

# Med Free Journal

Your Trusted Resource.

Fall 2020

**Discover  
Your Natural  
Healing**

**The Silent  
Pandemic**

**Exciting  
New Look  
for Factor 5**





I consider fall a season of gratitude with the abundance of harvest and the offering of thanks for what we have. This year, the COVID-19 pandemic has placed an uncertainty on what is to come. While we cannot control a world-wide virus, we can focus on what needs to be done today in order to make our tomorrows better.

To our suppliers, grocers and merchants, we appreciate all your efforts to remain open with food and products on the shelves for our convenience, for providing clean facilities and procedures to protect customers, and for keeping the supply chain strong. Med Free Living extends a heart felt thank you for your efforts and service.

To our loyal customers, we are so grateful to you for adapting to new shopping environments, being patient with delayed shipments, and most importantly: sharing compassion with others.

During these months of uncertainty, Med Free Living has remained committed to providing you with the highest quality products and service and we are deeply moved by your commitment to us.

Getting back to normal may take some time; however, I know that together we will move forward stronger and more resilient than ever.

With deepest gratitude,

*Lynda West*

*Letter* FROM THE  
PRESIDENT





### SIMPLE BREATHING EXERCISE

The next time you're feeling anxious try this simple relaxation technique:

Inhale slowly and deeply through your nose. Keep your shoulders relaxed. Your abdomen should expand, and your chest should rise very little.

Exhale slowly through your mouth. As you blow air out, purse your lips slightly, but keep your jaw relaxed. You may hear a soft "whooshing" sound as you exhale.



Repeat this breathing exercise. Do it for several minutes until you start to feel better.



## Wake Up to Joy!

*Your morning sets the tone for the whole day. Doing short mental training practices geared toward positive thinking right when you wake up can make a noticeable difference in your mindset and mood all day as you and your family try to do your best to navigate through these uncertain times.*

1

**Start by bringing your attention to your breath.**

Pay attention to both the inhale and the exhale as you lie in bed.

2

**Next, bring your focus to your body.**

Notice how you feel after the night's rest. Go from the bottoms of your feet to the top of your head, noting each physical sensation along the way.

3

**Observe and allow your thoughts.**

Be a witness to what's happening in your head. Is your mind clear, or is it chaotic with inner chatter? If worries of the day arise, gently let them go — imagine them floating away just as a passing cloud.

4

**Direct your thoughts to gratitude.**

Before you step out of bed, think of what you appreciate in your life. Be specific. You might think in categories, such as your home life, family, friends, work and health. Notice how this practice feels as you think about the things you are grateful for.

# Factor 5 Will Reveal A New Look in 2021

We are excited to work with a Pittsburgh designer in the development of a new brand for Med Free's Factor 5 product. **It is the same amazing product with a new look.**

*There are a variety of reasons why it was time to update our label:*

- Expanding the brand into our multi-generational audiences so they won't be biased.
- Staying fresh and relevant in the health and wellness industry as it continues to change.
- Environmental considerations and sustainability is important to us in production of our products.



***"Same Great Formula"***

*Lynda West,  
President*



## The Silent Pandemic

We have been inundated for months with the news of the COVID-19 pandemic and the threat to our wellbeing. On top of this the unrest in our country has left people feeling many emotions including fear and anxiety. Initially our biological stress response during these challenging times protects us. However our bodies cannot operate at a high level of adrenaline and eventually leaves us with a weakened immune system and chronic fatigue.

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# Discover Your Natural Healing

## *Signature Products From Med Free Living*

### INSULEEN

Developed to work synergistically with our Factor 5 to remove the sugar from your blood stream. Sugar is a leading cause of chronic pain, inflammation and disease.

### SUPER DETOX TEA

A herbal blend of all-natural ingredients that can assist your body in gently eliminating waste, foreign matter and toxins from your digestive system in a simple, yet effective and easy to use method.



### CBD OIL

Available in 1000 mg and 2000 mg our CBD oil is grown in the U.S. and is known to deliver great relief of stress, helps support better sleep, heart health and is a great reliever of the anxiety which we are all feeling in 2020.

### FACTOR 5

100% natural formula of Stinging Nettle, Horsetail, Celery Seed, Garlic and Turmeric work as a natural anti-inflammatory agent while helping to relieve the pain and removing the uric acid (which erodes the joints).

