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Health Topics



SEPTEMBER 10, 2020

### Benefits of a (More) Plant-Based Diet for Seniors (/blogs/news/benefits-of-a-more-plant-based-diet-for-seniors)

The benefits of a plant-based diet for seniors include increased weight loss, decreased inflammation, and a lower risk of disease. Here's why you should try it. [View Post \(/blogs/news/benefits-of-a-more-plant-based-diet-for-seniors\)](#)



SEPTEMBER 02, 2020

### Gut feelings: what happens when you have poor digestion and how you can make it better (/blogs/news/what-happens-poor-digestion)

Originally published on Health & Nature News How good is your gut instinct? For many people it might seem like all their gut ever does is complain. Nausea, diarrhea, stomach cramps, constipation, bloating, flatulence- these are never fun conditions to deal with. On top of being unpleasant,...

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**Why Are Fats Important in Your Diet? The Benefits of Healthy Fats**  
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July 16, 2020



AUGUST 27, 2020

### Put the Brakes on Incontinence (/blogs/news/put-the-brakes-on-incontinence-I)

Do you suffer from an overactive bladder? If you answered yes, know that you are not alone. Urinary incontinence is a fact of life for many people, women in particular, sometimes even before the onset of menopause. [View Post \(/blogs/news/put-the-brakes-on-incontinence-I\)](#)



JULY 30, 2020

### The Health Benefits of Ashitaba (/blogs/news/the-health-benefits-of-ashitaba)

If you're someone who's interested in herbal benefits, you won't want to overlook what Ashitaba has to offer you. This plant has been around for many, many years, and is often considered to be one of the top medicinal plants available today. It's sometimes dubbed the 'longevity herb' because it has so many healing qualities and those who use it may help themselves live a longer life.

This plant is also extremely fast-growing. If you break off a leaf one day, plant it that afternoon, typically, by the next morning,

you might already be able to see the sprout growing. This means that it can be found in abundance and the chances that it becomes hard to source are really quite low.

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JULY 23, 2020

## Summer Safety for Seniors (/blogs/news/summer-safety-for-seniors)

Winter is long gone and it's time to enjoy the sun. Keep in mind these tips on summer safety for seniors before you head outside.

Summer is one of the best times of the year for seniors as they have less joint pain, a decreased risk of illness, and improved levels of vitamin D. However, a sunny day can quickly become problematic if you don't prepare yourself for temperature and UV exposure. Let's review the best summer safety tips for seniors.

[View Post \(/blogs/news/summer-safety-for-seniors\)](#)



JULY 16, 2020

## Why Are Fats Important in Your Diet? The Benefits of Healthy Fats (/blogs/news/healthy-fats)

Why are fats important in a healthy diet? From hormone health to weight management, dietary fat plays several essential roles.

Dietary fat has had a pendulum-like reputation for the last several decades. Once demonized as a leading cause of heart disease, dietary fat is now on the upswing, featured in promising medical research and meal prep programs such as the ketogenic diet.

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JULY 09, 2020

## Probiotics Versus Digestive Enzymes: The Difference You Need To Know (/blogs/news/probiotics-versus-digestive-enzymes-difference)

One area of health that many people tend to overlook, is digestive health. You likely keep up on the latest in nutrition information - how many calories you should eat and what the best macro split may be. You might also be considering which superfoods you should be adding to your diet to achieve your primary health goals.

All of this focus and attention to your diet is great, but you are missing out on one particular element: *your digestive health*.

[View Post \(/blogs/news/probiotics-versus-digestive-enzymes-difference\)](#)



JULY 02, 2020

## Life Sprout Bioceuticals – Proudly American (/blogs/news/life-sprout-bioceuticals-proudly-american)

**We Americans are a proud bunch. And with reason.**

Our nation was founded on a set of beliefs established by our forefathers. These beliefs include equality, fundamental rights, free speech, and more. We at Life Sprout Bioceuticals are proud to say that we are an American company through and through. Why is that important to us? Well, it is important to us because it is important to you, our valuable customers.

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