



5 ANTI-AGING MYTHS & HOW TO TARGET THE SOURCE OF AGING



When it comes to aging, we're often sold myths instead of science. But while aging is often spoken about as wrinkles or gray hair, it actually goes much deeper. Aging is a cellular process that starts decades before we notice it.

From the moment our cells begin dividing, tiny changes are already setting the stage for how we age. The good news is that we can strongly influence how we age. Here are five common anti-aging myths busted so that you can make smarter choices to age well.

Myth 1: You're Too Young for Anti-Aging Products

Our twenties are a time when we think aging isn't happening, or at least it seems far off in the distance. Yet aging begins at the cellular level long before we start noticing visible signs. Research shows that UV exposure, stress, heavy metals, toxin exposure, and other lifestyle factors can quicken biological aging by shortening our telomeres faster.

Telomeres are the protective caps on the ends of our chromosomes, and the shorter they get, the more we age. Waiting until aging is visible is a missed opportunity since you can never get that time back. Eating a healthy diet, detoxing regularly, exercising, and managing stress are all ways to slow aging before it shows up in the mirror.

Myth 2: Only Very Expensive Products Work to Slow Aging

Do higher priced anti-aging products actually work better? This idea comes from price-value bias—the assumption that expensive things must be more

effective. But what really matters are the ingredients inside the bottle, not the fancy packaging.

Oftentimes, a simple lifestyle change, such as detoxing the body or adding in more nutrition, will do more for you. For example, adding a green juice to your daily routine can help the body fight oxidative stress to slow the aging process.

Myth 3: Diet Doesn't Impact Aging, It's All Genetics

You might think that your genes determine how well you age, but it's estimated that only 25 percent of aging is genetic. That means you can influence up to 75 percent of aging, including by what you eat.

Food plays a huge role in how well you age, both inside and outside. Studies show that people who eat more fruits, vegetables, whole grains, nuts, and unsaturated fats have a better chance of staying healthy into their 70s. On the other hand, diets high in meats, sugar, trans fats, and salt speed up aging by increasing inflammation.

Myth 4: A Single Magic Ingredient Can Stop Aging

We've all fallen for the hype that one miracle ingredient or luxury cream can stop aging in its tracks. But science tells a different story. No single ingredient can tackle all these issues alone. Instead, think of stacking anti-aging activities for maximum results.

Research shows that a combination of a healthy diet, exercise, stress management (chronic stress shortens telomeres!), and science-backed nutrition can help to slow aging.

Myth 5: Anti-Aging Results Should Be Immediate

Think about it. It's taken decades for your body to age, reversing those effects can't happen overnight. Aging occurs on the cellular level, meaning even breakthrough supplements that support cellular health need weeks or months to show results. True efforts to combat aging require a marathon rather than a sprint.

But early action does make a difference. Think of it like opening a retirement account. The earlier you start, the more you benefit from the compounding effect. Early intervention can help to slow the effects of aging, and those benefits build for maximum results over time.

The Bottom Line: Target Aging at the Source

Since aging starts in your cells, take steps to support your cellular health. Aim for good nutrition, regular sunscreen, and daily detoxing for optimal health. For the best results, combine these activities with targeted cellular nutrition.

Telo-Vital is a new way to support cellular health and longevity. It supports the health of your telomeres, revitalizing cells' biological clocks, so you can feel younger, for longer. ■

Visit The Good Inside store to get Telo-Vital today!



7 Anti-Aging Benefits of Healthy Telomeres

Aging is more than skin deep. It starts on the inside, in every cell. Telomeres, located at the tips of chromosomes, act as our cells' biological clocks, determining how fast we age. With healthy telomeres, you can redefine aging on your own terms.



1. Sustained Energy

As we age, our mitochondria (the energy centers of cells) start to decline, leading to fatigue. Healthy telomeres support optimal mitochondrial function and youthful energy levels.



2. Sharp Focus

As telomeres shorten over time, brain fog builds up, causing a lack of recall and mental sharpness. Healthy telomeres support clarity and focus so you can get more done.



