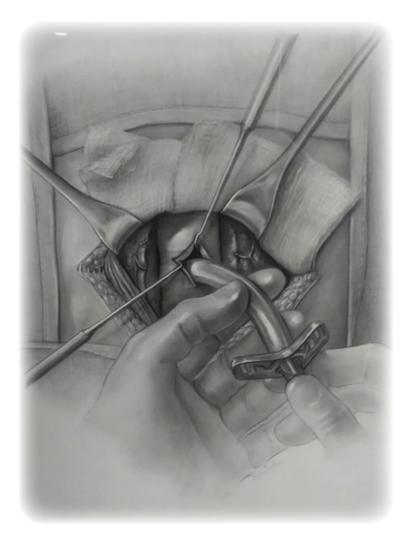


By Collin Chi



Abby met with thousands over the years and from the comments but most do not know that Abby was an incredible drawer and person. I know how good she was at drawing after seeing her work as I used to draw quite a bit myself. I knew she held a medical illustration degree but I didn't know she was so amazing at it, I was blown away!

She was a diving instructor too I learned. She did it all. It was good to hear how well she kept in touch with her clients. Texting them, calling to check in with them, and going over to their houses to help however she could to heal them. It was also good to hear other people's experiences with her. We all have big shoes to fill. It's time for me to be a better man and continue to fully step towards my destiny. Hope this is not too much Abby. But I'm sure you passed knowing what a full life and big impact you had on the community. I've already written my words about you, so I'm not going do that here, just figured I'd put one last thought out there to the universe to carry you further on your travels and to close this chapter and move forward in life. Take care out there. Rise in peace.





THE LIFE AND LEGACY OF Abby Sayler

Abby will always be remembered for her generosity and compassion.

Since Abby's passing in August of last year, I have spoken to many of our customers / friends that have shared how their lives were impacted and permanently changed by Abby's nutrition advice and recommendations. These testimonies continue to be shared through social media, emails, phone calls or in person. Almost daily I speak to people that share with me how Abby helped them in one way or another. I always knew she was touching many lives, but I never really grasped the magnitude of her impact.

As much as Abby did not like titles, most of you knew Abby as a "Health Coach" or "Health Educator" or simply "the red headed lady that knows a lot about health and nutrition." Some of you knew her from her years with Republic Health Food here in Tampa. There she began consulting with people about their health needs and it wasn't long before the word spread about her incredible knowledge. But most of us don't know much about Abby before that. Here are some things about her you probably did not know.





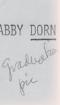




Abby was Born in Brooklyn, NY on May 17, 1942 to Sam (a bus boy) and Anne Dorn (a homemaker). She grew up in a home with three other brothers and two sisters. In 1960 she graduated from Virginia

Newport News High School. In 1965 she graduated from University of Maryland with a Bachelor of Science degree in Zoology. In 1969 she took some pre-med classes and learned to make drawings of parts of the body (two of her drawings are featured in this issue.) She went on to graduate from University of Michigan with a Master of Science degree in Medical illustration. She worked as a Medical Illustrator at the Baylor College of Medicine in Houston, Texas. In 1986 she moved to Tampa to help her sister in law raise her two boys, Matt and Zack.











At some point in the early 90's she started working at Republic Health Foods. In 1997 she opened **Abby's Health and Nutrition** in Carrollwood and in 1999 we moved the store to the current location. In 2008 she received her Certified Natural Health Professional degree.

Some Interesting Facts about Abby:

- She was Interested in drawing and animals at an early age. She also loved gardening.
- As a teenager, she enjoyed weightlifting, dance, tennis, racquetball, riding motorcycles and skiing.
- Her favorite music was classical and Jazz.
- She loved watching foreign films.
- She was a Certified Diving Instructor.
- One of her favorite foods was fish, specifically Sushi and Sea Bass.
- Her favorite place to eat...? You guessed it Café Eden.
- She enjoyed the beach, specifically Sanibel Island.
- She loved her orchids, and could bring any ailing flower back to life.
- She loved to make big breakfasts for her family.









The story goes that one day an entrepreneur visited Tampa with his son who had been ill for quite some time. They had traveled near and far trying to find someone that could tell them what was wrong with him. After visiting Republic Health Food store, they heard about Abby and decided to return the next day for a consultation. After consulting with Abby, she made some nutrition recommendations, gave them some supplements and send them on their way. Within days, the boy began to feel better.

Within weeks he was back to full health and enjoying life. The man approached Abby and together in early 1997 they opened Abby's Health and Nutrition. That boy Abby helped ended up working at Abby's and eventually went on to get his Naturopathic degree.

Abby... A mentor and friend

That's where I come in. After taking the advice of a friend, I visited Abbys and accepted a position with the company that required pricing every product that came in the back door and cleaning. It didn't take me long to realize that there was something special about Abby. People were coming in asking for her by name. Some waited for over an hour just to see her. Eventually we put a table in the front of the store where she did some of her consultations. With every opportunity I got, I listen to her recommendations and advice she gave people. I began to get fascinated by how the body works and the importance of preventing disease instead of trying to treat it with conventional medicine. I was discovering my passion and calling. That would mark the beginning of a 21-year relationship between us. A relationship I will cherish forever. Abby was my mentor, my friend and someone that was always

there for me and my family. Just like she was there for many. She was "one of the most amazing individuals I have ever known."

Abby's reputation as a "Health Guru" spread rapidly within the community. Soon, the demand for her services outgrew her schedule with people seeking advice they could not get anywhere else. In order to meet the demand, she began consulting seven days a week, sometimes ten to twelve hours days. Her day would begin with a phone call at home and continue in the car until she got to the store for some one on one time. Somehow, she managed to successfully operate the company, meet the needs of others and have a little time for her personal life. She was so focused and determined to help people. There was not enough time in the day for Abby, if she could not sleep, she probably would.

You can simply say that she was never "off the clock". As the demand for her advice grew, she began falling behind as her consultations wait time went from days to weeks to months. I remember her famous words she used to tell me "Victor there are so many sick people!" Working alongside Abby was always very inspiring. She never missed the opportunity to teach me something new. She was always so patient and always took the time to explain how the body works. Every chance I had, I would ask her questions. I am sure I asked the same questions over and over again, but she never got upset. She would look at me with her beautiful blue eyes and put her fingertips together and tell me "it will all come together". What she meant was, the more you understand about how the body works, the more everything about it make sense. "We are so beautifully and wonderfully made!"









"Prevention is better than treatment" ~ Abby Sayler

Abby always thought prevention is better than treatment. If she could educate people early in life about health and nutrition, she could prevent many from disease and suffering. Unfortunately, a lot of people came to her as a last resort, after nothing they did had worked. Even then, she was always optimistic and was able to give them hope and make recommendations so they can have a better quality of life and in some cases, help them achieve what was often considered impossible. Sometimes, they came to her late in their prognosis, and there wasn't much she could do. When that would happen, she would take it personally. It was if she would lose a family member, at the very least a close friend. On the flip side

of that, when we would hear of a testimony of someone that had recovered from an illness, and it happened often, it was like she would get all motivated again and was reminded of her calling.

Here's a tip: when someone touches your life for the good, make sure you let them know, it can mean the world to them.







Everyone she helped was valuable to her. She never looked at a person and consulted them based on race, social, spiritual or economic status. She always looked at the person as a human being, never the disease. Early in her career, Abby was consulting people with simpler issues of digestion, allergies, inflammation and autoimmune. During the last few years of her life the conditions became more terminal, specifically cancer. After a long day of consulting, she would look worn out from everyone's suffering she had witnessed, and she would tell me "there is so much cancer! It's everywhere." I felt like she would carry people's burdens wherever she went. She would think about her "patients" all the time. Her compassion for others moved her to make house calls to people that for some reason or another could not make it to the store. People from other states, Canada and even Europe. I remember when a good friend of ours became seriously ill and hospitalized. After a day of consultations in the store, she would make the hour and a half drive to see her, encourage her, read to her and rub essential oils on her feet to comfort her. She would spend the night there on the couch and drive home the next day only to repeat it that night. That went on for a couple of months. Unfortunately that person passed.

Often times, when my boys were younger, I would find out that one of them was home with a cold or a fever. When I would call back to check on them, Abby was either on her way or already at my house. She would report back to me and my boys would feel better in no time.

She would call people out of the blue to check on them simply because they came to her mind. I recently spoke with one of those people that told me Abby called her one night asking her if she had stopped smoking? The majority of all the conversations I ever had







with Abby was about people, other people... never herself. She knew everyone by name and knew their spouses and kids and what they were dealing with. We were all her one big family that she wanted to nurture.

Driven by her Passion

There was very little down time or personal time for Abby. This is what she wanted. I could never get her to take time off or go on vacation. In the last 20 years I can count in one hand the number of times that she actually took some time to get away, and even then, I know she did not ignore the phone calls from her customers. When she wasn't consulting or educating, she was researching and learning. It is amazing on how up to speed she was on the latest treatments, medications, health topics or new supplements. I could never stump her! Often I thought I had the latest information about something and was eager to share it with her and teach her, only to come out of the conversation with a better understanding because of course, she already knew about it.

