

BELLA

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Pride

BELLA
BEAUTY AWARDS
2023

UP CLOSE + PERSONAL
WITH LAURA GELLER

Wellness FROM THE INSIDE-OUT

By Gina LaGuardia

Some of our favorite new finds can boost your inner and outer well-being..



The days of just apple cider vinegar are over—this time it's for real thanks to Chimes Gourmet ACV and Ginger Gummies optimize gut health that set you up with a strengthened foundation of health, energy, and vitality. Among its other benefits: lower blood sugar, bloating relief, reduced appetite, and tummy soothing when you need it. 60-count: \$18.66. [Amazon.com](https://www.amazon.com)

In the hustle and bustle of everyday life, it's not always easy to get the health-boosting benefits you need from your meals. Which is why we were intrigued by BrocShots. Each pack 15 grams of sulforaphane from broccoli sprouts, which delivers just the zip of inflammation-busting, gut health, and detox benefits that can start your day off right. (And no worries, you can opt for a flavored shot of Ginger + Lime or Pineapple + Mint if 100% broccoli doesn't do it for you!) 10-pack, \$49.99. [BrocShot.com](https://www.BrocShot.com)



Feeling stuck lately, like you're not sure of your purpose? You're not alone. Industrial designer-turned-life coach Ayse Birsel employed the tools she learned from design to create an illustrated journal, "My Long Life: A Guided Journal for Designing a Life of Love, Purpose, Well-Being, and Friendship at Any Age," that can spark creativity and help you add joy to your days. Focusing on the four pillars of Love, Purpose, Well-Being, and Friendship, this unique journal is packed with question prompts, sketching activities, and more (four pages of stickers—yay!) to unlock creative thinking and explore the next phase of your life. \$17.57. [Amazon.com](https://www.amazon.com)

It seems like there's a CBD product for everything lately—and with good reason thanks to tremendous wellness benefits like improved sleep and decreased anxiety. Well, now you can add one more to that list—and your beach bag. Uncle Bud's Hemp SPF 50 Sunscreen Lotion packs a powerful blend of antioxidants, vitamins, and hemp seed oil to keep your skin protected from sunburn and moisturized at the same time. And if you fell asleep in the sun and got burned... there's an CBD cure for that too with their 120 mg CBD Sunburn Gel with Aloe or the Hemp Oil for Sunburn. Starting at \$5.10. [UncleBudsHemp.com](https://www.UncleBudsHemp.com)



Protein that comes in fun flavors that's good for you and doesn't taste like cardboard?! Indeed, we're on board with BEAM (be amazing) Vegan Protein. Their vegan protein power options are available in Peppermint Mocha, Brown Sugar Oatmeal, Peanut Butter Smoothie, Fruity Cereal, and more. BEAM, which uses natural sources of protein and prebiotic fibers, is the brainchild of Michael Yewdell, whose company attributes the success of its game-changing line of vegan products to their control of the entire manufacturing and supply chain process—from farm to shaker. 25 servings: \$49.99. [YouCanBeam.com](https://www.YouCanBeam.com)

When it's time for a grab-and-go protein shake option, why not kick it up—and back—a notch? Atkins Creamy Root Beer Floet Shake is high on nostalgia but low on sugar. With just 1 gram of sugar and 2 net carbs per serving—yet 15 grams of protein!—this childhood-favorite flavor may be just what you need to power through your afternoon. 4-count box: \$8.53. [ShopAtkins.com](https://www.ShopAtkins.com)

