

# PULSE

A LIFESTYLE & ENTERTAINMENT MAGAZINE FOR CENTRAL MASSACHUSETTS

THEPULSEMAG.COM | FREE  
AUGUST 2016

EXPERIENCE THE  
*flavors*  
OF WORCESTER

FATIMA'S CAFE ON W. BOYLSTON ST.

# THE LUXE LIST: SUMMER HEALTH FINDS

By Merilee Kern, The Luxe List Executive Editor

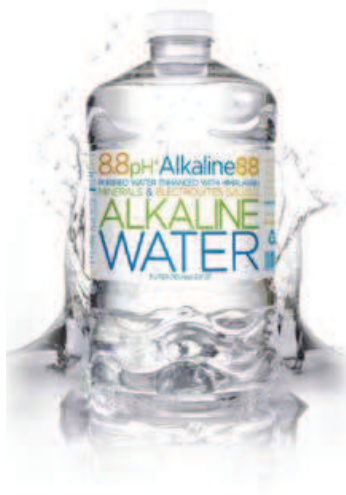
Summer is a great time for a health reboot, since many of us are far more body conscious during this sizzling season. Below are some wellness boosters you might consider embracing to enhance your grocery game and ensure your energy stays elevated throughout the elongated days.



## BIO COFFEE

I've found a noteworthy health-promoting beverage item called Bio Coffee, which is the only alkaline coffee on the market. The company actually calls it "The healthiest coffee in the world" because there are three to five servings of green vegetables in just one cup! Not only is this coffee an excellent source of fiber and a great prebiotic and probiotic, it also provides key nutrients like chlorophyll, amino acids, vitamins and minerals that'll benefit your body all season long. Bio Coffee's key ingredient is wheatgrass, which is one of nature's super foods, and it contains digestive aids that can help those with gastrointestinal issues and generally help eliminate waste from the body. This coffee is also unique in that it aids in alkalizing the body and preventing acidity. It comes in easy and convenient sachets that allow you to just add water and enjoy. In fact, you can partake in the company's 12-Day Challenge: Drink at least one cup a day for 12 days in a row to realize significant improvements to your digestive system and body in general.

\$20, [biocoffee.com](http://biocoffee.com)



## ALKALINE88

What do Beyoncé, Miranda Kerr, Elton John, Bill Gates, Martha Stewart, Gwyneth Paltrow, Jennifer Aniston, Kate Hudson, Kelly Ripa, Janet Jackson and Ray Kurzweil all have in common? They've all gone on the record to say that they drink alkaline water. Alkaline water is also my own go-to. Many athletes, celebrities and regular health-minded folks are attracted to the benefits of an alkaline diet, since a balanced body pH results in greater energy, more restful sleep, improved digestion and fewer colds, according to some medical authorities. The Alkaline Water Company, Inc. has developed Alkaline88 for the convenience-driven alkaline water drinker. Enhanced with 84 trace Himalayan minerals and electrolytes, Alkaline88 is premier alkaline water that achieves its 8.8 pH level through a state-of-the-art, completely chemical-free process.

Prices vary, [alkaline88.com](http://alkaline88.com)



## HEAT HOLDERS JOINT WARMERS

While most of us know that cold weather can be difficult on joints, causing swelling and discomfort, many don't realize that even during hot summer months it's still beneficial to warm up joints before exercise and other activity – or generally manage chronic joint pain. Besides being uncomfortable, cold joints have also been shown to slow reaction times, which can be a dangerous thing for some professions and pastimes. One great solution is Heat Holders Joint Warmers, which are designed to offer extra warmth to areas of the body that are often subject to swelling and discomfort during and after sporting activities and other undertakings. Heat Holders Joint Warmers come in two sizes and are made to fit knees, legs and elbows. They are constructed from a special blend of heavy bulk yarn that cushions and warms the joints to help keep them supple and flexible.

\$12.99, [heatholders.com](http://heatholders.com)



## BIOTERRA HERBS ENERGY & DETOX SUPPLEMENTS

Be prepared to be active with BioTerra Herbs Boing Energy Supplement, which is a great product to fuel all of those summer activities like traveling, excursions, extra outings and more recreation time while the days are longer. What's great about this energy supplement is that it helps to boost and enhance your energy without stimulants, instead utilizing Asian ginseng, grass leaf, sweetflag and other all-natural ingredients that won't cause you to have jitters or experience that dreaded crash. I also really like their Detox... ahhh Supplement, which is fitting amid the glut of summer barbecues, picnics and parties. This natural herbal supplement eliminates toxins, provides gentle internal cleanings and generally supports liver function. And here's a good tip for you: I do know the company is currently offering 20 percent off your first online order with promotion code "TAKE20."

\$19.99, [bioterraherbs.com](http://bioterraherbs.com)

*The Luxe List Executive Editor Merilee Kern scours the luxury marketplace for exemplary travel experiences, extraordinary events and notable products and services. Submissions are accepted at [TheLuxeList.com](http://TheLuxeList.com). Follow her on Twitter @LuxeListEditor and Facebook at TheLuxeList. None of these products are intended as a substitute for professional care. Consult your doctor prior to use.*