Throughout her career she helped several women bring life into this world, women that were told they would never do so. A lot of these children have grown up and have children of their own that got to meet Abby. She saved marriages by simply listening, understanding and treating people the majority of which were women, men and some children who were going through challenging periods in their lives. I heard stories of how she spared people from unnecessary surgeries or the use of prescriptions that would potentially be addictive and negatively and permanently impact their health. She helped many kids, from birth until their teen years. She taught kids why it's important to make healthy food choices and how it will have an impact in their lives, not only physically but also socially and academically. She gave hope to the hopeless. Many times, we saw people walking in the store discouraged and afraid only to leave hopeful and encouraged after one consultation. She unselfishly gave of her time and of her talent all without ever asking for money.









"It is better to give than to receive"

She dedicated a quarter of a century of her life educating people about health and nutrition. Below are some conservative calculations on her accomplishments:

- During that span she spent over 70 thousand hours consulting and educating whether in person or over the phone. She consulted with people locally and internationally.
- She gave over 300 seminars to over 9 thousand people on health and nutrition.
- She was invited to speak to dozens of company staff trainings.
- She educated children at various community schools.
- Abby's Health and Nutrition received several awards including "Best Local Health Food Store" and "The Sustainability Award" for Supporting People, Profit Planet.
- She ran a successful business for over 20 years and contributed to her community thousands of dollars, created hundreds of jobs and donated land, what is now know as Abby's Organic Community Farm.
- She wrote the famous "Ask Abby" section in Abby's Mag for the last five years.



In 2012 we were discussing how we needed to come out with material that we can provide to our customers when they leave the store to further educate themselves. So, in January of 2013 **Abby's Mag was born.** Abby's Mag is a bimonthly

publication with the sole purpose of educating our consumers on the most popular disease and conditions one might be facing. "Thank you, Peter, for such an amazing job putting the Mag together for the last five years."

A plan that keeps giving back

About two years later during a meeting with Abby, the discussion came up on investing some funds to better the overall operation of the store. Without hesitation Abby said, "I want to buy a piece of land and start an organic community farm". She completely threw me off guard! I just looked at her and I said "OK, tell me more".

She went to say that it would be a great way to continue educating people about organic farming, sustainability and a way to give back to the community for all the great years it has given to us.









As usual, she knew what she wanted and there was no deviating. A few months later her wish was granted. In the spring of 2015 Abby's Organic Community Farm was born. A place were people can grow their own organic produce, learn about gardening, conduct educational seminars, have school field trip, a place where kids can play in the dirt, all that in a relaxing loving environment.

We got right to work, and we renovated the farm house, purchased a tractor, installed the greenhouse and hydroponics, began building raised beds, planting fruit trees, all with about 15 volunteers. Today we have over 40 full time volunteers and many other part timers that are at the farm conducting workshops seasonally, host several interns each year, with several hundred students visiting the farm every spring and fall for field trips. We currently serve schools, homeschool groups, corporate events and civic associations all over our community.

With every sunrise, her dream is being realized. Reaching far beyond a store.

Many of our customers and ex-employees have pursued careers in the medical or holistic field after being motivated and inspired by what goes

on every day at Abbys. We feel very blessed and fortunate to be a part of an organization that gives back to our families and our community. For the last 20 plus years, Abby's has been a place where people can come and seek some of the best health and nutrition advise available. A place they can trust with to offer them the highest quality foods and supplements and the best tasting dishes prepared daily in our Café. A place where they know that when it comes to certain ingredients, there is no compromise. Most importantly, a place where they find hope.

Abby's vision from the beginning was just that. And I promise you, her vision will continue. God has blessed us with some amazing people that help in achieving the vision. And He also has blessed us with the best community of people.

"Together we can make a difference"

Many of us including myself had gotten used to having Abby on our speed dial the moment something went wrong. And she was always happy to share her knowledge. At the same time in the back of our minds, we all knew that this day would come. But none of us wanted to think about it. What will we do? Who will we call? I know there will never be another Abby, but her legacy will live on. What she left behind will in fact have a ripple effect that will touch generations to come. So now, it is our responsibility to carry the torch, to make every effort to live healthy lives, to love one another, to encourage educate and empower each other. By supporting Abbys and Abby's Farm together we can continue Abby's vision.







As we reflect on Abby's life, I believe there are some characteristics about how she lived her life that we can all learn from:

First: Once Abby discovered her purpose in life, she committed to it wholeheartedly. For Abby, it was to help as many people as she could find their path to better health by sharing her knowledge. That was what brought her joy. You might say "I still haven't found my purpose in life, maybe I don't have one?" Well we all do! We all have a God given purpose. What is it that motivates you? What excites you? I personally have found out that unless your purpose involved helping others, you will never be content.

Secondly: Abby was not consumed by the pleasures of this world. Her purpose of seeing people get well satisfied her soul. Abby lived a very simple life, a very unmaterialistic life. **She never allowed things or distractions to get in the way of her vision.** She knew what she wanted, and she had it her way, even to the very end.

What are the things that consume your lives that rob you from fully living out your God given purpose?

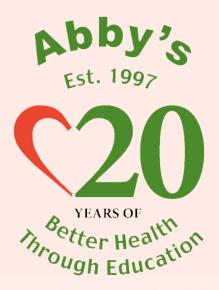
Thirdly: Abby never chose to live in bitterness or unforgivingness. She never allowed the people that mistreated her to handicap or weaken her purpose. She always moved past that and she did it quickly. Have you chosen to hold on to unforgivingness, bitterness, grief? If so, it will cripple you. It will make you sick. You will never come out on top. I promise you!

"Your priorities determine how you spend your time, where you spend your time and with whom you spend your time."

Abby's contribution to our community has touched many lives and will continue to do so as we come together and pick up the baton and continue to reach out and educate the people around us about health and nutrition, starting with our families and friends.

~ Victor Karydis





REMEMBERING ABBY

AND HOW DID SHE DECIDE TO HAVE CHICKENS AT ABBY'S ORGANIC FARM



One of the best days of my life was spent with Abby, Victor, and Benny McClean touring the orange groves in Lake County, Fl. Abby's Health Food had won a contest to visit Uncle Matt's Organic Farms. Benny McClean, was the winner of the Organic Trade Association's 2015 Farmer of the Year. He is a true organic pioneer that continues to change the organic world. Abby's Organic Community had won the 2015 Sustainable Business Award in Tampa. Abby's dream of creating a "state of the art" community farm had become a reality. Abby was a true pioneer in health and wellness. Imagine spending the day with these two powerhouses!

By Laura Dougherty, Megafood

That day, we drove through orange groves in an old Ford scratched from the tree branches. We stopped to look at the peaches that were being grown. Benny explained how crickets would jump up and bite the peaches. The solution bring in some chickens to help fight off the crickets. Abby decided that her farm needed some chickens! We then headed to lunch at an old Florida diner complete with hats all over the ceiling from truckers that had been there over the last 50 years. Listening to Abby and Bennie talk that day was inspiring. I will always remember Abby walking around the groves in her rubber boots that day, looking fabulous.

MISSED AN ISSUE OF



DON'T WORRY - GO TO ABBYSHEALTHFOOD. COM/ABBYS-MAGAZINE TO VIEW OR READ THE LATEST AND ALL PREVIOUS ISSUES.

You can view it or read it on line, or download the PDF version of one page or the complete magazine.



FAREWELL ABBY By Don McCann

Abby, I have lost a friend and I am very sad. You have been in my life for over 20 years and been a huge positive force. You have advised, counseled, and educated me on health issues that have made such a difference in my life. Thank you, Abby.

I have observed you in a myriad of activities surrounding your store, family, and farm. The one thing that always showed the largest around you was your heart. Abby, you were truly one of the good ones who came from your heart to make a difference in this world. You touched so many in so many different ways that it is impossible to calculate the size of the difference you made with your life. The amazing part is you weren't looking for ego gratification; "look at me" was not part of your

persona. You just wanted things to work for others, and, because you gave from your heart so many times, they did. Many nights you were at your store till closing working late to see somebody in need, and what was obvious was you didn't have a choice. You were Abby, and you had already chosen your big heart which meant you would be there for those who needed you.

Thank you also for supporting Structural Energetic Therapy® and referring people you knew would benefit from the relief from acute and chronic pain. Thank you so much, and I will do my best to follow your example in the healing profession to make as big a difference as possible.

Goodbye, Abby. I miss you.



