

pure encapsulations emotional wellness

Pure Encapsulations Emotional Wellness: Your Guide to Holistic Support

Are you feeling overwhelmed, stressed, or just a little "off"? Modern life throws a lot our way, and sometimes our emotional well-being takes a backseat. If you're searching for natural and effective ways to support your emotional balance, you've come to the right place. This comprehensive guide dives deep into Pure Encapsulations' approach to emotional wellness, exploring their product range, the science behind their formulations, and how they can help you navigate the ups and downs of life. We'll cover everything you need to know to make informed decisions about incorporating Pure Encapsulations supplements into your holistic wellness plan.

Understanding Pure Encapsulations' Philosophy

Pure Encapsulations isn't just another supplement company; they're committed to providing high-quality, hypoallergenic products backed by scientific research. Their approach to emotional wellness is rooted in the understanding that a healthy mind and body are interconnected. They don't believe in quick fixes or miracle cures; instead, they focus on providing targeted support that helps the body function optimally, promoting emotional resilience and balance. This means focusing on nutrient deficiencies that might be contributing to emotional imbalances, rather than simply masking symptoms. This philosophy sets them apart in a market often saturated with overly-promised, under-delivered products.

Key Ingredients in Pure Encapsulations Emotional Wellness Products

Pure Encapsulations utilizes a range of carefully selected ingredients known for their potential to support emotional well-being. These often include:

Magnesium: A crucial mineral often deficient in modern diets, magnesium plays a vital role in neurotransmitter function, contributing to relaxation and reducing stress. Pure Encapsulations utilizes highly bioavailable forms of magnesium to ensure optimal absorption.

B Vitamins: This complex of vitamins is essential for nerve function, energy production, and the synthesis of neurotransmitters. B vitamins are crucial for maintaining emotional stability and reducing feelings of fatigue and irritability often associated with emotional stress.

Adaptogens: These botanical extracts are renowned for their ability to help the body adapt to stress. Common adaptogens used by Pure Encapsulations might include Ashwagandha and Rhodiola Rosea, known for their calming and energizing properties.

L-Theanine: This amino acid found in green tea has demonstrated calming effects without causing drowsiness. It promotes relaxation and focus, making it a valuable component in managing stress and

anxiety.

Omega-3 Fatty Acids: Essential for brain health, omega-3s contribute to mood regulation and cognitive function. Pure Encapsulations often sources high-quality fish oil or plant-based alternatives to ensure optimal benefits.

Popular Pure Encapsulations Products for Emotional Wellness

While specific product names might change, Pure Encapsulations typically offers a range of products designed to support various aspects of emotional well-being. These might include targeted formulations for stress management, anxiety relief, or sleep improvement. Always consult the product labels and consider consulting a healthcare professional before starting any new supplement regimen. Remember that Pure Encapsulations emphasizes quality and purity, so expect to see a focus on minimizing unnecessary additives and fillers.

How Pure Encapsulations Differs from Competitors

What sets Pure Encapsulations apart from other brands focusing on emotional wellness? Their commitment to research, transparency, and purity is paramount. They meticulously research the efficacy of their ingredients and often utilize clinical studies to support their claims. Unlike many brands that utilize proprietary blends, Pure Encapsulations tends towards clear labeling, allowing consumers to understand precisely what they're taking. This transparency builds trust and enables informed decision-making. Their hypoallergenic formulations cater to individuals with sensitivities, making their products accessible to a wider audience.

Incorporating Pure Encapsulations into a Holistic Approach

Pure Encapsulations products should be considered part of a broader strategy for emotional well-being. While supplements can provide valuable support, they shouldn't replace other crucial elements of a healthy lifestyle. This includes:

Regular Exercise: Physical activity releases endorphins, naturally boosting mood and reducing stress.

Sufficient Sleep: Aim for 7-9 hours of quality sleep per night for optimal emotional and physical health.

Mindfulness and Meditation: Practicing mindfulness techniques can help you manage stress and cultivate emotional resilience.

Healthy Diet: A balanced diet rich in fruits, vegetables, and whole grains provides the nutrients your body needs to function optimally.

Therapy or Counseling: Professional support can be invaluable in addressing underlying emotional challenges.

Combining Pure Encapsulations supplements with these lifestyle changes creates a synergistic effect, maximizing your potential for improved emotional well-being.

Conclusion

Pure Encapsulations offers a reliable and research-backed approach to supporting emotional wellness. Their commitment to quality, transparency, and a holistic perspective sets them apart. By understanding their philosophy, exploring their product range, and integrating their supplements into a healthy lifestyle, you can take a proactive step towards achieving greater emotional balance and resilience. Remember always to consult with your doctor or a qualified healthcare professional before starting any new supplement regimen, especially if you have pre-existing health conditions or are taking other medications.

Frequently Asked Questions (FAQs)

Q1: Are Pure Encapsulations products safe for everyone?

A1: While generally safe, it's crucial to check the ingredient list for any potential allergens or interactions with existing medications. Consult your doctor if you have any concerns.

Q2: How long does it take to see results from Pure Encapsulations emotional wellness products?

A2: The timeline varies depending on individual factors and the specific product. Some individuals might experience benefits within a few weeks, while others might require several months. Consistency is key.

Q3: Are Pure Encapsulations products expensive?

A3: Compared to some brands, Pure Encapsulations products may be on the higher end of the price spectrum. However, this reflects their commitment to quality ingredients and rigorous manufacturing standards.

Q4: Where can I purchase Pure Encapsulations products?

A4: Pure Encapsulations products are available through various online retailers and select health food stores. Always purchase from reputable sources to ensure product authenticity.

Q5: Do Pure Encapsulations products contain artificial colors, flavors, or preservatives?

A5: Pure Encapsulations is committed to minimizing additives. Their products generally avoid artificial colors, flavors, and preservatives, focusing on purity and natural ingredients. However, always check the specific product label for the most accurate information.

pure encapsulations emotional wellness: Finally Focused James Greenblatt, M.D., Bill Gottlieb, CHC, 2017-05-09 Discover the ADHD solution for your child with this holistic, evidence-based, and customizable approach to alleviating unwanted symptoms without relying on medication. "A clear, effective, and science-based program that gives you all the building blocks to treat ADHD naturally and effectively."—Daniel G. Amen, M.D., founder of Amen Clinics and New York Times bestselling author of *Change Your Brain, Change Your Life* ADHD is not a discipline problem. It is a medical condition with a range of possible underlying causes unique to each person.

