

# betternutrition

THE SHOPPING MAGAZINE FOR NATURAL LIVING

APRIL 2018 | [betternutrition.com](http://betternutrition.com)

## THE *beauty* ISSUE



Top **60** Natural Products

### FOR LOOKING YOUR BEST



TIRED OF  
ANTIHISTAMINES?  
**FIND**  
**ALLERGY**  
**RELIEF**  
WITH FOOD

**7** *Healthy Hacks*  
TO MAKE  
YOUR LIFE  
BETTER NOW!

**Fish Oils:**  
**DO THEY REALLY**  
**WORK?** P. 26





Dr. Formulated  
BRAIN HEALTH<sup>†</sup>

# SHARPEN YOUR MEMORY & FOCUS



Clean, clinically studied whole food ingredients  
to support brain health at three stages of life<sup>†</sup>

Kids • Young Adults • Adults 40+

# **FAST FUEL** for **BODY & BRAIN**<sup>†</sup>

- 13g of MCTs (including caprylic and capric acids) per serving
- Fast fuel for body & brain<sup>†</sup>
- Only from sustainably grown organic coconuts
- Certified USDA Organic & Non-GMO Project Verified
- No palm oil or other filler oils
- Hexane Free
- Non-Hydrogenated—0g Trans fat
- Paleo & Ketogenic diet-friendly



**Dr. Formulated MCT Oil** is perfect for athletes looking for fast energy, those following a Paleo or Ketogenic diet and everyone looking to support brain health.<sup>†</sup>



# TURMERIC-3™

## JUST THE GOOD STUFF™



**Curcuma longa.** is the latin name for Turmeric. This rhizomatous herbaceous perennial plant of the ginger family, Zingiberaceae. The Turmeric plant can reach up to 3ft tall. The leaves alternate and are arranged in two rows. One of the active ingredients in Turmeric is Curcumin.



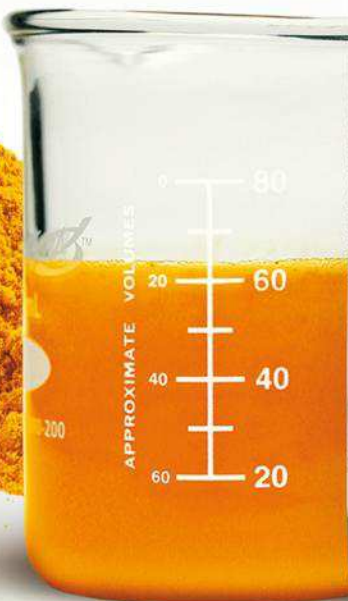
### Turmeric-3™

Supplies the 3 active constituents

- **Curcumin**
- **Demethoxycurcumin**
- **Biodesmethoxycurcumin**

With one of the most comprehensive herbariums in the world, Nature's Answer® has identified Mother Nature's unique botanical fingerprint on over 800 plant reference standards. Utilizing Advanced Botanical Fingerprint Technology®, these authenticated samples each serve as the standard by which all incoming raw materials are judged.

Using carefully-controlled extraction techniques, we capture the holistic balance of each herb and the value is passed on to you, the consumer, who can be assured that the product in your hand is authentic, safe, effective, holistically balanced, and of course...  
**Nature's Answer®.**



# We decided it was time to compare our Turmeric-3™ with other Brands.

Supplying the 3 active constituents.

- Curcumin
- Desmethoxycurcumin
- Bidesmethoxycurcumin

Super Concentrated extract yielding **95% Curcumin.**

**Alcohol Free**

**65-75% ALCOHOL**

**5000mg** per serving



**Turmeric-3™**

This is what **REAL** Turmeric looks like.

**Product A**

This is what alcohol looks like.

## Nature's Answer® is raising the Bar.

Nature's Answer® Family Owned and Operated; The PIONEER in offering the finest quality, USA MADE herbal remedies and nutraceutical products, since our founding in 1972! All products contain the highest purity and quality ingredients which we are proud to use for ourselves and our families. Combining nature with a state of the art laboratory, Advanced Fingerprint Technology® and quality control procedures!