3. Natural Immunity Support

Your immune system starts to decline with age as your telomeres shorten. With healthy telomeres, your cells can function more youthfully, supporting natural immunity.



4. Restful Sleep

Getting older can mean difficulty falling asleep or sleep disruptions at night. Replace age-related sleep issues with sweet dreams by supporting telomere health.



5. Feeling Strong Again

As telomeres shorten with age, muscle fibers shrink in size and number. When cells are supported by healthy telomeres, it's easier to engage in strenuous activities.



6. Fast Recovery Times

As we get older and telomeres shorten, it takes longer for cells to regenerate. Optimal cellular function fuels your body's recovery, so you can bounce back fast.



7. Improved Resilience

With age, our body's ability to withstand adversity declines. With healthy telomeres, you can more easily withstand stress and feel more vital each day.



10 “HEALTHY” FOODS You Shouldn’t Eat



Big players in the food industry are masters of deception. They slap clever wording on their labels like “low fat,” “natural,” or “heart healthy” with the intention of making you believe their product is a healthy choice. But the sad truth is many foods you find in the grocery store that are advertised as healthy are nothing of the sort. To sort out fact from fiction, here are 10 popular “health foods” to avoid.

9 Super Reasons to Drink Super Green Juice

- 1. Alkalize the Body**
Alkalizing greens support the ideal pH for a balanced and efficient metabolism.
- 2. Anti-Aging Antioxidants**
Organic berries and veggies support heart and brain health.
- 3. Detoxification Support**
Spirulina and chlorella for detox, while organic herbs support liver health.
- 4. Digestive Enzymes**
Added enzymes means you get more nutrition and less bloat.
- 5. Heart-Healthy Fiber**
Every scoop serves up 3g of fiber for heart and digestive support.
- 6. Immune Support**
Natural vitamin C and 5 types of medicinal mushrooms support immunity.
- 7. Natural Energy**
Get a near-instant lift from organic ginseng, matcha green tea and adaptogen herbs.
- 8. Probiotic & Prebiotic**
Helpful bacteria cultivate gut health, while prebiotics support the microbiome.
- 9. Vitamins & Minerals**
100% natural vitamins and minerals from organic superfoods for optimal uptake.

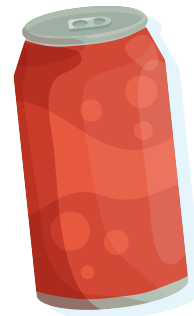


Save time and money by getting all your healthy superfoods in one tasty scoop. Super Green Juice has 44 organic superfoods and no added sugar in a light refreshing green juice that blends well on its own or in any smoothie recipe!



1. Diet or Zero Calorie Soda

Diet sodas are a popular choice among people who want soda without all the sugar that regular soft drinks contain. Unfortunately, zero calorie sodas are just another marketing trick. Even though they contain artificial sweeteners to lower the sugar content, research shows that diet sodas can actually cause you to gain weight. This is believed to be due to how artificial sweeteners can encourage sugar cravings. Studies also show artificial sweeteners may change the gut microbiome in a way that promotes obesity.



2. Refined Vegetable Oils

Processed vegetable oils like canola, soy, and corn oil are not healthy despite what Big Food companies tell you. Many are GMO, or genetically modified, to withstand multiple applications of the toxic weed killer glyphosate. These chemicals leave residues that get carried into countless foods and can harm your health. These oils are also high in omega-6 fats which can trigger inflammation in the body.

3. Fat-Free or Low-Fat Foods

Unlike fruits and veggies which are naturally free of fat, processed foods that claim to be low-fat or fat-free are typically modified to remove the fat. But when you take the fat out of food, it loses a significant amount of flavor. To make up for this loss of flavor, companies add massive amounts of sugar or salt. This usually results in a product that’s substantially worse for you than the original full-fat food.