Dr. James Greenblatt has seen thousands of children and adults struggling with the symptoms of ADHD—hyperactivity, inattentiveness, impulsiveness, and often irritability and combativeness. To really heal, the ADHD child needs personalized treatment to correct the biologic imbalances that affect the brain and trigger symptoms. Rather than simply prescribing medication, Dr. Greenblatt tailors remedies to his ADHD patients' individual needs, detecting and treating the underlying causes of the disorder. Finally Focused provides a comprehensive solution to the ADHD patient's unique biochemical imbalances using proven natural and medical methods to easily treat problems such as nutritional deficiencies or excesses, dysbiosis (a microbial imbalance inside the body), sleeping difficulties, and food allergies—all of which surprisingly can cause or worsen the symptoms of ADHD. Dr. Greenblatt's effective Plus-Minus Healing Plan allows parents to understand the reasons behind their child's symptoms and provides customizable tools to eliminate them. Adults with ADHD can do the same. And if conventional medication is still necessary, this integrative approach will minimize or even eliminate troublesome side effects. With Dr. Greenblatt's expert advice, millions of children and adults with ADHD will finally get the help they need to achieve true wellness.

pure encapsulations emotional wellness: A Nutritional Approach to a Revised Model for Medicine Derrick Lonsdale M. D., 2013-03 With its expansive empire, boundless wealth, glorious architecture, and advanced military, Rome was the apex of civilization in the ancient world. However during its very height, many of Rome's leading citizens were inadvertently poisoning themselves with the lead glazing that was widely used in wine containers at the time. Is it possible that today, we are doing the same thing to ourselves with sugar? Could the obesity epidemic, diabetes and the outbreak of a host of other almost completely unrecognized diseases, be the result of our present dietary mayhem? That's the view expressed in A Nutritional Approach to a Revised Model for Medicine. In this illuminating book, author Derrick Lonsdale M.D. draws attention to the dangers of the prolific ingestion of sugar that is so widespread today. The book cites case reports to illustrate these dangers and to emphasize the ease with which symptoms may be stemmed in the early stages. However the book also makes it clear that if symptoms are left unrecognized and behavior is left unmodified, these same symptoms become less treatable, giving rise to chronic diseases and other serious health problems. About the Author: Derrick Lonsdale M.D. was born in Lancashire, England and earned an MB.BS. at London University. He worked in medical practice for 64 years, eventually retiring at the age of 88. Dr. Lonsdale is a Fellow of the American College for Advancement in Medicine (ACAM), an international professional organization that represents the alternative medicine field. Dr. Lonsdale has written two previous books on the subject of alternative medicine and published over 100 medical papers. Publisher's website: <http://sbpra.com/DerrickLonsdale>

pure encapsulations emotional wellness: The Antianxiety Food Solution Trudy Scott, 2011-06-02 It's remarkable how much the foods we eat can impact our brain chemistry and emotions. What and when we eat can make the difference between feeling anxious and staying calm and in control. But most of us don't realize how much our diets influence our moods, thoughts, and feelings until we make a change. In The Antianxiety Food Solution, you'll find four unique antianxiety diets designed to help you address nutritional deficiencies that may be at the root of your anxiety and enjoy the many foods that foster increased emotional balance. This helpful guide allows you to choose the best plan for you and incorporates effective anxiety-busting foods and nutrients. You'll soon be on the path to freeing yourself from anxiety—and enjoying an improved overall mood, better sleep, fewer cravings, and optimal health—the natural way! The book also includes an easy-to-use index. In The Antianxiety Food Solution, you'll discover: How to assess your diet for anxiety-causing and anxiety-calming foods and nutrients Foods and nutrients that balance your brain chemistry Which anxiety-triggering foods and drinks you may need to avoid Easy lifestyle changes that reduce anxiety and increase happiness

pure encapsulations emotional wellness: Body Belief Aimee E. Raupp, 2018 Please note that I submitted the full text and do not have a summary to include. But the box is now a required field and the site would not let me submit without adding text there. Please let me know if

summaries are now required for all applications--

pure encapsulations emotional wellness: Cancer Hacks Elissa Goodman, 2016-06-19 In Cancer hacks, Goodman has put together a comprehensive plan designed to offer some common-sense, natural and holistic advice to deal with the fear and uncertainty so many people face when confronted by this terrible disease.

pure encapsulations emotional wellness: Put Anxiety Behind You Peter Bongiorno ND Lac, 2015-10-01 Everyone is affected by anxiety, whether their own or that of an anxious loved one, colleague, boss, or friend. According to the NIMH, nearly 20% of all American adults (40 million) experience an anxiety disorder in any given year--including panic disorder, generalized anxiety disorder, obsessive-compulsive disorder, post-traumatic stress disorder, and related phobias. In Put Anxiety Behind You, naturopathic doctor and licensed acupuncturist Peter Bongiorno offers a holistic approach for healing from these disorders and avoiding relapse. In a warm and compassionate tone, this book addresses causes, provides perspective, and offers natural remedies that work quickly and without any nasty side effects. Readers will learn about the many possible underlying causes for their anxiety--biochemical, physical, situational, spiritual, etc.--and will find suggestions for non-pharmaceutical remedies including specific nutrients, plant-based medicines, yoga poses, massage techniques, exercises, and acupuncture/acupressure points to try on their own for lasting relief. Bongiorno also tackles how to safely wean from anti-anxiety medication and how to supplement conventional medications with herbal and other natural remedies to increase efficacy and reduce side effects. Dr. Bongiorno recounts his own battle with anxiety and throughout the book shares his own experiences to help readers realize that anxiety can be a positive thing that becomes an inspiration and helps move us forward in a happier, calm life.