**Turmeric-3™ has a Holistically Balanced® Fingerprint Supplying the Critical 3 Curcuminoids.**

**Just the good stuff.**



ADVANCED BOTANICAL FINGERPRINT TECHNOLOGY®  
www.naturesanswer.com



58

A delicious dessert that can also help tame allergy symptoms? Yes, please!



44

"Biohacking" is the latest buzzword in health—and a powerful tool for wellness.

## features

### 35 All Things Beauty

It's time to roll out the red carpet for our 10th annual Best of Natural Beauty Awards. This year, we've carefully selected 60 nontoxic products that really deliver beauty benefits.

### 44 7 Healthy Hacks to Make Your Life Better

Tap into the power of "biohacking" with these simple ways to improve mental performance, energy, and more.

### 50 Green with Envy

David Sandoval, author of *The Green Food Bible: Could Green Plants Hold the Key to Our Survival?*, offers the inside scoop on green food supplements.

## departments

### 10 TREND WATCH

#### The Bloating Cure

The low-FODMAP diet is all the rage these days, but is it right for you? Here's everything you need to know about this unique eating plan.

### 24 HOT BUYS Just Out

Food and supplement products that we're excited about this month.

### 26 CHECK OUT Fish Oil: Does It Really Work?

We know that omega-3 fats are essential for good health. So why do some studies question the benefits of fish oil supplements? Here are the facts.

### 30 ASK THE NATUROPATHIC DOCTOR Waterworks

Go beyond the clichéd (and often wrong) eight 8-oz. glasses and find out how much water you really need for optimum health.

### 56 AROMATHERAPY Rx Constant Cravings?

When you can't stop thinking about certain foods, just reach for these essential oils.

### 58 EATING 4 HEALTH Nutritional Rx for Allergies

Seven powerful foods that can help quell seasonal sniffles.

### 60 HEALTHY DISH A Taste of Thai

You can't get more flavorful than this Thai salad that blends sweet, salty, sour, astringent, bitter, and pungent.

### 62 QUIZ WHIZ Earth Day Toxin Savvy

How much do you really know about pesticides and herbicides in our food and how to avoid them?

### 63 SHOPPING CART Product Spotlights

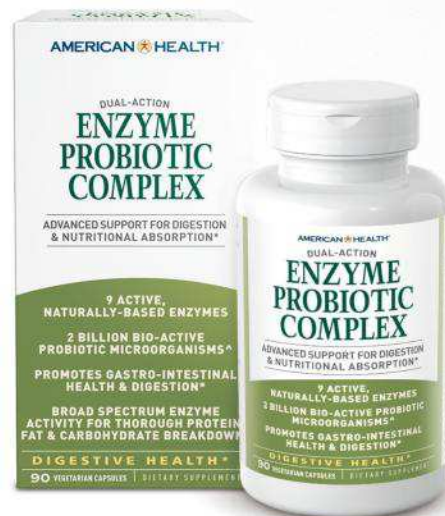
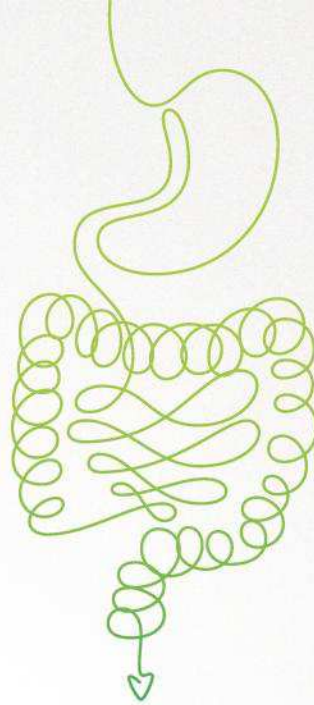
Looking for just the right supplement? We have a few suggestions for you.

