



Whether for the holidays or any special occasion, everyone appreciates a gift that promotes health and well-being. Self-care always fits, never goes out of style, and looks great on everyone.

Here are 7 gift ideas to help keep your friends, loved ones (or you) healthy in the New Year.

1. Health-supporting supplements. December not only rings in the holidays but also seasonal illnesses and additional stress on your body. Consider gifting (and treating yourself to) these nutrition supplements that support immune and overall health:
 - [Ther-Biotic[®] Synbiotic](#) – A blend of 7 probiotics plus a low FODMAP prebiotic to seed and feed your microbiome for extra digestive, respiratory, and immune support.[†]
 - [Mitothera[™] Capsule Formula](#) – Key nutrients that support and protect your mitochondria (the powerhouse of your cells) to promote healthy aging.[†]
 - [Chewable Coenzyme Q10](#) – CoQ10 helps the cells in your heart and other vital organs generate energy, but many people don't make enough due to illness, aging, poor nutrient intake, and the use of certain medications.[†]
2. A wearable fitness tracker. Fitness trackers help motivate people to exercise more. Regular physical activity helps maintain a healthy weight, blood sugar, and blood pressure, reducing your risk of chronic diseases, so this is a gift that can keep you and your giftee healthier.
3. A yoga mat and subscription to online yoga classes or a list of free YouTube yoga classes. Yoga is appropriate for all ages and fitness levels and has proven mental and physical benefits, reducing anxiety, improving flexibility, and managing chronic pain.
4. An essential oil diffuser and an assortment of oils. Aromatherapy can lift your mood, reduce stress, or lull you to sleep.
5. A foam roller. A foam roller provides a relaxing massage anytime and anywhere. It's a useful gift for anyone with sore muscles from working out or a stiff back from sitting at a desk.
6. A basket of high-quality, organic teas. Green, black, and herbal teas have various health-promoting compounds to boost immune health, reduce anxiety, promote restful sleep, and support cardiovascular health.
7. A sleep mask. Quality sleep is a pillar of good health and can improve focus, mood, blood sugar, and appetite. A sleep mask can help you fall asleep faster and stay asleep.