pure encapsulations emotional wellness: Dietary Reference Intakes for Vitamin A, Vitamin K, Arsenic, Boron, Chromium, Copper, Iodine, Iron, Manganese, Molybdenum, Nickel, Silicon, Vanadium, and Zinc Institute of Medicine, Food and Nutrition Board, Standing Committee on the Scientific Evaluation of Dietary Reference Intakes, Subcommittee of Interpretation and Uses of Dietary Reference Intakes, Subcommittee on Upper Reference Levels of Nutrients, Panel on Micronutrients, 2002-07-19 This volume is the newest release in the authoritative series issued by the National Academy of Sciences on dietary reference intakes (DRIs). This series provides recommended intakes, such as Recommended Dietary Allowances (RDAs), for use in planning nutritionally adequate diets for individuals based on age and gender. In addition, a new reference intake, the Tolerable Upper Intake Level (UL), has also been established to assist an individual in knowing how much is too much of a nutrient. Based on the Institute of Medicine's review of the scientific literature regarding dietary micronutrients, recommendations have been formulated regarding vitamins A and K, iron, iodine, chromium, copper, manganese, molybdenum, zinc, and other potentially beneficial trace elements such as boron to determine the roles, if any, they play in health. The book also: Reviews selected components of food that may influence the bioavailability of these compounds. Develops estimates of dietary intake of these compounds that are compatible with good nutrition throughout the life span and that may decrease risk of chronic disease where data indicate they play a role. Determines Tolerable Upper Intake levels for each nutrient reviewed where adequate scientific data are available in specific population subgroups. Identifies research needed to improve knowledge of the role of these micronutrients in human health. This book will be important to professionals in nutrition research and education.

pure encapsulations emotional wellness: Primal Body, Primal Mind Nora Gedgaudas, 2011-05-27 Combining your body's Paleolithic needs with modern nutritional and medical research for complete mind-body wellness • Provides sustainable diet strategies to curb sugar cravings, promote fat burning and weight loss, reduce stress and anxiety, improve sleep and moods, increase energy and immunity, and enhance memory and brain function • Shows how our modern diet leads to weight gain and "diseases of civilization"--such as cancer, osteoporosis, metabolic syndrome, heart disease, and ADD • Explains how diet affects the brain, hormone balance, and the aging process and the crucial role of vitamin D in cancer and disease prevention Examining the healthy

lives of our pre-agricultural Paleolithic ancestors and the marked decline in stature, bone density, and dental health and the increase in birth defects, malnutrition, and disease following the implementation of the agricultural lifestyle, Nora Gedgaudas shows how our modern grain- and carbohydrate-heavy low-fat diets are a far cry from the high-fat, moderate-protein hunter-gatherer diets we are genetically programmed for, leading not only to lifelong weight gain but also to cravings, mood disorders, cognitive problems, and “diseases of civilization”—such as cancer, osteoporosis, metabolic syndrome (insulin resistance), heart disease, and mental illness. Applying modern discoveries to the basic hunter-gatherer diet, she culls from vast research in evolutionary physiology, biochemistry, metabolism, nutrition, and chronic and degenerative disease to unveil a holistic lifestyle for true mind-body health and longevity. Revealing the primal origins and physiological basis for a high-fat, moderate-protein, starch-free diet and the importance of adequate omega-3 intake—critical to our brain and nervous system but sorely lacking in most people’s diets—she explains the nutritional problems of grains, gluten, soy, dairy, and starchy vegetables; which natural fats promote health and which (such as canola oil) harm it; the crucial role of vitamin D in cancer and disease prevention; the importance of saturated fat and cholesterol; and how diet affects mental health, memory, cognitive function, hormonal balance, and cellular aging. With step-by-step guidelines, recipes, and meal recommendations, this book offers sustainable strategies for a primally based, yet modern approach to diet and exercise to reduce stress and anxiety, lose weight, improve sleep and mood, increase energy and immunity, enhance brain function, save money on groceries, and live longer and happier.

pure encapsulations emotional wellness: The Microbiome Diet Raphael Kellman, 2014-07-01 First diet book connecting the microbiome with healthy weight loss; featuring an easy wellness program with a 3-phase diet.

pure encapsulations emotional wellness: Crazy Sexy Diet Kris Carr, Sheila Buff, 2011-01-17 The author of the best-selling Crazy Sexy Cancer Tips and Crazy Sexy Cancer Survivor takes on the crazy sexy subject of what and how we eat, drink, and think. Crazysexydiet.com On the heels of Kris Carr’s best-selling cancer survival guidebooks and her acclaimed TLC documentary comes her new journey into a realm vital to anyone’s health. Infused with her signature sass, wit and advice-from-the-trenches style, Crazy Sexy Diet is a beautifully illustrated resource that puts you on the fast track to vibrant health, happiness and a great ass! Along with help from her posse of experts, Carr lays out the fundamentals of her Crazy Sexy Diet: a low-glycemic, vegetarian program that emphasizes balancing the pH of the body with lush whole and raw foods, nourishing organic green drinks, and scrumptious smoothies. Plus, she shares the steps of her own twenty-one-day cleanse, and simple but delectable sample recipes. In ten chapters with titles such as, “pHabulous,” “Coffee, Cupcakes and Cocktails,” “Make Juice Not War,” and “God-Pod Glow,” Carr empowers readers to move from a state of constant bodily damage control to one of renewal and repair. In addition to debunking common diet myths and sharing vital tips on detoxifying our bodies and psyches—advice that draws both on her personal experience as a cancer survivor and that of experts—she provides helpful hints on natural personal care, how to stretch a dollar, navigate the grocery store, eating well on the run, and working through the inevitable pangs and cravings for your old not-so-healthy life. Crazy Sexy Diet is a must for anyone who seeks to be a confident and sexy wellness warrior.

pure encapsulations emotional wellness: Lithium Bednarski, Lukasz, 2021-09-15 A global energy revolution is unfolding before our eyes: ever-growing numbers of electric vehicles on our roads, laptops that last all day on a single charge and solar panels on our roofs, all reliant on lithium-ion batteries. This revolution is happening at breath-taking speed, with the potential to completely transform key industries and the way we live. For the first time in history, we can now actually store this green energy we talk so much about. Often referred to as ‘the new oil’, lithium allows large amounts of energy to be squeezed into a very small space. Demand is soaring, and the lithium business is full of drama: bitter rivalries, shady deals and exceptionally talented visionaries such as Elon Musk, who is building lithium battery giga-factories across the world. This book travels

from the salt lakes of the Tibetan plateau, where Chinese government-linked companies extract lithium, to Argentina, Chile and Bolivia, which hold the world's biggest resources of the mineral. It reveals superpowers' struggle to secure strategic supplies, and the astonishing efforts of lone-wolf inventors and entrepreneurs. Lithium also explores the environmental impact of lithium extraction, the limits to battery electrification, and lithium battery recycling as the way forward.