### 64 80 YEARS YOUNG Better Nutrition in the 1950s, Part 2

Wheat may have fallen out of favor in recent years, but in the 1950s, wheat germ was a staple of healthy eating.



From  
beginning  
to  
end:  
support  
all  
the  
way  
through.



**When it comes to healthy digestion, sometimes one approach isn't enough.** That's why Dual-Action Enzyme Probiotic Complex gives you the best of both worlds... enzymes *and* probiotics all in one formula.

Enzyme Probiotic Complex contains 9 active, naturally-based enzymes that break food down into absorbable nutrients for energy and cell growth.\* It also contains 2 billion bio-active probiotics^ that promote your natural digestive process and support immune health.\* And, since Enzyme Probiotic Complex works on fats, carbohydrates and proteins... you can be confident that you're getting complete digestive support from just one convenient complex.

So for support from top to bottom... discover Enzyme Probiotic Complex.

Available at health, natural food and vitamin specialty stores.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

\*At Time of Manufacture.

©2018 American Health, Inc. | 18-AH-1044

**AMERICAN HEALTH®**  
*good health made simple™*

[www.AmericanHealthUS.com](http://www.AmericanHealthUS.com)

# What's Old Is New

They say it's not good to live in the past, that you can only live your life forward. I absolutely agree, and this bit of wisdom has helped me many times to let go of resentments, fears, and regrets. But, as much as I strive to live in the moment, I also love vintage things—old houses, retro music, antique furniture—and my latest obsession is combing through the archives of *Better Nutrition*.

As you'll see on p. 64, we're celebrating our 80th Anniversary this year by looking back at health and nutrition trends spanning the decades. The spotlight this month is the 1950s. More than 65 years ago, *Better Nutrition* was on the cutting-edge of natural health. Each issue was jam-packed with interesting, science-backed information on vitamins and minerals, common health concerns, and recipes. I'm learning a lot!

Looking beautiful was one of the more popular article topics, and ads also reflected that trend. Women with Hollywood looks graced the covers, and ads concentrated on beauty-related benefits—from brittle nails and dark under-eye circles to premature aging and dull skin.

As this is our Best of Natural Beauty Awards issue, I was especially drawn to an article titled "Cultivate Your Natural Beauty" by Shirley Kay. Her advice for "clean skin, radiant charm, crimson lips, and a lovely complexion," is ageless: "Simplicity is beauty," she says. "Try to look more like yourself. Then and only then, you will bring out your own beauty, your own personality." What better advice for enhancing your beauty inside and out?

We're taking Kay's advice a step further—cultivate your inner beauty *and* get a little help from natural beauty products and supplements. The 60 award-winning products on p. 35 are too good to pass up. These clean creams, scrubs, serums, supplement formulas, shampoos, and more combine innovative, targeted ingredients with time-tested wisdom—the perfect blend of old and new.

Nicole  
nbrechka@aimmedia.com



## COMING NEXT MONTH

### Health Secrets of 5 Strong Women

Learn about their biggest challenges, successes, and how they stay balanced while following their passion—and how you can do the same.

### Iron Over 50?

Here's what you should know about iron supplements, and why your age has a lot to do with your iron needs.

Get More at  
[betternutrition.com](http://betternutrition.com)



### RayZyn Herb-Crusted Cod

Dried wine grapes give this light and flaky cod dish an unexpectedly sweet twist.

### Bob Harper's Bison Tacos

Lean ground bison, spices, and avocado are tucked into lettuce cups for a terrific take on tacos.

## SIGN UP FOR OUR NEWSLETTER!

**Healthy Buzz**  
Go to [betternutrition.com](http://betternutrition.com) and click on the "Healthy Buzz" button to sign up for our new monthly newsletter.