STRUCTURAL ENERGETIC THERAPY®, INC. Rehabilitation from Pain Acute & Chronic Don McCann, MA, LMT, LMHC, CSETT 156-B Whitaker Road ~ Lutz. FL 33549 Ph. 813-949-2245 ~ Fax. 813-949-2797 www.structuralenergetictherapy.com

THANK YOU ABBY

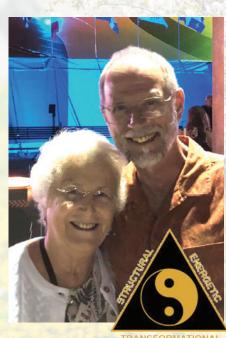
By Pam Putnam & Alan Repas

It is with a heavy, but grateful heart that I say farewell, Abby. I always looked forward to seeing your smiling face whenever we shopped in your amazing health and nutrition store. I so appreciated your knowledge and your willingness to answer questions, no matter when or where I asked them. I learned so much from you, knowledge that I will carry on and spread to others. You were such an amazing lady – you had such foresight in creating and expanding Abby's Health and Nutrition which has become our primary shopping place because we know and appreciate the high quality of all that is offered there. With your big heart you truly cared for the health and well-being of those who entered, spending many hours sharing your time and wealth

of information helping so many, many people heal from complicated and painful conditions and giving them hope. You touched so many lives and truly made a difference! I so admire your dedication to a life of heartfelt service, education and healing.

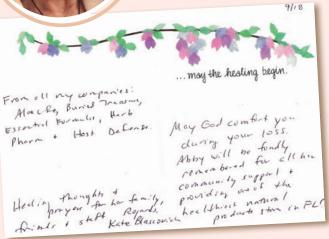
I also thank you for your unending support of Structural Energetic Therapy[®], and for providing the platform for us to share this healing therapy with the public.

You were truly a most amazing and very special person who has made an enduring difference with your life and vision! Thank you for sharing your love! I miss you, Abby, and I am so thankful to have known you.





Abby Sayler REACHI



Abby Shall Be in Our Hearts and Memories. With sympathy, Chi's Enterprise, Inc.

Dear Victor, I am so sorry I was unable to cattend Abby's celebration of her Work. I Know I missed something special. I heard how special it was ... Thank you, to you and your Staff for years of caring, and service. I will miss Abby ...

Dea Abby. others with no expec I had the pleasure tation of personal of attending your last a seminars, of work to I love your commitaxpress my heartfelt gratitude to you. In today's world it's For the time you give, the hearts you warm, the smiles you makerace to come zeross you're appreciated. ment to your beliefs. strangers that genuinely care for their gellow human beings. His so your humon, of your Thank you for all you do ?

all you do ?

A In love.

Base harmy Jodrey inspiring to know that there are still people like you, who do for "And let us not grow weary Season we will reap, if we of doing good, for in due do not give up Galatians 6:9



What a beautiful way It's a song filled with beauty to celebrate them and day-to-day grace, through the song they lived, That plays through until the song you'll carry forever they see God face to face. A song that is heard in the heart, loud and clear -In Sympathy and Prayer A song, if we listen, we'll always still hear.

Leg and hille ga an jambur airle an intraordinary woman. She halps dearly. Now she con next in straordinary woman. She halps dearly. Now she consisting the many Plette Come hacktogue hearen! Sincerely, waste he for proble. She passion tattons with he for Shaylay acres (See broading) and she was a good freen. The most of she was a good freen. to pass he for e she died the





NG FAR AND BEYOND...



My heart is broken. I did not know Abby was even sick. My heartfelt thoughts are with her family, her staff and employees. I've known Abby since she worked for Republic Vitamins. I think that was the name...so many years ago.

She was always so very helpful and giving of her immeasurable knowledge

Rest in peace Abby.

Kay Smith, The Villages, FL



In Menuny of the Simply Wonderful Abby Sayler. You've helped so keny - Rest in Rosenne Wetzy Reace.





Victor: Staff:

so many hearts that are feeling sadness.

she was here because she was loved.

Our Thoughts are with you all Cherish Humamories; confine her legacy of bringing to our community. EcorogCF

I am so sorry to hear this news. I turned to Abby so many times to help me throughout the years. She always came through. I will miss her terribly, and mourn her loss! My friend forwarded this email to me, I don't know why I wasn't getting your emails lately because I was signed up for emails. Please let me know when the Celebration of Abby's life will be, I want to be there. My email is: islandlill@yahoo.com. Thank you.

Dear Darlene, Sean and others at Abby's Health & Nutrition,

I just was informed of Abby's recent passing and wanted to extend my deepest condolences on behalf of WMNF 88.5FM Community Radio. I didn't know about the organic farm in Lutz until reading what was posted on FaceBook, but what a wonderful thing for Abby to leave for her community. She was truly an asset to the Tampa Bay area and will be missed by many, including myself. Best wishes in carrying on her legacy.

Peace, Miss Julie ~ WMNF 88.5FM

ABBY'S LEGACY, CHARACTER & FUTURE

By Collin Chi, Abby's Health & Nutrition

Abby's death is a big loss to the community. She created a hub for anyone seeking the nutritional light, with everything you could want in a health food store: more free magazines chock full of information than anywhere, the best and healthiest cafe in town, free seminars/lectures, free consultations, a heart-led and knowledgeable staff, free samples always out, new exciting products being demoed all the time to try, constant staff trainings, a farm with no pesticides on the land for my kid to run around at, and the employee benefits are some of the best around and its very own informative publication.

Having worked at three other health food stores prior, I came to work at Abby's for a number of reasons, some of the above perquisites were among them. One of the main reasons, however, was Abby. Her motto "Better health through education"(and she actually lived it – these weren't just empty words) was a beacon for me to dock where I really belonged. I had the rare and special chance to work directly with Abby on a few projects and in the vitamin department where I got to pick up on some of her tricks of the trade. She gave me a nice, unexpected gift once also, which was very thoughtful and generous. But most importantly, Abby did it all and created the best place to come to work to – a place filled with education and love. She was a force of nature and a big force in the community to have lost. But where there is death, there is always rebirth.

A community is made of people. It's all about the people. And, though Abby is gone, she acquired the right people to carry on her legacy and I for one am thankful to be a part of that legacy and in these peoples' lives moving forward. We

all have a little bit of Abby in us and Abby had a little bit of us in her, otherwise, we wouldn't even know each other, as souls of a feather flock together. It is the Abby that binds us, that taught



us, that makes us all a little better. Abby once told me that she couldn't have kids, but that her 50 some odd employees were all her children. I'll do my best to be a good kid, make sure I work more than I talk, as she would have wanted, and keep my nutrition knowledge sharpened. It's easy to do with all the resources, culture, vibe, and perfection, that is Abby's Health and Nutrition. Thank you Abby. You did it all.

BROWSE OUR NEW WEBSITE!



CLICK: www.AbbysHealthFood.com



COMMENTS POURED IN ON SOCIAL MEDIA. HERE ARE SOME FROM OUR FACEBOOK PAGE: WWW.FACEBOOK.COM/ABBYSHEALTH

Thanks to all that are committed to continuing Abby's legacy for the community!

Mary Ann Kominsky

Abby was a great help and encouraged me through my journey toward better health.

Dar Bod

My sweet sister Abby, you are so loved and missed! I love you so very much and you have left so many who will miss you!!!!

Elaine Foster

She will leave a void that will be hard to fill. Her hands-on manner was so appreciated. Deanna Mountjoy Corarito

Sad... She helped so many people in life.

Elizabeth Morowati

I can't believe it still. I feel a great loss in my heart.

Wendy Chattin

Abby has touched more lives with wellness than anyone I know. Her knowledge, passion, dedication, and commitment made her a bright shining star of hope and help in Tampa Bay. She has left a wonderful legacy with the store, the staff, the organic farm, and all that she has done to help others with health and wellness. I feel so sad like I have lost a family member. Victor, let us know how we can help you to continue her legacy.

Julie Allen Phillips

She was a kind, brilliant lady who gave me a place that I truly love to work at and most important she believed in me. She will be missed. R.I.P. Miss Abby.

Sean Jerkins

The impact that Abby left is something that will live on for many years to come. She mentored me, as well as countless others and I owe so much to her. Praying for her family and her amazing team at Abby's. Much love.

Cindy Cover Mitchell

Abby helped me overcome thyroid disease and have a baby when the doctors gave me only a 5% chance of ever conceiving. She holds a special place in my heart. She was a blessing to everyone who had the pleasure to meet her. May she rest in peace.

Echo Georgi

I'm so heartbroken. I was so sick and practically bedridden when I went to see Abby. My health is better than it's been in 10 years thanks to Abby!

Stephanie Doctor

She helped me get off RX medication and have an amazing natural birth with my third son. I was just thinking about her the other day... Abby's Health and Nutrition is the reason why my degree is in Alt medicine!

Dass Tara

IMPACT is definitely the word that comes to my mind when I think of Abby! Rest in peace! Praying for her family and her

amazing team.

Beth Carrara-Feiertag

My deepest and most heart felt thanks to Abby's family. It's truly refreshing and wonderful to see how many lives she's impacted and tried to help through the decades. Abby was a bright star who always saw the beauty in all people and situations going back as far as I can remember into my childhood. It truly makes my day to see just a sliver of the lives she's affected and helped.