pure encapsulations emotional wellness: Beyond Gluten Sandi Star, 2017-12-15 This book was written for the health-minded, frustrated, or curious person interested in gaining a better understanding of the health issues food intolerance causes and the story behind why today's gluten is toxic. It's for people who want to find a healthy way to go gluten free while at the same time gaining valuable insight of optimal nutrition in the healing transition. We include allergy friendly mouthwatering recipes and tips on converting recipes to allergy friendly. The connection between gluten intolerance and dairy intolerance often go hand in hand. With dairy affecting the large intestine and gluten affecting the small intestine, it makes sense to heal the body by eliminating both. We will talk about intolerance verses allergies and how food intolerance is not always a GI disorder but can be a condition that reacts systemically. Studies show 50 percent of people with celiac disease also have issues with dairy. In addition, only 8 percent heal on a gluten free diet alone. This is why it's so important to address the triggers and holistically focus on the underlying issues. Nutrition plays a critical role in the healing process. By making appropriate diet changes suggested in Beyond Gluten you will be able to manage chronic disorders and eliminate systemic reactions.

pure encapsulations emotional wellness: The Rhodiola Revolution Richard P. Brown, Patricia L. Gerbarg, Barbara Graham, 2005-11-05 Previously classified studies from the former Soviet Union reveal the emergence of an herbal superstar, Rhodiola rosea. From two respected physicians comes an authoritative new book that explores the amazing healing powers of Rhodiola rosea. Compelling scientific evidence about this commonly available herbal supplement confirms its ability to help: - Melt away extra pounds - Combat fatigue - Sharpen memory and concentration - Enhance physical performance - Strengthen immune function - Protect against heart disease and cancer As more people turn to Rhodiola rosea to improve their health and vitality, they will look for a trustworthy, authoritative resource to answer all their questions. The Rhodiola Revolution is that resource, providing the latest news from the front lines of research as well as clear instructions on using the herb for maximum medicinal effect.

pure encapsulations emotional wellness: Integrative Medicine for Alzheimer's James Greenblatt, 2018-11-30 A deadly neurological malady characterized by progressive and irreparable shrinking of brain tissue, Alzheimer's disease causes declines in memory, social abilities, and communication skills that accelerate aging and eventually lead to death. Conventional medicine has failed to develop treatments for this terrifying disease. No drug or proprietary medicine has been shown to be effective. In this groundbreaking book, leading integrative psychiatrist Dr. James M. Greenblatt reveals that hope has come from new research showing the answer lies with an integrative approach, of which nutrition is a key factor. The key lies in low-dose nutritional lithium, a naturally occurring mineral with a long and well-documented history of restoring brain and nervous system function at the molecular level. Integrative Medicine for Alzheimer's presents this simple and effective approach to the prevention and treatment of dementia, delivering a wealth of scientific support for the clinical use of nutritional lithium, including: ■ Insight into the causes of Alzheimer's disease ■ New information about nutritional lithium and its clinical use in the prevention Alzheimer's disease ■ Research showing how antioxidants and anti-inflammatory nutrients support brain health ■ A roadmap for you and your doctor to build an integrative treatment plan to preserve healthy brain function

pure encapsulations emotional wellness: Depression Neil Nedley, 2001 Instead of merely medicating the symptoms of depression, Neil Nedley, MD (a practicing internal medicine specialist) has sought to find a cure for this lonely, debilitating disease in his latest book, 'Depression: The Way Out.' In his straightforward writing style, Dr. Nedley gives you a well-referenced, in-depth

comprehension of how depression affects the person mentally, physically, emotionally, and spiritually. For those in the grip of this dark disease, Dr. Nedley brings hope with his successful twenty-week cure that has brought relief to so many of his patients.

pure encapsulations emotional wellness: The Autoimmune Solution Amy Myers, M.D., 2015-01-27 Over 90 percent of the population suffers from inflammation or an autoimmune disorder. Until now, conventional medicine has said there is no cure. Minor irritations like rashes and runny noses are ignored, while chronic and debilitating diseases like Crohn's and rheumatoid arthritis are handled with a cocktail of toxic treatments that fail to address their root cause. But it doesn't have to be this way. In The Autoimmune Solution, Dr. Amy Myers, a renowned leader in functional medicine, offers her medically proven approach to prevent a wide range of inflammatory-related symptoms and diseases, including allergies, obesity, asthma, cardiovascular disease, fibromyalgia, lupus, IBS, chronic headaches, and Hashimoto's thyroiditis.

pure encapsulations emotional wellness: Expecting Kindness Kristin Dibeh, 2017-10-17 Expecting Kindness is a curriculum built upon years of experience as a birth coach, doula, and childbirth instructor. Essentially a childbirth primer for use in classroom or home and includes links to student resources and helpful video presentations. It is a vital foundation course for expecting parents. Expecting Kindness includes detailed descriptions of each stage of labor and delivery, concise descriptions of what variations might cause intervention and how to avoid them when possible, with guidance for writing a birth plan. It is focused on kind, healthy, family centered childbirth.

pure encapsulations emotional wellness: The Kalish Method Daniel Kalish, 2012-06-10 THE KALISH METHOD integrates the latest in modern scientific testing with age-old natural health solutions for weight loss, fatigue, depression, digestive problems and female hormone imbalances. Through the implementation of simple lifestyle changes and the use of individualized, lab-based supplement programs, the Kalish Method has already helped thousands of people reclaim their health and achieve optimum wellness. In addition to using functional medicine assessments for hormones, digestion and detoxification systems, the program also incorporates one of the most significant recent breakthroughs in natural medicine, the next generation of amino acid therapy: Mind Mapping.