**Editor in Chief** Nicole Brechka  
**Creative Director** Rachel Joyosa  
**Executive Editor** Jerry Shaver  
**Associate Editor** Elizabeth Fisher  
**Copy Editor** James Naples  
**Beauty Editor** Sherrie Strausfogel  
**Research Editor** Sam Russo, ND, LAC  
**Contributing Editors** Vera Tweed, Helen Gray

**Contributing Designer** Rachel Pilvinsky

**Contributing Writers** Jeannette Bessinger, CHHC, Jonny Bowden, PhD, CNS, Cheryl Cromer, Emily A. Kane, ND, LAC, Chris Mann, Melissa Diane Smith, Lisa Turner, Neil Zevnik

**Production Director** Mark Stokes

**Editorial Offices** 512 Main Street, Suite 1  
El Segundo, CA 90245  
310-873-6952

**Vice President & Managing Director, HLG** Andrew Amill  
AAmill@aimmedia.com

**Group Publisher** Joanna Shaw  
800-443-4974, ext. 708  
jshaw@aimmedia.com

**Associate Publisher** Bernadette Higgins  
bhiggins@aimmedia.com

**Midwest Ad Manager** Lisa Dodson  
800-443-4974, ext. 703  
ldodson@aimmedia.com

**West Coast & Mountain Ad Manager** Cindy Schofield  
310-456-5997  
cindschofield@earthlink.net

**Retail Development Group** 2400 NE 65th Street, Ste. 623  
Fort Lauderdale, FL 33308  
800-443-4974, ext. 702

**Director of Retail Sales** Joshua Kelly  
800-443-4974, ext. 702  
jkelly@aimmedia.com

**Marketing Director** Lauren O'Brien  
laobrien@aimmedia.com

**Marketing Designer** Judith Nesnadny  
jnesnadny@aimmedia.com

**Accounting & Billing** Yolanda Campanatto  
310-356-2248  
ycampanatto@aimmedia.com

**Marketing Coordinator** Carl Kurdziolek  
816-216-7663  
ckurdziolek@aimmedia.com



ACTIVE INTEREST MEDIA

**Chairman & CEO Andrew W. Clurman**  
**Senior Vice President, Treasurer, and CFO Michael Henry**  
**Chief Innovation Officer Jonathan Dorn**  
**Vice President, Controller Joseph Cohen**  
**Vice President, IT Nelson Saenz**  
**Vice President of People & Places JoAnn Thomas**  
**AIM Board Chair Efrim Zimbalist III**

[facebook.com/  
BetterNutritionMagazine](https://www.facebook.com/BetterNutritionMagazine)

[twitter.com/  
betternutrition](https://twitter.com/betternutrition)

[pinterest.com/  
bnutritionmag](https://www.pinterest.com/bnutritionmag)

[instagram.com/  
betternutritionmag](https://www.instagram.com/betternutritionmag)

BETTER NUTRITION, ISSN #0405-668X, Vol. 80, No. 4, Published monthly by Cruz Bay Publishing, an Active Interest Media company, 5720 Flatiron Parkway, Boulder, CO 80301, 303-253-6300, fax 303-443-9757, © 2018 Cruz Bay Publishing. All rights reserved. Mechanical requirements and circulation listed in Standard Rate and Data Service. The opinions expressed by the columnists and contributors to BETTER NUTRITION, are not necessarily those of the editor or publisher. Fraudulent or objectionable advertising is not knowingly accepted. Advertisers and advertising agencies assume liability for all content of advertising and for any claims arising therefrom. Articles appearing in BETTER NUTRITION may not be reproduced in whole or in part without the express permission of the publisher. Microfilm copies of BETTER NUTRITION, are available from University Microfilms, 300 N. Zeeb Rd., Ann Arbor, MI 48106. Authorization to photocopy items for internal or personal use of specific clients is granted by Cruz Bay Publishing, provided that the base fee of US \$2.25 per copy, per page is paid directly to Copyright Clearance Center (CCC), 222 Rosewood Dr., Danvers, MA 01923 USA. The fee code for users of this Transactional Reporting Service is 0405-668X/1999 \$2.25. For those organizations that have been granted a photocopying license by CCC, a separate system of payment has been arranged. Prior to photocopying items for educational classroom use, please contact CCC at 908-750-8400. Organizations or individuals with large quantity photocopy or reprint requirements should call 770-988-9991.