My sincerest thanks for supporting her local business and believing what she taught. Special thanks to Victor and all of the wonderful workers and customers of Abby's for helping keep her dream and legacy going. I wish you all health and happiness. Many blessings.

Dan Piela

Abby has certainly left a great legacy behind her. Thank you Abby.

Bridget Bean

She was a wonderful lady.

Tamikia Thinthick

My heart is so heavy. Her legacy is enormous and she has touched the lives of thousands of people. Many blessings on her precious memory.

Linda Joy Rose

Oh no! Completely heartbroken! I'm so devastated...

Kenyetta Jones

So very sorry for your loss... Blessings and prayers for her family and friends.

Michele Hernandez

Oh Victor, you and Abby both have helped me so much over the last eight years. Thank you.

Amy Bridges Flatt

I love Abby. My heart is saddened, Victor.

Tim Gardner

She will be missed. But her impact in the community will live on.

Omar Khayyam Siddiqui

She has definitely impacted the lives of many including my family.

Tammie Williams Cotton

She was such a special lady and very helpful to me when I was searching for help.

Cherie Wood Callahan

I brag about my local health food store to everyone. Prayers to her family and employees.

Desiree Mohan Offner

I have been going to Abby's store many years and is one who have counseled me many years ago when I was sick and has inspired me to do Holistic Coaching and healing for others now as well. I list her store on my website and have gotten many others to go there and I go there weekly and the cafe is just about the only place I will go out to eat

REMEMBERING ABBY...

at. Why did she leave this Earth? She created such an amazing place for us and has helped and her store and knowledge she leaves behind will continue to help others.

Janie Eileen Ambrose

She will truly be missed! She had a heart of gold. Words can't express how much she will be missed.

Laureen Bruce

Abby was such an inspiration and pivotal person in my nutritional journey. I will always remember her kind, beautiful spirit.

Marla Walker

Thank you, Abby, for your sanctuary, contribution, and dedication to a healthful community. Abby's will live on!!

Leah Rose Lubin

I love you Abby forever.

Eden Levi

I've been shopping at Abby's for years and involved with helping in Homeschooling classes. My son works there. It'll be sad not seeing her walking about the store.

Marlene Blowers Baron

Abby, your tough love approach to healing changed my life. Since meeting you I never looked at conventional western medicine the same way again. Thank you for your wisdom, your common sense approach to wellness, and for reminding all of us that the body's immune system is perfectly able to overcome most things if given the proper, natural tools intended. May you rest easy, Abby.

Jenn Emm

She was a Special lady... always wanting to help and educate.. She will be missed... Be at Peace.

Peggy Johnson

A legend laid the blue print that continues today. We just over heard people at Village Health singing her praises yesterday none of us knew...

Tyrone P. Keys

My thoughts and prayers are being sent to you and the entire Abby's team and family. Hugs.

Tracy St Peter

She was a remarkable and talented woman and I always loved talking to her!

Debbie Frederick Healy

She had a ton of wisdom and taught her staff well. She will be greatly missed. R.I.P. Abby.

Monica Prawl

Abby will be missed by so many. The legacy that she left will live on for many years to come. Rest in peace, Abs, knowing how many peoples lives you touched.

Debbie Berkovits Baigrie

What a loss. She mentored me after my diagnosis in 2014 and was a wealth of knowledge and support. You will be sorely missed. Thank you for all your help!

You have made me a better and healthier person! May you rest peacefully knowing you changed the world around you through health and education!

Sheri Powell

She will never be forgotten that will always be her corner!

Alyssa Ruge

I have known her many years and she has helped my family and my husband, she will truly be missed... I'm in tears. I love ya Abby. You helped me in countless ways with my health and whenever I go in that store Abby will always be there!

Hayes Bobbijean

What a beautiful person. I was actually thinking how I'd like to consult with her about my health and what would be helpful. I trusted her more than Dr's.

Hg Dzarae

I was just talking about her today. She dedicated her life to helping others, may her example be a legacy of giving back and of love.

R. Rodriguez

Thank u Abby for making our community a little better and leaving us with knowledge and wisdom of better health and nutrition and of well being.

Natalie Gabriella

I love the store and always find myself getting lost in there since it's so cozy. I have always wanted a consult with her but never made it in there for it. It breaks my heart that I was never able to formally meet and speak with her.

Kay Green

She recently really tried to help my father with his brain cancer diagnosis. She was always so determined to help others. May she rest in peace now and maybe now my dad is listening to her up in heaven.

Geraldine Michelle Byrne

Abby, you will always be remembered fondly and gratefully for the knowledge and encouragement you brought to us. Truly a bright star in so many lives!

Danah Williams Heye

I have no words. I have known her for 21 years. I have been a customer for 21 years, since she opened the store. I miss her.

Luz Alba Gamboa

I love Abby! I shopped in her store since she opened 21 years ago. She will be greatly missed. Rest in peace sweet Abby.

Jean Davies Coffill



COMMENTS POURED IN ON SOCIAL MEDIA. HERE ARE SOME FROM OUR FACEBOOK PAGE: WWW.FACEBOOK.COM/ABBYSHEALTH

Abby was a wonderful woman, she helped me many times over a phone consult or in person. She will be missed dearly!

Abigail Blazek

Abby, your unselfish service to the community will be remembered. It was an honor to know you. Rest in peace.

Jenny Dinh

Thank you for all your encouragement and support. May you be at peace.

Brandi Stewart

Thank you for everything Abby, *Melissa Lovejoy-Fray*

Thank you Abby for everything.

Michele Tunstall

Thank you for helping so many people. I will miss you Abby!

Cheri Reaume

Mis condolences para toda la familia .Una luchadora incansable que ha ayudado a miles de personas.

Claudia Moresco

Thank you Abby for all you have done, I'm so sad and you will truly be missed!

S.W.

Thank you for your wonderful service! Elsa Maida

She will be dearly missed. Woody Short

So sorry to hear this, I only lived in Florida a few years, but learned so much from her store and her talks, I've never found a place like hers anywhere else.

Donna Cotten

Incredibly sad... She helped me numerous times. She was a treasure to so many. Kismet VickSuits

Thank you for helping so many people in need. You will be greatly missed!

Carolyn Maurer

So sad to hear about Abby. She helped us raise our teenager.

Mark Currier

Thank you for all that you did in providing a great Health store in Carrollwood that still continues today.

Tom Singleton

My sincere condolences to the family, employees and customers of Abby. Peace and love.

Jeff Ginsbarg

I am deeply saddened by the news. Abby will always be remembered in a special place in my heart.

April Brazier

Thank you Abby. Maida Millan

Rest In Peace Abby. Steve Weisbond

She was one amazing soul with so much knowledge. Thank you for everything. Your legacy will always live on.

L.G.

She will be missed!

Joseph Sullivan

Oh no oh no oh no I'm so sad! I'm so sorry to her friends and family.

Stacy Glass-Biddle

She's helped us a lot. We'll miss her!

Paula Maharaj

Oh, my goodness! I'm sorry to hear this! She was a very caring woman and always ready to help others! I shall miss her!

Mary Bryant

My heart is deeply saddened to hear of Abby's passing. I have been a customer for

over 20 years and have always said that living close to Abby's was the best thing about living in my neighborhood. She has greatly helped my family and me by teaching us alternative ways to heal and healthier ways to eat. Praying for God's comfort and peace to Victor, her family and all who knew and loved her.

Carmen Linda Muniz Hernandez

Abby was always helpful with our health issues and she will be surely missed. Our prayers are with the family and we all look forward to seeing her again.

Dave Hein

A beautiful legacy. Thank you for all that you have done and the impact you made in our community regarding health and well BEING!

Shelley Parris Williams

Oh no!!! Abby was so knowledgeable. Very sad.

Franca Marullo Annabel Matos

I am at a loss for words. She touched so many people and created such an awesome store. Prayers to her family and the family at Abby's.

Anne Champion-Lambert

So sorry to hear this. My heart aches to know that she has passed. Abby was an amazing, knowledgeable and caring individual. My family and I were extremely blessed to have met Abby and be healed from our sickness and ailments thru the knowledge she gave us. She will truly be missed. I am extremely grateful for her.

She has truly touched the lives of many people. And her legacy will live on. Prayers to the family and all at Abby's.

Wanda Rivera

I'm so sad to hear about Abbys passing, she was so wonderful and knew so much.
I love going to her store, she will truly be missed, so sorry Victor.

Sonia Calderon Wolf

REMEMBERING ABBY...

COMMENTS POURED IN ON SOCIAL MEDIA.

What a shock to read this. I'm so sorry to hear that we don't have Abby in our lives anymore. What a loss. She mentored me after my diagnosis in 2014 & was a wealth of knowledge and support. You will be sorely missed.

