

Introducing Simple Self Care for Better Sleep and Moods



Philadelphia, Dec 6, 2020 ([Issuewire.com](https://www.issuewire.com)) - Introducing Goodgood, a Philadelphia-based health and wellness company, taking the pressure out of self-care, so people can feel good about their health choices.

The human body naturally produces molecules that help maintain the balance and stability of internal systems that affect sleep, anxiety, stress, mood, inflammation, and pain. Scientists suggest that due to lifestyle stressors, our body's internal regulation system can fall out of balance. But there's good news! Plant powered products can help regulate and rebalance your body to achieve better balance and revert to functioning more effectively.

However, not all natural, plant-based products are the same. Goodgood's proprietary blend has higher concentrations, is organic, natural, and produced in the USA, so you can love the way you feel. Goodgood also breaks down the information in a simple way to help people decide which product is best for them, side-stepping data-dumps or overly complicated science.

Goodgood strives to do good and be good down to the very last drop. The company is committed to clean extraction methods with every batch third-party tested to ensure quality control. Their products are proudly: 100% organic, Non-GMO, Gluten-free, Vegan, and friendly to the environment and animals alike, as all products are pesticide and cruelty-free.

As an ex-athlete, avid fitness enthusiast, and career-focused man, like many of us, the founder was juggling a busy schedule that was physically and mentally demanding, and as a result, was experiencing pain and insomnia. He wanted a self-care solution that could help with his muscle recovery between workouts and help him get restful sleep so that he could tackle the day and demands of his busy schedule. When researching his options, profit-driven pharmaceuticals and online misinformation created challenges to finding natural health care solutions, and he couldn't find products that were comprehensive and reliable in their communications and results. Premised on the belief that living your best life starts with a healthy mind and body, and that natural self-care solutions should not be complicated, he created goodgood to help make that a reality.

Visit www.feelgoodgood.com for more information.

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