# Delicious Goodness from the Sea



## SeaRich™ Omega-3 – an easier way to get your omega-3s

SeaRich™ Omega-3 is made using the freshest and highest quality omega-3 fish oil. To create a truly delicious family of products, we have blended our fish oils with natural, non-GMO flavors, including monk fruit (a near-zero calorie sweetener). Available in delicious Lemon Meringue, Grapefruit Punch, and Coconut-Lime flavors — **formulas that every member of the family can enjoy!**

Certifications from ISURA™, the International Verified Omega-3™ (IVO™) organization, and the International Fish Oil Standards™ (IFOS™) program guarantee that these sustainably harvested fish oils are of the highest quality.



# A Common Mistake That Prevents Most People From Losing Weight... ...and How To Avoid It!

## Why This Simple “First Step” Should Be Part of Any Weight Loss, Detox, or Digestive Health Program...

**O**ne simple and often overlooked step can significantly change how successful you are in losing weight, shaping your body, and helping to eliminate nagging health problems, like bloating, occasional constipation, “leaky gut,” and low energy levels.\*

If you have ever unsuccessfully battled any of these issues, this may be the most important article you will ever read...

### Why So Many People Have Trouble Losing Weight and Improving Their Health...

“It’s not your fault!” says Jim Caras, author of the weight loss and corrective health book *How to Completely Reshape Your Body!* and founder of Health Direct. “Most people try extreme diets, rigorous exercise programs, harmful stimulants, diuretics, laxatives, and prescription drugs to lose weight and find relief from common health problems like digestive discomfort. No one has ever explained to them how the formation of *toxic build-up* in their intestines is a root being overweight and having underlying health and digestive problems.

Caras continues, “The single greatest challenge our bodies face is the effective removal of waste and toxins. This is why I counsel all my clients to immediately start with a natural herbal colon cleanse to help prevent the formation of and aid in the removal of these toxins, as well as to maintain healthy regular bowel movements – also called eliminations.”

### The “First Step” To Successful Weight Loss and a Slim Waistline

Caras explains, “Cleansing should be the ‘*first step*’ in any weight loss, body shaping, digestive or health improvement program. It’s often overlooked but is critical in creating an environment in your gut for rapid and successful results. And it also positively affects the use of probiotics and enzymes – because unless you first cleanse – these can be useless.”

Caras goes on, “Another fantastic benefit of combining cleansing with a healthy eating program is that you may find your waistline or abdominal area flattens more quickly and completely. A lot of the time, feeling bloated or having a tummy that protrudes is not only from fat on the outside, but toxic build-up pushing out from inside.”

**“The average person can have between 4-25 pounds of this ‘built-up’ toxic intestinal matter in their colon...”**

### You Can't Avoid These...

Every day when we eat food, drink water (including bottled) and breathe air, we are exposed to chemicals like preservatives, toxins, and pollutants – they are everywhere. And, no matter how careful we are in our lifestyle choices we cannot avoid them.

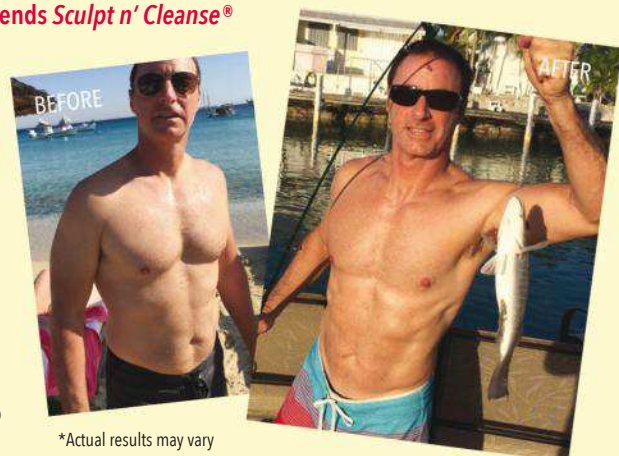
A frightening fact that most people do not realize is that it is the everyday foods and beverages they consume that can cause their bodies the most