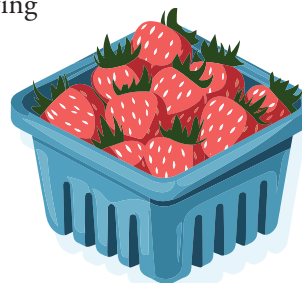


4. Processed Fruit Juice

Food companies want you to think that fruit juices are a healthy option. In reality, processed fruit juice is essentially flavored sugar water. Fruit juices like orange juice contain almost as much sugar as soda—around 5 to 8 teaspoons per cup. Moreover, research shows that fructose (fruit sugar) is the most problematic part of fruit with high doses raising triglycerides and increasing the risk for heart disease and diabetes. An organic green juice is a much healthier option.

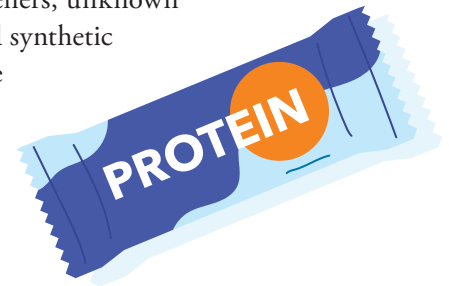
5. Non-Organic Strawberries

Strawberries can be an excellent healthy snack, with research showing their intake is especially beneficial for the heart and brain. The catch is that they must be organic. For years, conventional strawberries have topped the list of foods most sprayed by toxic pesticides (even after washing). If you can’t access fresh organic strawberries, you can usually find them in the frozen aisle, perfect to add to smoothies or make a healthy treat.



6. Most Protein Bars

Much like other processed foods, protein bars are typically loaded to the brim with questionable additives. They often contain ingredients like corn syrup, brown rice syrup, processed vegetable oils, artificial sweeteners, unknown “natural flavors” and synthetic vitamins. Not all are unhealthy though, so opt for the one with the most whole foods and least number of additives.

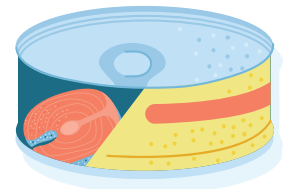


7. Gluten-Free Snacks

Many people have sensitivity to gluten; however foods aren’t healthy simply because they are gluten-free. Even without gluten, most conventional wheat is still contaminated with glyphosate. And while rice is a common alternative, it can have a high level of toxic heavy metals such as arsenic. So, buyer beware on gluten-free food to buy organic and always check the label for possible harmful additives.

8. Farm-Raised Fish

Oily fish can be an excellent source of anti-inflammatory omega-3 fatty acids. The important thing to realize, however, is that only wild-caught fish are healthy. Farmed fish may be contaminated with pesticides, pollutants, parasites and treated with antibiotics. Since overfishing is a big concern, you can get your essential fatty acids from plant sources instead of endangered fish stocks. Think chia seed, flax seed, nuts, and green veggies.



9. Margarine

It used to be that butter was demonized by doctors, and health experts advised people to use margarine instead. Years later, research showed that those who did switch from butter to margarine were much more likely to die from heart disease. Margarine is a highly processed food, typically made with the same refined GMO vegetable oils that trigger harmful inflammation. It’s far better to eat real grass-fed butter in moderation.

10. Non-Organic Yogurt

If you eat yogurt often, you may want to double-check how much sugar is in your favorite brand. Most reduced-fat or flavored yogurts are full of various forms of sugar or artificial sweeteners. Many types of yogurt also have syrups derived from GMO corn, artificial colors or other unsavory additives. As with many foods, picking organic may be the best option to ensure a healthy snack or meal. ■



* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Why Kids NEED to DETOX



While we may think that toxins primarily impact our health as we age due to how they accumulate in the body, in many ways, children can be more vulnerable to the effect of toxins. Children today are exposed to more toxins than earlier generations, and that exposure begins even before a child is born.

Unprecedented Levels of Heavy Metals

Heavy metals are released into the atmosphere, settle into the soil our food is grown in, repeatedly cycle through our waterways, and end up in countless consumer products.

