Benefits of Ashwagandha Root

Ashwagandha root is preferred overwhelmingly because of its history of traditional use, growing library of modern research including human clinical trials, global regulatory approvals, global pharmacopoeia recommendations, market Potential and it is principal against economic adulteration.

The stressful demands of modern life are taking a toll on health and well-being, motivating consumers to seek a product that is deeply rooted in tradition. Ashwagandha (Withaniasomnifera Dunal), known as the Prince of Ayurvedic herbs, has significant effects on both the psychological and physiological aspects of human functioning.

As a rasayana (rejuvenative tonic), ashwagandha root and its preparations have been traditionally and commonly consumed throughout India, especially among those who were emaciated (including infants). The root of ashwagandha seemingly has the most potent health-balancing properties, and in certain areas of India, it was relied upon heavily.

In vitro, in vivo and clinical studies conducted on ashwagandha root extract have revealed statistically significant benefits for reducing stress and anxiety, cortisol-release, as well as resulting behaviors such as food cravings, improved cognitive acuity and memory, improvements in energy sustainability, balanced sleep/wake cycles, immunity boosting, anti-aging, improvements in sexual function in men and women, and sports/fitness benefits such as increased endurance, strength, muscle size and exercise recovery rate, as well as improving testosterone production in men.

Caffeine Intake 30 min before Exercise to "Burn Fat"

Taking caffeine or drinking strong coffee, half an hour before aerobic exercise can increase fat-burning, according to a new study published in the *Journal of the International Society of Sports Nutrition*.

The effects of the caffeine are higher if the exercise is done in the afternoon rather than in the morning, according to the authors.

The research team found that taking a dose of caffeine 30 minutes before an aerobic workout increased fat oxidation during exercise regardless of the time of day. At the same time, the rate of fat-burning was higher in the afternoon than in the morning for equal hours of fasting.

Compared to the placebo, caffeine increased fat oxidation by 10.7% in the morning and 29% in the afternoon. Caffeine also increased exercise intensity by 11% in the morning and 13% in the afternoon. The maximum oxygen uptake was also higher in the afternoon.

Overall, these results suggest that a combination of acute caffeine intake and exercise at moderate intensity in the afternoon provides the best scenario for individuals seeking to increase whole-body fat oxidation during aerobic exercise.

HMB Supplements for Muscle Health

HMB (Hydroxymethylbutyrate) is made in the liver from an amino acid called leucine. Leucine, one of the three essential branched-chain amino acids, is required in the human diet for its role in promoting protein synthesis. Scientists estimate that a 150lb human can make 0.2 to 0.4 g of HMB per day, depending on how much leucine comes into the body from diet. One way to ensure the body produces enough HMB is to eat leucine rich foods, such as meat and dairy products. Alternatively, it is possible to take a supplement that contains HMB.

It plays a role in repairing tissue by increasing the production of cholesterol (required for cell wall stability) and boosting the production of muscle stem cells. The substance also protects muscle cells by blocking processes that cause muscle cell death. Finally, HMB promotes protein synthesis in muscles by activating enzymes needed to make muscle fibers.

Understanding HMB's role in the body elucidates how it can be instrumental after surgery or other events that take a toll on muscles. During surgery recovery, the body needs additional nutrients to prevent muscle atrophy. Ensuring an adequate supply of dietary leucine or supplementing with HMB should be a part of the treatment discussion. According to the past studies, long term HMB supplementation ranging from 12-48 weeks could produce beneficial results, such as muscle mass gain in healthy elderly.

The HMB inhibits protein degradation in the body, which promotes muscle growth, and prevents muscle breakdown.

Benefits of Plant-Based Biotin

Plant-based biotin is accompanied by hundreds of factors which increase its absorption in the body. D-biotin, an active form of biotin found naturally, is 100 times more biologically active and a better dietary source of vitamin compared to animal-based biotin.

- Plant-based biotin strengthens hair and nails, regulates blood sugar and helps in improving metabolism.
- Biotin from plants is accompanied by hundreds of its factors that increase its absorption in the body.
- Healthy hair growth: The only active form for biotin (d-biotin) found naturally is 100 times more biologically active compared to synthetic ones, and helps in reducing hair fall and hair thinning and is good for stronger hair.
- Non-synthetic materials: The plant-based biotin is structurally different from the synthetic ones hence it gets absorbed faster.
- Zero side effects: Can be consumed long-term since it's natural and has no side-effects.
- Chemical free: It does not come with fillers and is free from chemicals.
- Holistic growth: It has plant extracts from Amla for Vitamin C and Pomegranate for Antioxidants. All this combined provides extra nutrition to reduce hair fall and immunity, while being anti-bacterial.

Natural sources of biotin are nuts, nut butters, soyabeans, whole grains, cauliflowers, bananas and mushrooms.

Higher Intake of Dietary Calcium and Magnesium may Reduce Migraine

A higher intake of calcium and magnesium from the diet is linked with lower migraine occurrence according to researchers from Harbin Medical University in China.

Previous studies have shown that migraineurs have lower serum magnesium levels than the normal population, and magnesium deficiency is strongly associated with migraine. Intravenous magnesium, oral magnesium preparation, or magnesium supplements have been found to be effective against migraine.

Few studies have reported an association between calcium and migraine. However, studies have shown that vitamin D deficiency is

associated with migraine. Several studies have also indicated that vitamin D supplements could improve migraine. It is well-known that promoting calcium absorption is an important physiological function of vitamin D. Besides, two case reports showed that two menstrual migraineurs had a reduction in the frequency and duration of migraine attacks after receiving a combination of vitamin D and calcium supplements.

The results of the study by Harbin Medical University stated that compared to non-headache, headache was more likely to be seen in younger, female, non-Hispanic Black, former drinking, current smoking, people with lower education level, lower prevalence of hypertension, higher BMI, higher carbohydrate intake, lower calcium and magnesium intake, and lower vitamin D supplement intake. The average daily intake of calcium and magnesium was significantly lower than their respective recommended dietary allowances (RDAs).

Health Benefits of Cinnamon

Cinnamon is a favorite household spice, and has been used around the world for centuries. It has various health benefits.

Anti-viral, anti-bacterial and anti-fungal properties

Cinnamon is thought to have many medicinal and soothing properties, and is used frequently in Chinese herbal medicine. The distinctive smell and flavor of cinnamon comes from the essential oils contained in the bark, called cinnamaldehyde. Cinnamaldehyde displays anti-viral, anti-bacterial and anti-fungal properties.

Antioxidant with anti-inflammatory effects

Cinnamon also contains large amounts of polyphenol antioxidants. Antioxidants can help protect the body from disease and are found in fruits, vegetables, herbs and spices. The antioxidants in cinnamon have been found to have anti-inflammatory effects.

Prebiotic properties

Cinnamon has prebiotic properties that promote the growth of beneficial bacteria and help suppress the growth of pathogenic bacteria. Therefore, including spices regularly in your diet may help improve gut health.

Cinnamon also helps reduce blood pressure, lowers blood sugar and helps relieve digestive discomfort according to some studies.