pure encapsulations emotional wellness: Hashimoto's Protocol Izabella Wentz, PharmD., 2017-03-28 Instant #1 New York Times Bestseller Dr. Izabella Wentz, the author of the phenomenal New York Times bestseller Hashimoto's Thyroiditis, returns with a long-awaited, groundbreaking prescription to reverse the symptoms of this serious autoimmune condition that is becoming one of the country's fastest growing diseases. More than thirty-five million Americans currently suffer from Hashimoto's—an autoimmune disease that affects the thyroid gland and causes the body to attack its own cells. To alleviate the symptoms of this debilitating condition—including chronic cough, acid reflux, IBS, allergies, chronic pain, hair loss, brain fog, and forgetfulness—patients are often prescribed synthetic hormones that have numerous life-altering side effects. But there is a better way. Diagnosed with Hashimoto's at twenty-seven, pharmacist Dr. Izabella Wentz knows first-hand the effects of the disease, as well as the value—and limitations—of medication. The key to improved health, she argues, involves lifestyle interventions. In Hashimoto's Protocol, she outlines a proven treatment that has helped thousands heal and many others feel better—in as fast as ninety days. Drawing on her own personal experience as well as her work consulting with thousands of patients, Hashimoto's Protocol offers a practical pathway for healing and reversing the autoimmune damage at the root of the disease. The first step is a quick-start two-week detox that includes foods to eat and inflammatory foods to avoid, advice on supplements to support the liver, and an adrenal recovery plan. Next, readers create a personalized plan with foods, supplements, and other lifestyle interventions tailored to their body's own unique Hashimoto's triggers, which they can identify using self-tests included in the book. Hashimoto's Protocol also features original recipes. Grounded in the latest science, Hashimoto's Protocol is the first book to offer a proven protocol by an acknowledged expert in the field to treat this condition and help sufferers reclaim their lives.

pure encapsulations emotional wellness: Non-Pharmacological Interventions Gregory Ninot, 2020-11-27 Non-pharmacological interventions (NPIs) have become essential solutions for better living, preventing disease, and self-care, in addition to biomedical treatments, and for increasing longevity without loss of quality of life. Over the past 20 years, these practices have gone from general diet and hygiene advice to targeted and personalized solutions for prevention, care optimization, and curative treatments. Selected empirically for centuries or recently with the help of technological innovations and epigenetic, interventional, and medico-economic studies, their development is growing and diversifying around the world. Today an NPI ecosystem is made up of a myriad of public and private actors. As interest in NPIs grows, so do questions about safety, effectiveness, standardization, ethical practice, and surveillance. In this book, the author answers these questions with a scientific approach, because evidence-based science, evidence-based practice, clinical research, and data monitoring have revolutionized this field. Topics explored among the chapters include: · Defining Non-Pharmacological Interventions · The Benefits and Dangers of Non-Pharmacological Interventions · Motives and Facilitators of Non-Pharmacological Intervention Use · The Market for Non-Pharmacological Interventions · Evaluation of Non-Pharmacological Interventions · The Future of Non-Pharmacological Interventions
Non-Pharmacological Interventions: An Essential Answer to Current Demographic, Health, and Environmental Transitions is a must-have resource for clinicians and other health professionals, researchers, students, health insurers, policy-makers, caregivers, and entrepreneurs in the health and wellness space, as well as any users who wish to inform themselves about NPIs.

pure encapsulations emotional wellness: Ultraprevention Mark Hyman, 2005-01-04 Offers a science-based, patient-centered program designed to improve overall health, prevent disease, increase energy, enhance mood, diminish stress, and provide better overall health for people of all ages.

pure encapsulations emotional wellness: The Toxicant Induction of Irritant Asthma, Rhinitis, and Related Conditions William J. Meggs, 2014-01-24 Untoward reactions to environmental chemicals, particularly when a subject reports difficulties with exposures to chemicals of diverse classes involving more than one organ system, have been poorly understood and an area of great controversy. Studies of airway inflammation induced by respiratory irritants have established neurogenic inflammation as the mechanism for irritant asthma and rhinitis. Remodeling of the airway after an acute irritant exposure can lead to a heightened sensitivity to irritants that persists. Recognition that rhinitis, while sometimes regarded as a trivial disease, is associated with extra-airway manifestations such as fatigue and disturbances of sleep, mood, and cognition, further elucidates how chemical exposures can be serious for susceptible individuals. This book reviews current scientific understanding of irritant airway inflammation and related conditions, including cardiovascular effects of particulate exposures, airborne contact dermatitis and irritant dermatitis, and the brain as a target organ for both allergic and irritant reactions. It is essential reading for physicians and other healthcare workers caring for patients with environmental intolerances. Allergists, toxicologists, occupational and environmental physicians, and pulmonologists will find the materials particularly valuable. Patients and advocates for those with chemical intolerances will also find the book of interest.

pure encapsulations emotional wellness: Nutritional Lithium: a Cinderella Story James Greenblatt, 2016-02-23 In a nation plagued with chronic diseases such as cancer, heart disease, and diabetes, a different predator is the single greatest reason for disability in the United States: mental disorders. Our fast-paced and frenetic lifestyle, coupled with a grossly polluted environment, has created the perfect breeding ground for mental instability. With the spread of brain disorders on the rise around the world, nutritional biochemistry and one of its stars, lithium, has stepped into the spotlight to offer proven methods to heal our bodies from the inside out. Historically linked to severe psychiatric illness, lithium as an agent of good health and well-being is often ignored and brushed aside. Known as the Cinderella drug, it is an essential mineral in our physical and psychological makeup. Lack of its presence in the body can result in poor brain development, psychiatric

symptoms, and so on. When administered in small, controlled doses, lithium can significantly improve the lives of those suffering from mental disorders. Nutritional Lithium: A Cinderella Story illustrates the significance of this precious mineral not only as a nutrient vital to human development, but also as a nutritional component that can help millions of people worldwide.

pure encapsulations emotional wellness: The Immune System Recovery Plan Susan Blum, 2013-04-02 The bestselling book with 100,000 copies in print from one of the most sought-after experts in the field of functional medicine, Dr. Susan Blum, author of *Healing Arthritis*, shares the four-step program she used to treat her own serious autoimmune condition and help countless patients reverse their symptoms, heal their immune systems, and prevent future illness. DR. BLUM ASKS: • Are you constantly exhausted? • Do you frequently feel sick? • Are you hot when others are cold, or cold when everyone else is warm? • Do you have trouble thinking clearly, aka “brain fog”? • Do you often feel irritable? • Are you experiencing hair loss, dry skin, or unexplained weight fluctuation? • Do your joints ache or swell but you don’t know why? • Do you have an overall sense of not feeling your best, but it has been going on so long it’s actually normal to you? If you answered yes to any of these questions, you may have an autoimmune disease, and this book is the “medicine” you need. Among the most prevalent forms of chronic illness in this country, autoimmune disease affects nearly 23.5 million Americans. This epidemic—a result of the toxins in our diet; exposure to chemicals, heavy metals, and antibiotics; and unprecedented stress levels—has caused millions to suffer from autoimmune conditions such as Graves’ disease, rheumatoid arthritis, Crohn’s disease, celiac disease, lupus, and more. DR. BLUM’S INNOVATIVE METHOD FOCUSES ON: • Using food as medicine • Understanding the stress connection • Healing your gut and digestive system • Optimizing liver function Each of these sections includes an interactive workbook to help you determine and create your own personal treatment program. Also included are recipes for simple, easy-to-prepare dishes to jump-start the healing process. The Immune System Recovery Plan is a revolutionary way for people to balance their immune systems, transform their health, and live fuller, happier lives.

