



NCA NEWS

A Publication for Members
of National Consumer's
Advantage Association

2023



INSIDE THIS ISSUE

- 6 Simple Tricks to Start Each Day Strong
- Aging Gracefully at Home
- Prioritize Wellness Member Benefit
- Annual Meeting Proxy

6 Simple Tricks to Start Each Day Strong



(Family Features) Pressing snooze, finally waking up frazzled, rushing through the house to leave on time, skipping breakfast – if that sounds like a typical morning for you, creating a new routine to start days on a stronger note may help you feel more refreshed and accomplished.

(Family Features) Pressing snooze, finally waking up frazzled, rushing through the house to leave on time, skipping breakfast – if that sounds like a typical morning for you, creating a new routine to start days on a stronger note may help you feel more refreshed and accomplished.

For many people, easy, breezy mornings may sound like a fantasy. However, instituting these simple tips from the experts at Buddha Teas – creators of fresh, organic teas with high-quality ingredients to let you explore nature's best

qualities – can put you on a fast track toward less frantic beginnings to each day.

Begin a Bedtime Routine

A bright-eyed, bushy-tailed morning actually starts the night before. To help ensure you're getting enough sleep each night (7 hours or more for adults, according to the National Institutes of Health), make sure you're winding down both physically and mentally before heading to bed. This often means skipping caffeine, turning off devices and avoiding big meals close to bedtime.

Wake Up at the Same Time Each Day

As part of your fixed bedtime routine, try going to sleep and waking up at the same times each day – including weekends. This may help your body create a natural rhythm to make it easier for you to rise in the morning without pressing snooze.

Start with Something You Enjoy

Whether you're a morning person or natural night owl, knowing you'll start the day with something enjoyable can help you dread that ringing alarm clock a little less. For example, a steaming mug of Buddha Teas Turmeric Ginger blend offers a delicious and comforting way to wake up. Turmeric's pungent flavor combined with delightfully sweet ginger warms with every sip to energize your morning.

Meditate and Move

While a meditation session may sound like a quicker way to put you back in bed than get your day going, it can actually be beneficial to harness positive energy first thing. Focus on deep breathing, calm your mind and slow your heart rate prior to taking on the day's tasks. Once you're mentally motivated, move on to physical preparation with 10-15 minutes of light stretching to energize your body and get your blood flowing.

Strengthen Your Body

Another key aspect to a successful morning includes strengthening yourself physically by eating and drinking foods and beverages that provide immunity-boosting ingredients. Consuming a powerful blend of healing, protecting and preventative herbs can be a productive way to defend your body from free radicals with a beverage like Buddha Teas Echinacea Elderberry, which is

packed with organic and plant-based vitamin C, antioxidants and detoxifying herbs. Echinacea, used for centuries to heal and protect, is combined with elderberry's high levels of vitamin C, which is essential for growth, development and reparation of the body.

Eat a Nutritious Breakfast

Everyone knows the common refrain: "Breakfast is the most important meal of the day." Yet, many people choose to skip a morning meal or simply run out of time, despite the many benefits of refueling before heading off to work or school. In fact, a nutritious breakfast offers a multitude of health benefits for your body, according to the International Food Information Council Foundation, including a healthier heart, better digestion, stronger bones and improved metabolism. Plus, making time to eat in the morning can provide the energy you need to tackle your to-do list.

Find more beneficial ways to start your days strong by visiting BuddhaTeas.com.





Prioritize Wellness is a multifaceted health and wellness resource that provides extensive nutrition, fitness, stress management, sleep wellness, and supplementation information.

Members can access wellness articles, a fitness video archive, personalized healthy meal guide generator, relaxing sleep wellness sounds, and more. Our goal is to improve the lives of members by making wellness affordable, and by helping them learn how to live a healthy life, by focusing on disease prevention and health promotion.

Part of our mission is to make wellness accessible and affordable. That's why we have partnered with like-minded brands to bring our members high-value discounts to lower the cost of wellness related goods and services.

Some of our partners include:

- Early Well
- Smart Buy Glasses
- Audicus
- Daily Burn
- Fresh Meal Plan
- BackJoy
- TheFeed
- Botanic Choice
- And More!



Our Services

Grocery Guide Generator



We provide users a grocery list generator that give guidance according to an individual's way of eating.

Alternative Medicine Practitioner Finder



We have partnered with Dao Cloud to provide access to an alternative medicine practitioner database.

Wellness Assessment Quizzes



Assessment quizzes will help assess your level of health and provide practical steps on how to move forward.

