
Best-Tasting Keto Ice Cream Recipe (only 4 ingredients)

1 message

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We share this week's favorite recipe, podcast, blog article, the Deal of the Week & more!



Happy Friday, My Friend!

I just want to kick this off by letting you know how proud I am of you. We're all living messy, imperfect, complicated lives, and I'm proud of you for showing up.

If we can just keep moving forward, no matter what happens, no pause buttons, no do-overs, we win the game.

We're in this together, and I encourage you to keep putting one foot in front of the other. You got this!

Thought: *"There are two things that are really educational. One is being with a bunch of really smart people. The other is being all by yourself." - Gary Snyder*

Tip: *When it comes to eating, exercise and lifestyle behaviors, think on a continuum. This is the opposite of absolute thinking, like "good or bad" or "all or nothing". The "all or nothing" mentality rarely gets us "all"; it usually gets us "nothing". Something is always better than nothing. Small improvements done consistently over time work.*

***Impact:** Connect with an old friend that you haven't spoken with in a long time. It is meant to be. They are also thinking of you. So, reach out.*

1. Favorite Recipe We Tried This Week



It's August. It's hot. And there are two ice cream-related holidays next week -- **National Ice Cream Pie Day** and **National Soft-Serve Ice Cream Day**. Don't think for a second that we don't have you covered. Coach CP is not only going to teach you [how to make healthy ice cream at home](#), she's also dishing out two amazing recipes. And if you're Keto, you're not out of luck; Coach Cristina also shares her [best-tasting Keto ice cream recipe](#). Enjoy!

2. Best of What Customers Are Saying

This week, we're featuring two brand-spankin' new testimonials for **Keto Elevate**, which provides C8 MCTs. You can think of these MCTs as a "ketone missile" on a mission to provide instant energy to your cells:

“Love this stuff! I bought this a couple weeks ago, wasn’t expecting a lot...well, it works as promised, and it tastes so good...I use it in coffee, smoothies and my juice...it has helped a lot with my cravings and appetite control too.” - Daphna O.

“My new coffee...mate! It’s excellent in my morning coffee. Great taste and a great way to start the day.” - Dick F.

==> [Click Here for More Info on Keto Elevate](#)

3. Win \$100 - \$500 in FREE BioTRUST Products

Want to win \$100 in FREE BioTRUST products? I thought so. :) There are two ways to win; check it out:

- **\$100 Instagram Giveaway:** To be eligible for the monthly contest, just post a photo of you with your favorite BioTRUST product along with why you love it on [Instagram](#). Be sure to tag us @biotrustnutrition or use #biotrustnutrition to be entered into the drawing. Each month, one awesome BioTRUST customer will be the proud recipient of a \$100 gift card!
- **\$500 Giveaway:** To be eligible, [submit a video testimonial](#) telling us about your favorite BioTRUST product and why you love it.



4. Most Popular Blog Article This Week

Bacon Lovers, rejoice! Next Thursday is your big day: It's **National Bacon Lovers' Day**. If you need help convincing anyone that bacon may not be the artery-clogging devil it's long been made out to be, here's [6 reasons why bacon is actually good for you](#). If you're on the fence about what's better, turkey or real bacon, we'll gladly take the opportunity to grab the mic and weigh in on [the best type of bacon for your health](#). Here's to bacon!



5. Transformation Challenge

Are you ready? Ready for what, you ask? Ready to develop healthy eating habits, drop excess pounds, improve your health, increase your energy and become more confident.

If so, and you are IN IT FOR LIFE, simple [click this link](#) and join us in our next Shape Up Challenge kicking off this coming Monday, August 17.

Join the BioTRUST 12-Week Shape Up Contest

REGISTER NOW

Challenge Starts August 17



6. Make A Wish®



As the fire engine rounded the corner, sirens blaring, it made a slow stop in front of 3-year-old Tyren's home. There was no fire today, but today

was certainly significant. Today, little Tyren would become an official Detroit Fire Department (DFD) firefighter.