Since heavy metals such as mercury, lead, cadmium and arsenic are natural elements, they do not degrade over time, causing the level of contamination to keep rising, so that each successive generation has a greater exposure level to toxic heavy metals.

Our detoxification systems simply cannot keep up with the level of heavy metals and environmental pollutants we are exposed to every day.

Exposure Starts Before Children are Born

Most moms-to-be are extremely careful with what they eat and drink while pregnant, yet environmental toxins they have been exposed to during their lifetime readily pass through to their unborn baby.

One landmark study on umbilical cord blood found 287 industrial chemicals passed through to the baby, many of which are known to be toxic to the brain, nervous system, and normal development.

Children Are More Susceptible to Toxins

Toxin effects can be even more pronounced in children than adults because of a child's underdeveloped organ systems, how they put non-food items in their mouths, and higher food consumption relative to body weight.

Additionally, an estimated 40% of Americans breathe unhealthy air, which can lead to higher toxin intake for children since they have a higher respiratory rate, meaning they take in more breaths per minute.

Since children's brains are still developing, harm from toxin exposure such as heavy metals, phthalates, and other environmental pollutants is associated with many developmental issues starting at a young age.

Signs Your Child May Need to Detox

1. Developmental delays
2. Excessive fatigue
3. Irritability and restlessness
4. Often coming down with something
5. Difficulty in staying on task
6. Excessive moodiness
7. Being withdrawn or overly shy
8. Delays in language or learning
9. Stomach and gut discomfort

A Safe, Natural Detox for Children

In evaluating a detox for kids, it's important to choose a method that is safe, gentle, and backed by science. That's why natural mineral zeolite is a popular choice among parents and health professionals.

The zeolite clinoptilolite is a natural mineral that has been extensively studied for its ability to reduce heavy metals and toxins, and is renowned for the way it selectively removes toxins while maintaining essential minerals in the body.

Choosing **Pure Body Extra** cellular detox spray and **Pure Body** gut and body detox drops can help the body release heavy metals without attaching to any beneficial minerals or undesirable detox effects.

Just a simple zeolite spray or drops are all that's needed to help move along the body's natural detoxification processes. No funny flavors, major habit changes, or stringent diets required. It's kid and parent friendly.

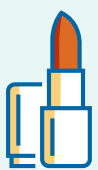
By removing heavy metals and other toxins that act to suppress a child's overall health and well-being, a child can thrive. ■

10 Sneaky Ways Heavy Metals Get into the Body



1. Drinking Water

An investigation by USA Today found high lead levels in over 2,000 water systems, including areas with schools and daycare centers.



2. Beauty Products

From lead in lipstick and mercury in mascara, cosmetics may contain unlabeled heavy metals and other toxins.



3. Pesticides & Herbicides

Along with toxic glyphosate and PFAS, these agricultural chemicals contain heavy metals such as cadmium.



4. Dental Fillings

Silver-colored fillings can tarnish your health. Amalgam fillings are up to 50% mercury, which is slowly released in the body.



5. Some Medications

Some prescription drugs contain heavy metals as binding agents and over-the-counter antacids have aluminum.



6. Furniture

Sofas, mattresses, and car seats can have antimony and cadmium thanks to flame retardant coatings and finishes.



7. House Keys

Take extra care when handling keys: to make keys easier to shape, the brass in keys is up to 2.5% lead by weight.



8. Baby Food

Some of baby's first foods may be laced with lead and arsenic. A study found heavy metals in 95% of samples tested.



9. E-Cigarettes

While people assume that e-cigarettes are safer than smoking, tests reveal many toxins, including cadmium.



10. Vehicle Exhaust

Vehicles add to toxic air pollution, with heavy metals such as lead and nickel in car exhaust.

5 BIG HEALTH BENEFITS OF ZEOLITE



Given that we are exposed to thousands of toxins every day, detoxing these harmful substances is essential. Heavy metals and toxins are laced throughout the food and water supplies, are carried in the air we breathe, and are built into countless consumer products.