Cathy N Shawn

I'm heart broken. Had my last consultation with Abby six months ago. She had been my nutritionist that helped me recuperate from many ailments. Started with her at age of 50. She also became my friend.

Rest well my dear one. You will be missed.

Marilyn Sakkis

Shocked to hear and sorry she will not be with us in the physical anymore. She helped me so much and made quite a difference in my life. Rest in Paradise Abby. We all love you.

Debra Jilly Dean

May your soul rest well Abby. You're an amazing spirit that was able to help thousands with their health and nutrition needs (myself included). Thank you!

May your legacy continue to bless us all.

Saynt Percival

A very dear spirit and good friend has moved on. Abby will be missed for all the wonderful healing energy and advice that she shared freely. Always in our thoughts and hearts!

Ismael Rivera La Luz

We are very sad to hear this news. Her store has been good to our family. Her legacy lives on.

Megan Towne Civil

So sad, she was a wonderful person to know!

Tish Bailey Hoff

My thoughts and prayers are with everyone close to Abby! Thank you for support.

Kelli and Hal Sender

So so sad to hear this!!!

Michele E Fuhrmann

She was an awesome lady. She helped me with all my allergies issues. I can't believe it. RIP

Gerliz Alessandra Maldonado

She was wonderful - and a pioneer in the Tampa area of alternative health and wellness. RIP

Linda Fernandez

So sorry. God bless. Thank you for all you did for my mom.

Esther Suarez-Moreno

I am beyond sad but grateful to her for all she has done for me and for so many others. What a legacy!

Lee Casteris

Sincere condolences to Abby's family, employees and all who were touched by her generous spirit.

Donna Marie

Sorry to hear about it. I saw her so many times in the store she always took the time to say hi to me.

Gloria Sosa

I loved going to her store. May she Rest In Peace. My condolences to her family and to her friends. Very sad.

Joanne Antioco

R.I.P Abby, you will be missed.

Judith Ponce

Abby saved my life 10 years ago! She would call me in the middle of night just to check on me; without her I would had never come so far in my recovery! She is an Angel. I thank God I crossed paths with her in this life.

Penny Magdziak

All of our condolences. Mylez Edward

I am so sorry to hear this.

I am lost for words... RIP Abbey

Juanita Naranjo

Daun Miller

Such sad news. We love Miss Abby.

Chrisie Devlin Colpitts

I never got to meet her! I am so sad! I was looking forward to it....

Jennifer Akers

Awesome Lady... Cara Libro Neil

Sorry to hear this. She will be missed.

Craig Walker

So sorry to hear this! Mark Steckman

So sorry to hear! John Larocca

Sad... sad...news! Marie Rebuck

Sad news! Beatriz Duverge

She will be missed! Eric Nadaoka

Very nice lady... rest in Heaven.

Allison Perkins-Salter

So sad... You will be missed.

Lisa Marie Sacco

Rip Abby. You were a wonderful soul!

Yvette Pullara

RIP Abby Roy Edgerton

Beautifully wrote Victor. She was a tough cookie but really lived her life serving others. I learned so much from her and I'm grateful that she continued to put education in the forefront so that others could impact lives through her teachings.

A tremendous loss and prayers to you also Victor. I know she was considered family.

Rebecca Rodriguez

Page 30 | Abby's Magazine - www.AbbysMag.com

HERE ARE SOME FROM OUR FACEBOOK PAGE: WWW.FACEBOOK.COM/ABBYSHEALTH

RIP and thank you. Arlene Boese Kaminski

This is such sad news. She was a wonderful lady that helped my mom and daughter. My mom and daughter will be devastated once I tell them. My heart goes out to the family,

friends, customers and all that were touched by Abby. RIP

Lori Le Gaudiet

So sorry. Jan Fowler

How sad. She was an amazing woman with a great legacy. Xo

Stephanie Matos

Poor thing! So sad. She was light!!

Dana McGrady

My prayers for the family, sad to hear about her passing.

Jose Abdiel Matamoros

AND BELOW ARE SOME FROM OUR INSTAGRAM PAGE: WWW.INSTAGRAM.COM/ABBYSHEALTHFOOD

I love Abby. I have been her customer since republic health food 20+ years ago.

Posted by @LawhorneFam

My condolences, I am happy I got to work for her.

Posted by @Suzi Tattoo

This world has lost an incredible woman. Will be praying for staff, family, and friends she left behind.

Posted by @BrittanyNicoleTelford

May her soul rest in peace. She was very very nice and supportive to me all those years when I worked at Eden's café.

Posted by @gopalimports

So sad to hear of her passing.
Posted by @LilyOgad

My condolences to the family.

Posted by @isangio1

Oh! I am so sorry to hear this.

Posted by @girlonaroof

Wow! So sad and to hear this! We love Abby's Health Food! Our condolences to her personal family and her staff family! Posted by @TampasBestDogTreatsAndChews

Hey guys, Sonja, she's a rockstar, our condolences to you guys and family.

Posted by @TobysButcherShop

Rest in peace sweet Abby. You will be missed. May you be remembered by your kind heart and sassy spirit ("get down or turn around!"

Thank you for all you've done for the people in your life.

Posted by @BadAndBergie

Oh my goodness! This is so sad! What a beautiful soul who helps so many. She will be missed.

Posted by @cvernon421

My deepest condolences to the family.

Posted by @HeartOfDog

I was so saddened to hear this news. Abby was such a beautiful soul. My deepest sympathies to the Abbys family.

Posted by @ZenLivingTampaBay

Oh my goodness! I truly cannot believe this! Abbys has been an incredible help to me, my family and friends since I met her in 1995! I am deeply saddened!! Wow! My deepest sympathy and condolences to

Posted by @EssenceOfHealthWellness

Oh no! I'm so sorry to hear this. May her family find peace during this difficult time.

Posted by @TanColoredGal

I am so saddened to hear this. She impacted so many people through her mission for nutrition she will be missed dearly.

Posted by @sibling16

WE ARE TRULY TOUCHED BY ALL THE LOVE AND SUPPORT.

THANK YOU FROM ALL OF US AT ABBY'S HEALTH & NUTRITION

her family.



Abby Sayler was a visionary. Pure and simply she saw things way before their time. Growing up in the 60's and the "Woodstock" revolution, she realized government and the status quo wasn't quite right, related to health. She despised big pharmaceutical and their answers to our health issues.

That began a life long pursuit of alternative solutions for what

was considered heresy at the time. Her continued education confirmed that the body would "heal" itself given the right stimulus. To date... thousands have benefited from her consulting about a healthy alternative to their diagnosis from doctors. The recent "celebration of her life" revealed so many people that experienced that... and I was blown away. Her legacy of health will most certainly live on through the multitude



of families that have experienced her consults first hand.

Today, her legacy continues with a qualified staff that consults on a myriad of health issues and has embraced her vision. Will it be the same? Of course not, our Abby had a style and method that was unparalleled. However, she was careful to pass down her secrets and vision to Victor and a few of the Abby's staff because she knew the gravity of what she was passing on.

Abby's farm was part of that vision. Her time spent on organic farms... way before the Farm was in vogue... early in her career, was a defining moment.

She believed that our food... was in fact, our medicine. So, with that in mind she had the vision for Abby's Organic

Community Farm. She wanted people to be able to grow their own healthy, organic food and impact their future by what they would grow and eat today. Her legacy is full of incredible "life changing, altering stories" that we can all embrace. Take a look at the following pages for some of the comments we received, and you will agree.

Today, I believe she would ask you to support her vision (actually I know she would without reservation) support local independent businesses like Abby's; support every movement and cause that promotes a healthier and more sustainable lifestyle; and support Abby's Farm or similar organizations that promote these values.

David Housefield Abby's Farm Director

























From Our Café



Turkey Burger

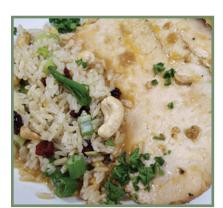
4 servings



3 tsp fresh parsley

2 TBSP olive oil

½ tsp allspice and oregano ½ red pepper, diced Garnish-red onion and BBQ



Roasted Turkey Breast

6 Servings

1 Whole bone in turkey breast, 6 ½-7 lbs

until cooked through, 6-7 more minutes.

1 TBSP minced garlic

1 TBSP fresh rosemary

1 TBSP thyme

1 TBSP oregano

1 TBSP basil











Preheat oven to 325degrees. In a small bowl, combine all the ingredients and mix well. Add the turkey directly to the mixed ingredients. Let sit for 1-2 hours for better flavor. Roast the turkey in oven for about 2 hours until the skin is golden brown/thermometer reads 165 degrees in center of turkey. Plate as desired and enjoy!