Only 1,120 days old, Tyren had always dreamed of becoming a first responder. But, getting to that dream had taken some work. At 2 years old, Tyren underwent a heart transplant at the University of Michigan C.S. Mott Children's Hospital. It wasn't a quick recovery, but every day Tyren made great progress, his heart got stronger ... and his dream kept him going.

Tyren even received his own official DFD badge, certificate and red firefighter helmet specially-designed for him. Outside and with the help of another first responder, Tyren took a hand with the fire engine hose. As the water sprayed, Tyren giggled as Patches, the DFD Dalmatian mascot, jumped through the spray. His family even had lunch at the firehouse – laughing and chatting with a few of the firefighters.

As the day came to a close, Tyren hopped into the driver's seat of the engine, his eyes barely peaking over the window. This had been a remarkable day for a kid with a heart of gold. "Did you have fun?" his mom Tiesha asked. Tyren had little words, but the sparkle in his eyes and sweet grin said it all.

"The entire day was amazing, just seeing him smile like that," Tiesha said. "He wants a fire truck to come pick him up again. We are so grateful for what Make-A-Wish did for Tyren."

Wishes like Tyren's have proven physical and emotional benefits that can give children with critical illnesses a higher chance of survival. For Tyren, his wish kept him going and helped him recover. Tyren's heartwarming wish not only transformed his life but the lives of all those involved – it brought his community together.

There are few experiences more powerful than making a wish come true. Thanks to your support, we've donated over \$1,880,000 to Make-A-Wish, helping grant **more than 208 wishes** for children with life-threatening medical conditions.

6. Deal of the Week

By now, you've certainly heard that fish oil is essential for a healthy heart, brain, immune system, eyes, and joints, and for hormonal balance and good moods.

However, here's something you may not know...

Research shows fish oil may also be THE most effective way to revitalize your skin, nails, and hair so they look their healthiest and most attractive.

Yes, fish oil really can be like the fountain of youth in a bottle – helping you to recapture the beauty of your younger years.

HOWEVER, that's only true if you choose the right type of fish oil.

So, what exactly is the only omega-3 solution I recommend?

It's called **OmegaKrill™**.

It's the unique 2-in-1 fish and krill oil supplement that provides your body **the right research-backed types and proportions of omega-3 fatty acids and astaxanthin.**

You see, OmegaKrill earned the prestigious **5-STAR RATING** from the International Fish Oil Standards program.

This is the only independent fish oil testing and certification program that **sets the world's highest standards for potency, purity, and freshness.**

PLUS, each serving provides you a powerful serving of **AstaREAL® Astaxanthin**, the premier form of one of nature's MOST powerful antioxidants for anti-aging.

And right now, you're getting OmegaKrill for up to **51% OFF**, plus **FREE U.S. shipping**, plus the important new eBook, *The 30 Best and Worst Inflammation-Fighting Foods*, **FREE**.

The fast-acting, highly effective, safe, easy-to-swallow, and fish-burp-free OmegaKrill is the only omega-3 I recommend. Therefore...

==> [Get OmegaKrill for up to 51% OFF with FREE U.S. Shipping and Your FREE Ebook Today.](#)

If you have feedback or questions on your journey to better health and wellness, I'd love for you to find us on social media and join our [VIP Community.](#)

Here to help,

Coach Tim



MEET COACH TIM

Tim Skwiat, MEd, CSCS, Pn2, has a Master's degree in sports science and nutrition, and he's a certified nutrition coach and certified strength and conditioning specialist with over 20 years' hands-on experience. He's coached hundreds of clients and authored dozens of evidence-based publications covering health, nutrition, and fitness. Tim is BioTRUST's Director of Community and Coaching, and his mission is to serve and encourage you, to inspire peak wellness, and ultimately, to lead you on a meaningful life of significance.