Visit ncaassociation.com for complete benefit details.



Aging Gracefully at Home

3 stylish safety and mobility products

(Family Features) While aging is inevitable, it doesn't mean you can't do so with grace and style. For many seniors hoping to look and feel their best, there are plenty of options, from the clothing they wear to products they use every day. Choosing more 'stylish' safety accessories is one way to go.

To improve quality of life and inspire confidence, Medline, a leading provider of consumer medical products, teamed up with Martha Stewart to introduce the Martha Stewart Home Comfort Care Collection. The line of design-inspired safety and mobility products combines sophisticated design and dependability to help those who use them look and feel their best.



"We are excited to enter into this unique partnership," said Dawn Freitag, Medline senior marketing manager. "Martha Stewart's signature style has always set the standard for better, more enjoyable living and this line of mobility and bath safety products is no exception. We believe these fashionable, modern designs along with our top-rated quality and value pricing will help seniors live their happiest, healthiest lives with exceptional safety, security and style."

Consider these supportive care products to maximize style and safety, and find the full collection by visiting athome.medline.com.

Around the Home

The right mobility aid can help you navigate your home. One option, the Adjustable Rolling Walker, combines a chic, sporty checked pattern with renowned functional features to help you easily stand and walk safely and independently. Its smooth-rolling, all-terrain wheels make it easy to get around in or outside of your home while push-down, locking brakes are ready for a rest stop at any time. Plus, it easily folds for travel and storage, and features under-seat storage and adjustable easy-grip handles for a

custom fit and fashionable function.

For the Bathroom

The most essential purpose of bathroom safety aids is to prevent falls on wet, slippery surfaces. Beyond securely-attached bath mats and grab bars, the Martha Stewart Euro-Style Shower Chair allows you to sit while

showering for extra peace of mind. With built-in handgrips and a backrest for comfort, the rust-resistant chair also features adjustable, push-button height settings to improve stability and built-in Microban protection to resist mold and mildew.

In the Bedroom

There are numerous products designed to maximize rest, relaxation and safety in and around your bed. To help you get in and out of bed, an Adjustable Bed Assist Bar slides around the side of the mattress – without floor legs that may pose a tripping hazard – to offer support. With a stylish faux woodgrain bag design and neutral color, the bar seamlessly blends in with bedding and linens to provide both function and flair.



NOTICE OF ANNUAL MEETING OF MEMBERS

The Annual Meeting of the Members of the National Consumer's Advantage Association will be held at 12444 Powerscourt Drive, Suite 500A, St. Louis, Missouri, on Wednesday, December 13, 2023 at 9:30 a.m. (CST) for election of Directors and for the transaction of such other business as may properly come before the meeting and any adjournment thereof.

The above notice is given pursuant to the By-Laws of the Association.

PROXY

National Consumer's Advantage Association December 13, 2023 Annual Meeting of Members THIS PROXY IS SOLICITED ON BEHALF OF NATIONAL CONSUMER'S ADVANTAGE ASSOCIATION

The undersigned member of the National Consumer's Advantage Association does hereby constitute and appoint the President of National Consumer's Advantage Association, the true and lawful attorney(s) of the undersigned with full power of substitution, to appear and act as the proxy or proxies of the undersigned at the Annual Meeting of the Members of National Consumer's Advantage Association and at any and all adjournments thereof, and to vote for and in the name, place and stead of the undersigned, as fully as the undersigned might or could do if personally present, as set forth below:

1. FOR [], or to [] WITHHOLD AUTHORITY to vote for, the following nominees for Board of Directors: Bob Askew, Andrea Bennett, Richard Wang, Joshua D. Farrell, and Daniel Malloy
1. In their discretion, the proxies are authorized to vote upon such other business as may properly come before the Meeting.

This proxy, when properly executed, will be voted in the manner directed by the undersigned member. If no direction is made, this proxy will be voted for the election of directors and officers.

Dated: _____, 2023

Signature _____

Name (please print) _____

Please date and sign and return promptly to NCA Association, 12444 Powerscourt Drive, Suite 500A, St. Louis, Missouri 63131 whether or not you expect to attend this meeting. The Proxy is revocable and will not affect your right to vote in person in the event that you attend the meeting.

St. Louis, Missouri
November 14, 2023
Date



The NCA News is published by:
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Articles in this newsletter are meant to be informative, enlightening, and helpful to you. While all information contained herein is meant to be completely factual, it is always subject to change.

Articles are not intended to provide medical advice, diagnosis or treatment.

Consult your doctor before starting
any exercise program.