pure encapsulations emotional wellness: Intermittent Fasting Transformation Cynthia Thurlow, 2022-03-15 Discover the customized nutrition plan that will help you be lean, fit, more youthful, sexier, and full of energy—at every stage of life. Designed specifically for women, this individualized six-week intermittent fasting program is the sustainable solution to help you feel and look your absolute best. Based on the scientifically proven 16:8 fasting model, what makes this program unique is that it is geared toward your hormonal needs at every stage in life—whether you are cycling or in perimenopause, menopause, or beyond. Intermittent Fasting Transformation will help you: • lose weight steadily and burn fat without hunger, cravings, or plateaus—and keep it off • balance your hormones for better metabolic health and wellness, while easing symptoms associated with perimenopause and menopause • experience a huge boost in physical and mental energy all day long • learn what foods best support weight loss, detoxification, and overall health • lift brain fog and help you sleep better • put aging in reverse . . . and so much more. Cynthia Thurlow, a nurse practitioner and an internationally known women’s health expert whose viral TEDx Talk has received more than 10 million views, developed this breakthrough plan after entering perimenopause in her forties. Intermittent fasting didn’t just help her lose weight; she had more energy, fewer cravings, and lower blood glucose levels. Thurlow has now worked with thousands of women in her private practice to make her unique program of intermittent fasting work for them, too. With meal plans and 50 recipes, along with advice for supercharging your fast, this plan will transform your life, slow down the aging process, and help you reclaim your health and well-being.

pure encapsulations emotional wellness: I Can Make You Sleep Paul McKenna, Ph.D., 2016-06-14 Would you like to sleep really well? Would you like to stop your mind racing and feel calm? Easily stop the disruption of waking during the night? Would you like to sleep when you want to? Awaken refreshed and full of energy? Then let Paul McKenna help you! We spend nearly a third of our lives asleep, but more of us are suffering from insomnia than ever before. Now Paul McKenna, Ph.D., has made a series of major scientific breakthroughs that can dramatically improve your sleep

starting today. In this book, he shows you simple techniques and changes in your thinking and behavior can transform your sleep habits. The accompanying guided hypnosis download is designed to deeply relax you when you want to sleep and reset your body's natural sleep mechanism, so you'll automatically find it easier to get deep, restful sleep. If you want to get a good night's restful sleep and wake up refreshed, have the energy to achieve what you want, and improve the quality of your life, then this book is for you!

pure encapsulations emotional wellness: Dairy Free Keto Cooking Kyndra Holley, 2019-07-16 Kyndra Holley is back again with another crave-worthy cookbook, but this time she is showing you that transitioning to dairy-free keto is anything but boring. Dairy-Free Keto Cooking is packed with Kyndra's signature mouthwatering and flavorful recipes that will leave you feeling satisfied and feeling your best. Using only approachable and accessible, nutrient-dense, real-food ingredients, Kyndra offers you a dairy-free keto roadmap that does not require a search for unfamiliar specialty ingredients or that you have a gourmet kitchen. Each one of her delectable recipes is rooted in simplicity and calls for ingredients that can be found at your local grocery store. Her creativity in the kitchen shines as she offers dairy-free substitutions that go far beyond the coconut. In addition to tantalizing your palate with tasty recipes, Dairy-Free Keto Cooking teaches you how to restore your health and wellness, while living a lifestyle that nourishes you in mind, body, and spirit. Whether your goal is to lose weight, heal your body from the inside out, or simply find your own personal version of food freedom, Kyndra will help you along in your journey to finding your personal path to wellness. Dairy-Free Keto Cooking features something for everyone. If you suffer from dairy intolerances or food allergies, this is the book for you. If you are someone who just loves easy to make, delicious food, then this book is for you. Kyndra has truly thought of everything, including suggestions for adding or reintroducing dairy for all the cheese-loving quesophiles. With recipes like this, how could anyone possibly feel deprived? Slow Cooker Pork Carnitas Cowboy Style Beef Ragout and Cauliflower Mash Sweet and Spicy Barbecue Ribs Loco Moco Pork Tenderloin with Dill Sauce Flourless Chocolate Lava Cake Easy Peasy Cuban Picadillo Salted Caramel Chocolate Chip Cookies Blueberry Maple Breakfast Sausage Crab Salad- Stuffed Avocado Scotch Eggs Supreme Pizza Soup Jalapeno Popper Chicken Salad Sandwiches Blackened Shrimp Fettucine Alfredo and much, much more! Kyndra debuts her latest work with everyone in mind and it is complete with several different meal plans (paleo, AIP, Egg free, nut free, 30 minute meals), as well as tons of valuable resources. Dairy-Free Keto Cooking will quickly become the go-to cookbook in your kitchen!

pure encapsulations emotional wellness: The End of Mental Illness Daniel G. Amen, MD Daniel G, 2020 New hope for those suffering from conditions like depression, anxiety, bipolar disorder, addictions, PTSD, ADHD and more. Though incidence of these conditions is skyrocketing, for the past four decades standard treatment hasn't much changed, and success rates in treating them have barely improved, either. Meanwhile, the stigma of the mental illness label--damaging and devastating on its own--can often prevent sufferers from getting the help they need. Brain specialist and bestselling author Dr. Daniel Amen is on the forefront of a new movement within medicine and related disciplines that aims to change all that. In The End of Mental Illness, Dr. Amen draws on the latest findings of neuroscience to challenge an outdated psychiatric paradigm and help readers take control and improve the health of their own brain, minimizing or reversing conditions that may be preventing them from living a full and emotionally healthy life. The End of Mental Illness will help you discover: Why labeling someone as having a mental illness is not only inaccurate but harmful Why standard treatment may not have helped you or a loved one--and why diagnosing and treating you based on your symptoms alone so often misses the true cause of those symptoms and results in poor outcomes At least 100 simple things you can do yourself to heal your brain and prevent or reverse the problems that are making you feel sad, mad, or bad How to identify your brain type and what you can do to optimize your particular type Where to find the kind of health provider who understands and uses the new paradigm of brain health

pure encapsulations emotional wellness: The Blood Sugar Solution 10-Day Detox Diet Dr.