1 tsp sea salt

2 tsp olive oil

2 tsp lemon juice

1 tsp sage

1 tsp black pepper

Sauté all vegetables together and transfer to a medium bowl. Add turkey and all other ingredients. Gently mix with your hand until all ingredients are combined evenly. Divide into 4 sections and roll into 4 balls. Gently press into the balls until you create a 4inch wide, 1inch thick patty. Preheat grill to medium heat and brush the grill with olive oil. Grill patties, undisturbed, until there are visible grill marks on each patty. Flip patties and grill



Crustless Quiche

4 servings

6 eggs

½ cup organic milk 1 cup cheddar cheese 2 TBSP Parmesan cheese

Sea salt and pepper to taste











Added Optional Ingredients:

Chopped broccoli Chopped tomatoes Sliced onion Chopped spinach

Preheat oven to 350degrees. Whisk together the milk, eggs, cheese, and salt and pepper. Pour the mixture into a pie dish and bake uncovered for about 45 minutes or until the center is done.



aluten free



egg free



sugar free



dairy free



vegan



nut free





vegetarian



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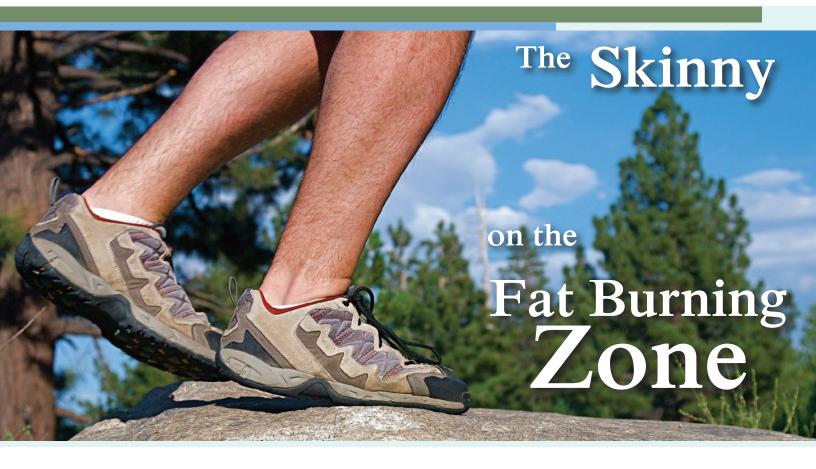
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I've read that if I want to burn more fat and lose more weight while exercising, I need to exercise in the fat burning zone. Is this true?

The short answer is, no, not really. Although it's technically true that exercising in the so-called "fat burning zone" (at a lower intensity level of about 60% to 70% of maximum heart rate) does

use a higher percentage of fat calories for fuel, the overall total calories burned is still fairly low. The reason is simple. Fat is a slow-burning fuel that requires oxygen to convert it to a usable energy, so it's great for long, steady, slow exercise, like backpacking, or cycling a long distance. Most people have enough stored body fat to fuel low level activity for days and days without running out of energy, but if you want to go fast, work all-out, or burn the most calories per minute, you need to rely on the faster-burning carbohydrate

(glycogen) for energy. Converting fat to fuel takes longer, and requires lots of oxygen. In the strictest definition, this is called aerobic metabolism.

High intensity training (HIT), on the other hand, tends to use anaerobic metabolism, or glycolysis, to quickly convert stored

glycogen to energy for exercise. This process can happen with little to no oxygen. The downside of anaerobic metabolism is that it has a limited supply, and when you run out of stored glycogen, typically around the two hour mark, you'll have to slow down and start using aerobic metabolism or refill your glycogen stores with some easy to digest carbohydrates.



To further complicate the fatburning zone theory, you need to recognize that when we exercise we use a combination of energy systems throughout the workout. Athletes are rarely exclusively in the aerobic or anaerobic zone.

Now to the real question. If your goal is weight loss, and burning calories is the way you are trying to lose weight, you are better off exercising at a higher intensity 2-3 times per week, and burning more overall calories from both fat and stored glycogen.

While it is true that you burn a higher *percentage* of calories from fat in the low intensity "fat burning zone," you still burn more total calories, and more calories from fat, at a higher intensity. Pushing your pace, alternating bursts of high and low intensity (interval training), and adding some all-out efforts forces you to activate the

anaerobic system (70-90% of your maximum heart rate), which results in a greater number of total calories burned during your workout, which is what ultimately determines fat loss from exercise.

Calories Burned in Fat Burning Zone

Still not convinced that the fat burning zone doesn't really burn more fat? Let's do the math. The chart below details the fat calories expended by a 130-pound woman during a typical exercise session. In this example, the woman burns more total calories and more fat calories at a higher intensity.



Calories Burned at Low and High Intensity

	Low Intensity (60-65% MHR)	High Intensity (80-85% MHR)
Total calories burned per min.	4.86	6.86
Fat calories burned per min.	2.43	2.7
Total calories burned in 30 min.	146	206
Total fat calories burned in 30 min.	73	82
Percentage of fat calories burned	50%	39.85%

Source: The 24/5 Complete Personal Training Manual, 24 Hour Fitness, 2000

So, Is Low Intensity Exercise Just a Waste of Time?

Before you start doing all your workouts in the high intensity zone, keep in mind that exercising at a high intensity all the time is just not smart. It can easily lead to overtraining, injury, and exercise burnout. Low-intensity cardiovascular exercise has many benefits, and for some people, it is the best way to exercise.

One reason some people are better off sticking with a lower intensity workout is that working at the high intensity is difficult. Yes, it's hard work. You can't go very long without running out of fuel, so it's not going to be something you can do for hours on end. Unless you train at a high level, you probably have enough glycogen to last about two hours before you run out of glycogen and need to refuel, or slow down. Refueling with the right food is one way to maintain a high intensity over hours and hours, and why ultra-endurance athletes snack on energy bars, bananas and power drinks. This isn't necessary for most recreational exercisers who rarely work out for more than an hour. If your typical workout routine includes an hour at the gym, you don't need to worry about running out of fuel if you work hard. So going for a high-intensity effort, at least a couple times a week, is a simple way to make the most of your workout time.

High intensity workouts aren't for the timid. And they aren't for a beginner. They require a lot of effort and you will need to gradually build up your body to handle those efforts. You can't go from couch potato to high-intensity queen overnight. You need to get your muscles, joints, cardiovascular system, and even your mind prepared to handle the stress, or you could easily overdo it and wind up injured or ill.

So, while high intensity gets you fit faster, and burns more calories. low intensity exercise should still have a place in your workout schedule. In fact, longer, slow endurance exercise should be a regular part of a wellbalanced, healthy lifestyle. Recovery is faster with low intensity movement. Going for a hike, taking a casual bike



ride, or just stretching are excellent low intensity activities. Mix it up with shorter, higher intensity workouts and power training to add variety, burn calories and build endurance quickly.

Be smart, listen to your body, and mix up your workouts in the way that works best for your goals and comfort zone. ■



Raising Kids ORGANICALLY

By Stephanie Stiavetti

Are you interested in raising kids organically? There are a lot of areas in life that can be altered to accommodate a more organic lifestyle. This can improve the health and longevity of your children.

Organic Food for Kids

Perhaps the most important way to affect the health of your children is through the foods they eat. Non-organic foods are laden with all sorts of dangerous chemicals, such as pesticides, herbicides, and fungicides. These can cause long-term health problems and researchers are discovering more-and-more dangers related to the unsavory chemicals that are found in conventionally grown foods.



It's not just produce that is the problem, either. Meat and grains can also contain additives that can affect the long-term health of your child.

Organic Meats

Intensively grown meats, such as chicken, beef, pork, and

turkey, have been tested and shown to contain high levels of hormones, insecticides, and antibiotics. Through conventional farming practices, animals are raised in environments where their living conditions cause them to be far more prone to disease



and parasites than animals raised in natural setting.



Because animals are more likely to get sick from being packed in too tightly and eating diets that are completely unnatural to them, conventional farmers must load them up with medications to keep them "healthy" and sellable. Of course, these medications end up in the meat that you eat.

Are Organic Grains Important?



Grains can also contain their fair share of chemical residues, from farmers who spray their crops with the same pesticides, herbicides, and fungicides they use for fresh produce. Even

though many grains are sloughed of their husks during the refining process, the residue remains and can get into your system when you eat them.

Nutrition and Organic Foods

Beyond the chemicals that can find their way into your body, there's another reason to choose organic: studies have found that foods grown via organic methods are actually higher in nutrients than foods grown by conventional methods. In fact, some foods can contain twice as much nutritional material than their chemical-raised counterparts. That's a big deal when you think about how much effort you put into eating healthy! Even small snacks can become better for your kids when they're made with quality ingredients.

Little Kids and Organics

Small children are especially susceptible to the dangers of chemicals, both in food and their living environment. What choices can you make for your family that will help them to live a long, happy life?

Baby clothing is the one thing that is in contact with your newborn 24 hours a day, so you want it to be chemical-free, right? Make sure your little one is wrapped in only safe fabrics.