Scientific evidence shows that zeolite can provide life-changing benefits to your health thanks to its ability to detox heavy metals and other toxins. No other remedy can effectively detoxify such a wide range of environmental pollutants. When properly cleaned for detox and optimized for absorption, zeolite has five major benefits.

1. Master Detoxifier

Toxins impact every aspect of your well-being, including energy, sleep, learning abilities, metabolic health and more. Zeolite is the only substance in the world that can effectively cleanse a wide range of toxins thanks to its crystalline structure. It acts like a magnet with each negatively-charged zeolite particle filtering out positively-charged toxins.

2. Alkalizes the Body

Another benefit of zeolite is its ability to help the body balance pH levels, considered essential for good health. Through cationic exchange, the zeolite gives the body an alkalizing mineral (such as calcium) while taking and removing a toxin. This in turn can reduce stress on the renal system, supporting optimal kidney health.

3. Strengthens Immunity

Heavy metals can weaken your immune system, making your body vulnerable to many health issues. One way this happens is how the heavy metal cadmium displaces zinc in the body, a mineral vital for immune function. As zeolite

helps the body to remove heavy metals, your natural immunity is supported and can function at its best.

4. Supports a Healthy Gut

A leaky gut allows toxins and microbes to leak into the bloodstream, triggering fatigue and a weakened immune system. Zeolite supports a healthy gut in several ways, including by trapping toxins before they can be absorbed. Research also shows that zeolite supplementation may support the intestinal wall barrier for a healthy gut.

5. May Improve Mood

Many heavy metals are neurotoxic, meaning they can affect your brain health, from learning abilities in children to cognitive function in adults. When heavy metals such as lead and mercury accumulate, they can also impact your mood. By helping to reduce heavy metals, zeolite can support a positive mood.



Not all zeolite supplements deliver big benefits. The most trusted and effective zeolite for all ages is Pure Body Extra and Pure Body, available together in the Zeolite Detox Pack.

Natural Zeolite

We only use natural Clinoptilolite zeolite. That's the same zeolite featured in hundreds of studies, showing it can selectively bind to toxins, act as an antioxidant, support immune health, help defend the gut, and much more.

Proven Pure

Raw zeolite is typically already full of toxins, meaning it can't take any more toxins into its crystalline structure. That's why it's essential to clean the zeolite first. Our zeolite undergoes a proven cleaning process (backed by lab tests), so it is primed for detox.

Only Takes Out the Bad

Natural zeolite is highly selective but Pure Body and Pure Body Extra undergo an extra step so that ONLY toxins are removed. Our zeolite is pre-filled with calcium, which is then swapped in the body for a toxin (cation exchange). This means our zeolite only takes out toxins.

Sized for Optimal Detox

Most zeolites on the market are simply too large to detox effectively. Pure Body drops are sized for a gut detox, while Pure Body Extra spray is sized for a cellular detox. Together, they provide a whole-body detox so your whole family can live to its fullest potential.



LOOK GOOD, FEEL GOOD



Get Your Gear!



Show your good side.
THEGOODINSIDE

Visit our official merchandise store to choose from classic t-shirts, plush fleeces, soft tank tops and much more in Men's, Women's and Unisex styles. All carefully curated and designed with messaging that reflects our "goodness" vibe.

And with every purchase, Touchstone Essentials will plant a tree, helping to make the planet a better place as we touch lives with goodness.

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ICED SUPER GREEN TEA

Refreshingly cool with a hint of natural sweetness, this green juice is a delightful twist on iced tea. While you chill out with this tasty tea, you'll also alkalize and energize your body with antioxidant-rich superfoods.

INGREDIENTS

- 1 cup (8 oz.) unsweetened organic green tea
- ¾ cup frozen organic grapes (green or red)
- 2-3 mint leaves (or to your taste)
- 1 tsp organic raw honey
- 1 scoop Super Green Juice

DIRECTIONS

Blend all ingredients until smooth, then sip the cooling brew for energy and extra antioxidants.

Enjoy!



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