### **Silent Pandemic (continued)**

Many studies have found that one of the most positive health effects that Cannabinoids (CBD) provide is it's anti-anxiety relief. CBD is also known to balance your systems including blood pressure, mood, immune function, metabolism, sleep and appetite.

### **Hemp CBD by Med Free Living**

- CBD DISTILLATE / WIDE RANGE HEALTH BENEFITS
- 99% PURE CBD OIL
- 3RD PARTY TESTED
- LONGER SHELF LIFE
- LESS THAN 0.3 % THC



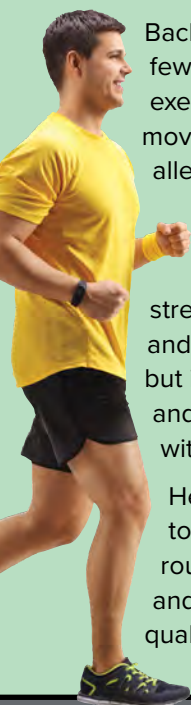
*"Don't judge each day  
by the harvest you reap but by  
the seeds that you plant."*

*Robert Louis Stevenson*



# Common Sense Fitness & Nutrition

## How Fitness Can Help You Relieve Lower Back Pain



Back pain relief is often just a few simple back stretches and exercises away! Consistent movement and stretching can help alleviate back pain by relaxing tight muscles and improving circulation to help nourish the spine. Not only will regular stretching help loosen the muscles and get rid of existing back pain, but it can also strengthen the back and lower our chances of dealing with back pain.

Here are two simple stretches to incorporate into your daily routine to alleviate back pain and maximize your overall quality of life.

1



### HAMSTRING STRETCH

**(1)** Begin sitting on the floor with one leg straight, and the other bent. **(2)** While maintaining a flat back, lean forward by hinging from the hip until a stretch is felt behind the thigh. **(3)** Repeat on the other leg. **Hold each stretch for 10 seconds, repeat 5 times.**

2



### CHILD'S POSE

**(1)** Begin on all fours. **(2)** Sit your hips back while reaching out your arms forward until a mild stretch is felt in the back. **Hold the stretch for 10 seconds, repeat 5 times.**

## Nutrition Plate Power



Feeding your body certain foods, such as citrus, turmeric, and ginger, may help keep your immune system strong. Incorporate these foods into your diet to help you fight viruses.



Green foods are powerful antioxidants (especially broccoli and spinach) that protect the body from toxins both in the environment and other foods we eat. The antioxidants in greens help neutralize the body and clear out toxins.



For a longer life, researchers found the greatest benefit came from eating 7 to 10 portions of fruits and vegetables per day which is equivalent to about 800 grams or 28 ounces.



# Preparing for Cold Weather

## **Joint Pain** and Relief Tips

*The fall may be a cozy time of the year but for many it can also be a painful time as well.*

In fact, in a survey conducted by The Weather Channel called Does Cold Weather Cause Joint Pain they found that 42 percent of respondents said that their hip, knee or back pain was triggered by the cold weather.

During the cold changes of the season what actually happens in your body when you step outside is the cold brisk air causes your muscles to lose heat and contract. That makes you feel tight everywhere, including in your joints. When that happens, your muscles lose their range of motion.

### **Here are some joint pain relief tips:**

- Keep moving
- Stay warm
- Take **Factor 5** which is a natural anti-inflammatory supplement
- Eat an [anti-inflammatory diet](#)
- Get enough vitamin D



Don't let the change in the seasons change how you feel and what you do. Get back to life by making sure to implement these five pain relief tips that have been known to help many keep their bodies strong and out of pain the natural way.

# The Med Free Living Way



## QUALITY ASSURANCE

Here at Med Free Living we take the quality of our products very seriously. Our products are produced and manufactured in only FDA approved facilities located in the United States. Each and every product run is tested for safety, quality and consistency amongst active ingredients. Working directly with our growers, suppliers, and manufactures provides our

products safety, quality and consistency. Med Free Living brings to you the purest formulas and has helped us to gain the loyalty and respect of our many long-time customers.



**100% NATURAL**



**QUALITY**



**LIFESTYLE**



**SUSTAINABILITY**

## ABOUT MED FREE LIVING

Med Free Living is your highly trusted health and wellness company that sets the standard for both high quality products and information. Created to provide a core line of products that helps target conditions that may be controlled through proper education, diet, exercise and lifestyle. We are dedicated to serving you and your family and have been focusing on health and wellness management for every generation!



**Purchase Med Free Living products at your local market:**