Organic infant formula is a very important addition to your child's diet when they're small. If you feed your



baby formula, only give them a brand that you know is safe. Let's teach our kids how to make healthy lifestyle choices. Helping children to develop good decision-making skills early can save them a lifetime of difficulty, later on! ■





Of all the benefits that a detoxification program and subsequent healthier lifestyle provides, achieving and

maintaining an ideal weight routinely ranks high on people's lists. It's important to understand that several factors contribute to weight gain, two of which are the combination of toxins and a faulty diet. Both of these can create a condition in the body by which you become insulin resistant your cells become desensitized to insulin, making them ineffective

In Dr. Mark Hyman's *Ultrametabolism: The Simple Plan for Automatic Weight Loss*, he calls for detoxifying the liver

as a critical step to weight loss, pointing to the fact that a healthy functioning liver makes for a healthy functioning metabolism that can properly process sugars and fats. He underscores that toxins from within our bodies and from our environment both contribute to obesity. So getting rid of toxins and boosting your natural detoxification

at driving blood sugar (glucose) into your cells. Insulin is a hormone secreted by the pancreas in response to a meal; its job is to unlock your tissues and escort glucose out of the blood into the tissue cells for use as energy.

When excess glucose remains in the blood, insulin levels stay high. Even though the right amount of insulin is essential for life, chronically elevated insulin can cause both fat storage and more inflammation, which can promote even more fat storage. Because detox programs entail a high-quality diet, hydration, exercise, and proper elimination, blood sugar balance is achieved, normalizing insulin levels, decreasing inflammation, and helping one lose fat!



system is an essential component of long-term weight loss and a healthy metabolism.

In particular, toxins can impact your ability to achieve an ideal weight in three big ways: slowing down your metabolism, decreasing your ability to burn fat, and slowing down the time it takes for you to feel full. In the past it was thought that your resting metabolic rate (RMR) declined with weight loss primarily because of the decrease in caloric intake or changes in muscle to fat ratio. But clinical studies are now showing that one of the first things toxins do when your fat cells release them into the blood is *slow down* your resting metabolic rate. Moreover, the same studies determine that toxins affect the production of the thyroid hormones, which play a major role in your body's metabolism.

What this means is that if you can reduce your exposure to toxins while aiding in the elimination of current toxins in your body, you can support a healthy – and possibly faster – metabolism. Don't worry about any potential slow down in your metabolism during the actual detoxification process. In all likelihood, you will be eliminating toxins from your body fast enough to prevent much of this decline. If you do experience this, it will be very temporary and you may not even notice it. Chances are your weight is going to tick downward given the metabolism-revving foods you will be eating as you nourish your cells and follow the recommendations of the diet.

For thirty years now we've known that toxins can hinder the efficiency of your fat-burning systems — by upwards of 20 percent! On a hormonal level, toxins stored in our fat cells can prevent us from receiving signals that tell our brains we are full so we can stop eating. Contrary to popular belief, fat cells are not inactive. Our total body fat mass may actually represent our largest endocrine (hormonal) organ, since it is much larger than our chief hormone-producing and — regulating organs — the pituitary, adrenal, thyroid, and sex glands. Fat generates a multitude of biomolecules — enzymes, hormones, and chemical messengers — that tell our bodies what to do, which in turn affects how we look and feel. This also affects our metabolism and whether it's running high or low.

Many of these molecules, including estrogen, cortisol, and leptin, can promote more fat storage. The aromatase enzyme in fat, for example, converts testosterone into estrogen and further promotes fat storage. The

stress hormone cortisol is famous for its fat-promoting capabilities. Chronic elevation of this hormone raises blood sugar, increases insulin (which again increases fat storage), breaks down muscle, and blocks the conversion of thyroid hormone T4 to T3. Triiodothyrosine, or T3, is the biologically active thyroid hormone that moves into the nucleus of cells and affects the production of proteins critical to the mitochondria, which are the power generators of cells. So low T3 equals low energy, low metabolism, and more potential fat storage. The list goes on and on with similar scenarios in the body. In fact, much of what fat does is to continually signal the body to make more fat cells and store more energy via fat. In this process toxins are stored in fat as well, which then aggravate the situation even more by promoting more fat storage. These toxins essentially mess with the proper signaling we need for maintaining a good fat-to-muscle ratio. Other factors can also contribute to the chaotic signaling. Our 24/7 lives, where the lights are always on, we sleep rarely (and poorly), and we have an abundance of refined sugar available to keep us artificially charged, exacerbate the imbalance we experience in our body's internal workings. So it's a vicious cycle: the more fat you have, the more toxins



you retain, and the more toxins you retain, the harder it becomes to lose weight as cascading events sabotage your metabolism. One way to end it is with proper detoxification, removing toxins from your environment as best you can, and adopting a lifestyle attuned to supporting your body's natural detox physiology. Through a detox program, you will be shrinking those fat cells, releasing stored toxins, and helping your body achieve not only an ideal weight but also an ideal balance of hormones and other metabolism-regulating substances that will further support vibrant health, energy, and longevity. ■





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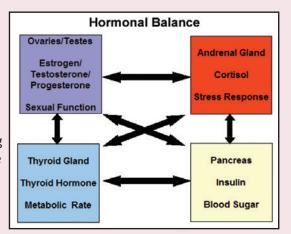
The Importance of Hormonal Balance

Usually, we only think of one hormone at a time. Thyroid symptoms indicate a thyroid problem. Blood sugar symptoms means there is an insulin problem. Symptoms around sexual function indicate a sex hormone problem. And high stress means a cortisol problem. This simple model may help medical students learn about hormones, and is good for books that convince you that if just your thyroid hormone, or if just your testosterone was normalized, you would feel fine, but the hormonal system really does not work like this.

In real life each these four systems affects the other three in a complex balance game. Basically, when one hormone goes up, another goes down to compensate. This continues until a patient becomes so sick, that almost all of these hormones go down.

The pancreas, insulin and blood sugar

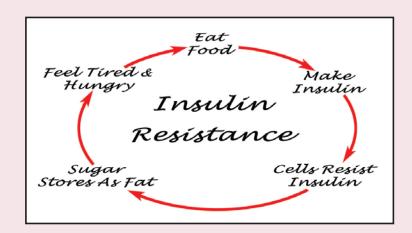
Junk food, or foods high in sugar stimulate the pancreas to release insulin. Insulin's job is to lower blood sugar, by moving it into cells to be used for energy, or stored for later use. We store sugar for



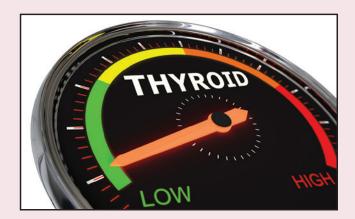
energy in two ways. Sugar can be converted to fat, or in the liver as glycogen. Fat is a long term energy reserve. Glycogen is more easily used, and is the first place we our body goes for energy when we have not eaten for a few hours.

Cortisol is insulin's counterpart. Among many other functions, cortisol takes sugar stored in the liver (glycogen) and puts it into the blood stream. To keep things simple, insulin lowers blood sugar, and cortisol raises blood sugar.

This is what may sound confusing at first. When insulin goes up to lower blood sugar, cortisol goes up as well. It may sound odd. Why would the body raise cortisol, which increases blood sugar, at the same time insulin is going up to lower blood sugar?



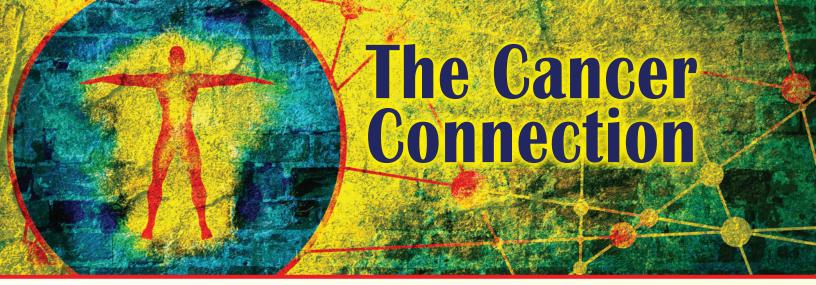
The answer is in the very complex way the body precisely regulates itself. Too much insulin will lower blood sugar too much. This is called hypoglycemia (low blood sugar) . So when insulin goes up, cortisol goes up a little also. This is not to raise blood sugar, but to make sure insulin does not drop blood sugar too much.



High cortisol decreases thyroid hormone. In a healthy diet, the moderate ups and downs of cortisol as it helps regulate blood sugar is not going to effect thyroid function. However, high carb, high sugar diets send insulin and blood sugar surging up and down all day. This affects both cortisol and ultimately thyroid hormone as well.

Therefore, as part of normalizing thyroid hormone function naturally, it's essential to have a good diet and keep blood sugar in an acceptable range. ■

Courtesy of Saul Marcus, ND - Naturopathic Doctor



Cancer still holds the number two spot on the list of top killers of adults; it is the number one cause of death in children. At the beginning of the twentieth century, the incidence of cancer was about 1 in 50 in the United States. Today, the risk of an American man developing cancer over his lifetime is currently one in two (leading cancer sites for men are prostate, lungs, and colon and

rectum); approximately one in three women will develop cancer over her lifetime (leading sites for women are the breasts, lungs, and colon and rectum). And, like so many other diseases that could be preventable, cancer and toxins have a long correlative history in scientific literature.