Mark Hyman, 2014-02-25 Dr. Hyman's revolutionary weight-loss program, based on the #1 New York Times bestseller *The Blood Sugar Solution*, supercharged for immediate results! The key to losing weight and keeping it off is maintaining low insulin levels. Based on Dr. Hyman's groundbreaking Blood Sugar Solution program, *The Blood Sugar Solution 10-Day Detox Diet* presents strategies for reducing insulin levels and producing fast and sustained weight loss. Dr. Hyman explains how to: activate your natural ability to burn fat -- especially belly fat; reduce inflammation; reprogram your metabolism; shut off your fat-storing genes; de-bug your digestive system; create effortless appetite control; and soothe the stress to shed the pounds. With practical tools designed to achieve optimum wellness, including meal plans, recipes, and shopping lists, as well as step-by-step, easy-to-follow advice on green living, supplements, medication, exercise, and more, *The Blood Sugar Solution 10-Day Detox Diet* is the fastest way to lose weight, prevent disease, and feel your best.

pure encapsulations emotional wellness: Beyond Myalgic Encephalomyelitis/Chronic Fatigue Syndrome Institute of Medicine, Board on the Health of Select Populations, Committee on the Diagnostic Criteria for Myalgic Encephalomyelitis/Chronic Fatigue Syndrome, 2015-03-16 Myalgic encephalomyelitis (ME) and chronic fatigue syndrome (CFS) are serious, debilitating conditions that affect millions of people in the United States and around the world. ME/CFS can cause significant impairment and disability. Despite substantial efforts by researchers to better understand ME/CFS, there is no known cause or effective treatment. Diagnosing the disease remains a challenge, and patients often struggle with their illness for years before an identification is made. Some health care providers have been skeptical about the serious physiological - rather than psychological - nature of the illness. Once diagnosed, patients often complain of receiving hostility from their health care provider as well as being subjected to treatment strategies that exacerbate their symptoms. *Beyond Myalgic Encephalomyelitis/Chronic Fatigue Syndrome* proposes new diagnostic clinical criteria for ME/CFS and a new term for the illness - systemic exertion intolerance disease (SEID). According to this report, the term myalgic encephalomyelitis does not accurately describe this illness, and the term chronic fatigue syndrome can result in trivialization and stigmatization for patients afflicted with this illness. *Beyond Myalgic Encephalomyelitis/Chronic Fatigue Syndrome* stresses that SEID is a medical - not a psychiatric or psychological - illness. This report lists the major symptoms of SEID and recommends a diagnostic process. One of the report's most important conclusions is that a thorough history, physical examination, and targeted work-up are necessary and often sufficient for diagnosis. The new criteria will allow a large percentage of undiagnosed patients to receive an accurate diagnosis and appropriate care. *Beyond Myalgic Encephalomyelitis/Chronic Fatigue Syndrome* will be a valuable resource to promote the prompt diagnosis of patients with this complex, multisystem, and often devastating disorder; enhance public understanding; and provide a firm foundation for future improvements in diagnosis and treatment.

pure encapsulations emotional wellness: The Chemistry of Joy Henry Emmons, 2006-01-03 Something about our modern way of life is making us sick. The antidepressants of old caused such painful and disabling side effects that the new sophisticated medications featuring fewer side effects seem to present an effortless solution to overcoming depression. Although depression requires physical intervention to correct the brain chemistry imbalance, author Henry Emmons believes that this physical intervention can be effectively achieved without medication. Many physicians and psychologists rely on medication as the first response to treating depression but medications are certainly not the only way to treat depression nor are they always the best way to provide the necessary physical intervention. Dr Emmons believes that it is crucial to treat depression with a diet, exercise and lifestyle plan that helps to rebalance brain chemistry. The programme as presented in his book, focuses on creating a pathway from depression to joyful living and shares a plan for each of the three types of depression: anxious depression, agitated depression and sluggish depression.

pure encapsulations emotional wellness: The Archetype Diet Dana James, 2018-06-05 Discover your unique female archetype to combat emotional eating, lose weight, and become your happiest, healthiest you. In working with thousands of women who wanted to lose weight and

change the shape of their bodies, leading nutritionist and functional medicine practitioner Dana James observed a striking trend: no matter how diligent they were in sticking to their diet and exercise plans, old behavioral patterns and self-doubt sabotaged their efforts. In *The Archetype Diet*, James helps readers escape the seemingly endless psychological tug-of-war that is hampering their ability to care for themselves and explains which hormones cause you to store body fat on your belly, thighs and hips, and what to eat to change it. A revolutionary, holistic approach to weight loss, this book guides in readers in discovering which of four archetypes they embody: · The Nurturer is always there to care for others. She is kind and compassionate, but this can come at the expense of her own self-care. · The Wonder Woman bases her self-worth on her accomplishments. She is ambitious and driven, but her work often takes precedent over her diet. · The Femme Fatale is sensual, strong, and alluring but can become obsessed with her looks to the point that she develops an unhealthy relationship with food. · The Ethereal is spiritual and intuitive, but highly sensitive to her environment so she tends to eat to numb her reactions to the world. By becoming attuned to your archetype, James shows how you can alter your diet to help feed your unique body chemistry while simultaneously examining how your sense of self-worth shapes your behaviors—including what you eat—in ways that may be working against your goals. Offering recipes, a ten-day meal plan, and a step-by-step psychological intervention, *The Archetype Diet* will put you on the path to becoming leaner, stronger, and more attuned to your feminine fire and energy.

pure encapsulations emotional wellness: Integrative Therapies for Depression James M. Greenblatt, Kelly Brogan, 2015-12-01 *Integrative Therapies for Depression: Redefining Models for Assessment, Treatment and Prevention* summarizes emerging theories and research findings on various nonpharmaceutical therapies to treat mood disorders. Supported by the review of nearly 3000 scientific studies, the book describes the concepts of inflammation, genetics, hormonal imbalance, g

pure encapsulations emotional wellness: User's Guide to Protein and Amino Acids Keri Marshall, 2005 Protein has become one of the most misunderstood nutrients. Protein is broken down during digestion and later restructured to make the proteins and enzymes the body needs for life. Protein consists of amino acids, which are used in the construction of neurotransmitters, hormones, muscle and other tissues. This *User's Guide* demystifies Protein and Amino Acids and explains how readers can use them to enhance their health.

pure encapsulations emotional wellness: Life Over Cancer Keith Block, 2009-04-21 Dr. Keith Block is at the global vanguard of innovative cancer care. As medical director of the Block Center for Integrative Cancer Treatment in Evanston, Illinois, he has treated thousands of patients who have lived long, full lives beyond their original prognoses. Now he has distilled almost thirty years of experience into the first book that gives patients a systematic, research-based plan for developing the physical and emotional vitality they need to meet the demands of treatment and recovery. Based on a profound understanding of how body and mind can work together to defeat disease, this groundbreaking book offers: • Innovative approaches to conventional treatments, such as “chronotherapy”—chemotherapy timed to patients’ unique circadian rhythms for enhanced effectiveness and reduced toxicity • Dietary choices that make the biochemical environment hostile to cancer growth and recurrence, and strengthen the immune system’s ability to attack remaining cancer cells • Precise supplement protocols to tame treatment side effects, relieve disease-related symptoms, and modify processes like inflammation and glycemia that can fuel cancer if left untreated • A new paradigm for exercise and stress reduction that restores your strength, reduces anxiety and depression, and supports the body’s own ability to heal • A complete program for remission maintenance—a proactive plan to make sure the cancer never returns Also included are “quick-start” maps to help you find the information you need right now and many case histories that will support and inspire you. Encouraging, compassionate, and authoritative, *Life over Cancer* is the guide patients everywhere have been waiting for.

pure encapsulations emotional wellness: Instant Loss Cookbook Brittany Williams, 2018-10-02 THE INSTANT NATIONAL BESTSELLER • Brittany Williams lost more than 125 pounds

using her Instant Pot® and making all her meals from scratch. Now she shares 125 quick, easy, and tasty whole food recipes that can help you reach your weight loss goals, too! Brittany Williams had struggled with her weight all her life. She grew up eating the standard American staples—fast, frozen, fried, and processed—and hit a peak weight of 260 pounds. When her 4-year-old daughter's autoimmune disease was alleviated by a low-sugar, dairy-free, grain-free, whole-food-based diet, Brittany realized she owed her own body the same kind of healing. So on January 1, 2017, she vowed to make every meal for a year from scratch, aided by her Instant Pot®. She discovered that the versatility, speed, and ease of the electric pressure cooker made creating wholesome, tasty, family-satisfying meals a breeze, usually taking under thirty minutes. Not only did the family thrive over the course of the year, Brittany lost an astonishing 125 pounds, all documented on her Instant Loss blog. Illustrated with gorgeous photography, Instant Loss Cookbook shares 125 recipes and the meal plan that Brittany used for her own weight loss, 75% of which are recipes for the Instant Pot® or other multicooker. These recipes are whole food-based with a spotlight on veggies, mostly dairy and grain-free, and use ingredients that you can find at any grocery store. The clearest guide to navigating your Instant Pot® or other multicooker that you'll find, Instant Loss Cookbook makes healthy eating convenient—and that's the key to sustainable weight loss.

pure encapsulations emotional wellness: The Autoimmune Wellness Handbook Mickey Trescott, Angie Alt, 2016-11-01 The way autoimmune disease is viewed and treated is undergoing a major change as an estimated 50 million Americans (and growing) suffer from these conditions. For many patients, the key to true wellness is in holistic treatment, although they might not know how to begin their journey to total recovery. The Autoimmune Wellness Handbook, from Mickey Trescott and Angie Alt of Autoimmune-Paleo.com, is a comprehensive guide to living healthfully with autoimmune disease. While conventional medicine is limited to medication or even surgical fixes, Trescott and Alt introduce a complementary solution that focuses on seven key steps to recovery: inform, collaborate, nourish, rest, breathe, move, and connect. Each step demystifies the process to reclaim total mind and body health. With five autoimmune conditions between them, Trescott and Alt have achieved astounding results using the premises laid out in the book. The Autoimmune Wellness Handbook goes well beyond nutrition and provides the missing link so that you can get back to living a vibrant, healthy life.

pure encapsulations emotional wellness: Eat Fat, Get Thin Dr. Mark Hyman, 2016-02-23 A revolutionary diet program based on the latest science showing the importance of fat in weight loss and overall health, from #1 bestselling author Dr. Mark Hyman. Many of us have long been told that fat makes us fat, contributes to heart disease, and generally erodes our health. Now a growing body of research is debunking our fat-phobia, revealing the immense health and weight-loss benefits of a high-fat diet rich in eggs, nuts, oils, avocados, and other delicious superfoods. In his new book, bestselling author Dr. Mark Hyman introduces a new weight-loss and healthy living program based on the latest science and explains how to Eat Fat, Get Thin, and achieve optimum wellness along the way. Offering practical tools, meal plans, recipes, and shopping lists, as well as step-by-step, easy-to-follow advice, Eat Fat, Get Thin is the cutting edge way to lose weight, prevent disease, and feel your best.

pure encapsulations emotional wellness: The BrainFood Cookbook (Second Edition) Angela Taylor, 2016-05-14

pure encapsulations emotional wellness: Crazy Sexy Juice Kris Carr, 2015-10-20 In Crazy Sexy Juice, wellness advocate and New York Times best-selling author Kris Carr teaches you everything you need to know about creating fresh, nutritious juices and smoothies, and creamy, indulgent nut and seed milks. With enough recipes to keep your juicer and blender humming through every season, she shows you how to fit them into your life, helping you make health deposits – instead of withdrawals! Cha-ching! She guides you through her wonderful world by teaching you: • How to create flavor combinations that tantalize your taste buds • How to choose the best juicer, blender, and kitchen tools • Ways to save money while prioritizing fresh, organic produce • Troubleshooting advice for common kitchen mishaps • Tips for selection, storage, and preparation of

ingredients • Answers to frequently asked questions and health concerns • Suggestions for juicing and blending on the go • Tips on how to get your family onboard and make this lifestyle stick • And oh, so much more... Whether you're an old pro at making liquid magic or just starting out, Kris will help you experience juicing and blending as a fun and delicious journey into the transformative powers of fruits and veggies! By simply adding these nutrient-dense beverages to your daily life, you can take control of your health - one sip at a time. With more than 100 scrumptious recipes and oodles of information, you'll be ready to dive into a juicing paradise. Cheers to that! Includes an easy and energizing 3-day cleanse!

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