The relationship between toxins and cancer are well documented – for many types of cancer, including leukemias and lymphomas, and for virtually all types of toxins. In fact, in response to the public's request for information regarding the relationship between environmental factors and the development of cancer, the National Cancer Institute (NCI) and the National Institutes of Environmental Health Sciences (NIEHS), two departments of the National Institutes of Health, created a booklet titled Cancer and the Environment. It contains information about environmental substances either known or suspected to cause cancer. As a result of their research they found that as many as two-



thirds of all cancer cases are linked to environmental causes.

Cancer is responsible for nearly a quarter of all deaths (heart disease claims a little more than that at 27.2 percent, and the next runners-up fall way behind these leading two killers). Here is just a small sampling of facts that illustrate the mind-boggling growth in cancer rates:

- Sometimes called the "silent epidemic," over the
 last several decades, incidences of non-Hodgkin's
 lymphoma (NHL) have been increasing by 3 to 4 percent
 per year throughout most of the world. In some studies
 annual increases are as high as 4.2 to 8 percent. These
 reported increases are corrected for known viral causes of
 NHL, suchas human immunodeficiency virus (HIV), and
 therefore largely exclude AIDS-related lymphomas. Such
 annual increases translate to about a 250 percent
 increase in the last fifty years.
- The age-adjusted incidence of primary tumors of the central nervous system (CNS) (particularly astrocytomas, including the rapidly progressive glioblastoma multiforme as well as the benign meningiomas) appears to have increased by 50 to 100 percent over the past several decades, with the greatest increase occurring among the elderly.

- The United States has recently experienced increased incidence of and mortality from renal cancers. According to Surveillance, Epidemiology and End Results (SEER), a national cancer-monitoring program, the last twenty-five years have witnessed dramatic increases in disease and death from kidney cancer among black and white Americans of both sexes. During the last twenty years, all white men saw increased incidence at 3.1 percent per year; white women at 3.9 percent; and African-American men and women the steepest rate at 3.9 percent and 4.3 percent. Such increases over a twenty-year period cannot be explained by early detection, especially given that screening tests are not routinely employed.
- Testicular cancer is another malignancy rising in occurrence for the last several decades in virtually all developed nations. The nation's oldest ongoing statewide tumor registry finds a mean annual increase in testicular cancer incidence of more than 5.5 percent over the last sixty years. New studies are showing that a mother's exposure to pollutants may contribute to testicular cancer in her sons' years later.
- Age-adjusted incidence of breast cancer in industrialized countries has increased 1 to 2 percent per year for several decades, both before and after introduction of mammography.
- Prostate cancer is up nearly 290 percent in the last fifty years.
- Thyroid cancer is up 258 percent
- Cases of skin melanomas are up almost 700 percent in the last fifty years.

Clean-sweep your cleaners
Toxic cleaning products increase your cancer risk.

Choose organic when possible
Limit your amount of exposure to dangerous pesticides and hormones

Choose organic when possible in the manufacture of cans

Trade in your teflon

Opt for the stove top Microwave popoorn furnes are being linked to multiple respiratory broblems.

Don't be dangerously pretty

 Lung Cancer is currently the most common cause of cancer death in women, with the death rate more than two times what it was twenty-five years ago.

In the last fifty years, incidence of age-adjusted cancer increased roughly 85 percent in the United States. Because this figure is adjusted for age, a person living longer has nothing to do with this increase. The most affected part of the population is children, who represent the fastest=growing sector of people with unprecedented high rates of cancer. Every year approximately eight thousand children under age fifteen are diagnosed with malignant disease, most frequently leukemia and brain tumors. Environmental exposure such as ionizing radiation, hormones, and antineoplastic agents are accepted to be contributors to these diseases. At this writing it is estimated that the number of new cases of cancer will globally climb to almost 17 million in 2020 from just under 13 million today – a 30 percent increase!



Cancers of the prostate and breast will be the most frequently diagnosed cancers in men and women, respectively, followed by lung and colorectal cancers both in men and in women. Overall, the most common cancers − skin, lungs, breasts, kidneys, colorectal and prostate − are organs of excretion. It's possible that toxin accumulation for purpose of excretion may be a clue as to the connection between toxins and excretory organs. ■

The relationship between toxins and cancer are well documented – for many types of cancer, including leukemias and lymphomas, and for virtually all types of toxins.



1. EAT HEALTHY FOODS

The majority of adults in the US consume more than double the recommended daily allowance of sodium, which can lead to hypertension and cardiovascular disease; most of this high sodium intake comes from prepackaged foods and restaurants.

TIPS: Eat nutrient-dense organic foods like fruits, vegetables, and sprouted grain foods. Avoid sweet, salty, and highly processed foods. Keep in mind that each person has different dietary needs – follow your nutrition expert's suggestions regarding food restrictions.

2. LIVE AN ACTIVE LIFE

Regular exercise is one of the greatest keys to physical and mental wellbeing. Living an active life will help you stay fit enough to maintain your independence to go where you want to and perform your own activities. Regular exercise may prevent or even provide relief from many common chronic conditions, including heart disease, diabetes, depression, and arthritis, to name a few.

TIPS: The key is to stay active, so do



something you will enjoy. If you are not the type of person who will stick to a regular gym routine, go on a walk or ride your bike every day instead. Try to incorporate aerobic, balance, and muscle strengthening activities into your routine. Think about what works best for you, consult your doctor, and get moving!

3. REDUCE STRESS

As we age, our stressors change and so does our ability to deal with stress. Long-term stress can damage brain cells and lead to depression. Stress may also cause memory loss, fatigue, and decreased

ability to fight off and recover from infection. In fact, it is estimated that more than 90% of illness is either caused or complicated by stress.



TIPS: We cannot entirely avoid stressful situations but we can learn better techniques to cope with stress. Take care of yourself when you are stressed by getting enough sleep, exercising, and eating nutritious foods. Talk to a loved one or counselor about your stress, and try some relaxation techniques, such as circular breathing, yoga, or meditation. Remember to always keep things in perspective – try to accept and adapt to the things you cannot control.

4. MAINTAIN YOUR BRAIN

One in eight older adults (aged 65+) in the United States has Alzheimer's disease, and some cognitive decline is a normal part of aging. Studies have shown that a lifestyle that includes cognitive stimulation through active learning slows cognitive decline.

TIPS: Never stop learning and challenging your mind! Take dance lessons, learn a new language, attend lectures at your health food store, learn to play a musical instrument, or read a book.

5. GET ENOUGH SLEEP



Humans can go longer without food than without sleep. Older adults need just as much sleep as younger adults – seven to nine hours per night – but often get much less. Lack of sleep can cause depression, irritability, increased fall risk, and memory problems.

TIPS: Develop a regular schedule with a bedtime routine. Keep your bedroom dark and noise-free— avoid watching television or surfing the Internet before bedtime. Stay away from caffeine late in the day.

6. CULTIVATE YOUR RELATIONSHIPS

Twenty-eight percent of older adults live alone, and living alone is the strongest risk factor for loneliness. Common life changes in older adulthood, such as retirement, health issues, or the loss of a spouse, may lead to social isolation.

TIPS: Maintain communication with your family and friends, especially after a significant loss or life change. Schedule regular time to meet with friends and family – over coffee, during a weekly-shared meal, or around a common interest. Reach out to friends who might be isolated or feel lonely.

7. PRACTICE PREVENTION

Many accidents, illnesses, and common geriatric health care conditions, such as falls, chronic illness, depression, and frailty, are preventable.





TIPS: To prevent illness, take an immune support supplement and wash your hands after using the restroom and before handling food. To prevent a fall, complete a home safety checklist, use assistive devices, wear appropriate footwear, get your vision checked, take vitamin D (get your blood levels checked) and a food-derived calcium, and get some form of exercises into your routine.

8. MAKE COMMUNITY CONNECTIONS

Older adults who engage in meaningful community activities like volunteer work report feeling healthier and less depressed.

TIPS: Join a planning committee, volunteer, take a trip with friends, play cards at your local senior center, or join a book club. Remember that participating in activities should be fun, not stressful!

9. TAKE CHARGE OF YOUR HEALTH

Most of our health is not controlled by the health care system but by our own actions, our environment, our genes, and social factors. In addition, physicians are not perfect; medical errors do happen. The more patients participate in their own health care, the more satisfied they tend to be with the care they receive.

TIPS: Think about the ways that your health can improve by changing your lifestyle, and make those changes. You are your own best advocate. Contact your primary care practitioner for an annual physical or whenever you have a concern about your health, and go to those appointments prepared. Bring a list of your current prescription and non-prescription medications, including herbal supplements; keep a list of your health concerns; and, most importantly, ask questions!



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