problems. These include processed foods like bread, pasta, pizza, white rice, and most foods with flour – even those “naturally made” or gluten-free. Also included are mucus-forming foods like dairy, sugar (natural cane), and even fruits and vegetables exposed to pesticides and other chemicals (and this includes organic produce). Many of these have just become so commonplace

### Weight Loss Author Recommends *Sculpt n' Cleanse*®

Jim Caras, author of *How to Completely Reshape Your Body!* personally uses and recommends *Sculpt n' Cleanse* to all his clients.

The accompanying photos show how Jim quickly trimmed off extra pounds in only 30 days using *Sculpt n' Cleanse*, even in his 50s. Jim also included *AminoSculpt Collagen Peptides* to help tone and shape his body.



\*Actual results may vary

in our lives that everyone consumes them at one time or another, even when eating "clean."

## The Silent "Toxic" Problem Inside Your Gut...

The problem is that the body cannot properly digest and eliminate many of these foods and the substances they contain. They become stuck in the lining of our intestinal tracts in the form of old, dried fecal matter and mucus.

*It is estimated that the average person has between 4-25 pounds of this 'built-up' toxic intestinal matter in their colon - and it can keep accumulating over the years!*

Caras refers to this accumulation as "toxic intestinal build-up." Its form varies considerably and depends on the chemical conditions in a person's intestines. It may be hard and brittle; firm and thick; tough, wet, and rubbery; soft and containing mucus, or transparent and thin. It can range in color from light brown, black or greenish-black to yellow or grey, and will often emit an intensely foul odor.

## "Recirculating" Trouble

The problem is once this build-up is created, it is not routinely excreted from the intestines – even with regular bowel movements.

The intestinal build-up gets in the way of regular daily bowel movements, as well as inhibits optimal nutrient absorption from the food and supplements we take.\* It can also harbor pathogens like bacteria and parasites.

When our bodies cannot fully and regularly eliminate the food we eat, the toxins they often contain can accumulate and be detrimental to our health. Even worse, these substances can be absorbed and recirculated throughout the body contributing to a host of health and digestive issues.\*

## Why Your Protruding Belly May Be A Sign of Health Issues to Come...

Besides "pushing out" and bloating the abdomen, this "build-up" can also contribute to unhealthy weight gain, the inability to lose weight or flatten the waistline (even when dieting or

exercising) and a slower metabolism.

The poisons from the build-up can contribute to many health and digestive issues, including those related to skin, fatigue, joints, immune health, mood, and cognition.\*

Gastroenterologist Dr. Anthony Bassler tells his colleagues, "Every physician should realize that intestinal toxemias [*toxins*] are one of the most important primary and contributing causes of many health problems of the human body."\*

## Cleansing – The Simple Solution...

The only effective way to eliminate toxic intestinal build-up is to use an herbal cleansing supplement and follow a healthy eating program. Caras explains, "In addition to helping you have healthy, regular bowel movements, specific cleansing herbs help to quickly and thoroughly break down toxic intestinal build-up, so it can be easily removed from your system."\*

## Choosing the Right Cleansing Supplement

When choosing a cleansing supplement, be cautious as the quality and effectiveness can vary greatly. The problem is that herbs listed on many cleansing supplements *may look similar*, but do not work the same. Where the herb originates, which part of the plant (i.e. root, leaf, bark) is used and how it is processed, all make a significant difference between receiving an effective product that works versus one that does not.

## The #1 Rated Colon Cleanse

One of the best product choices is



*Sculpt n' Cleanse*®, a trusted herbal cleansing supplement for over 20 years and rated #1 by consumers.

*Sculpt n' Cleanse* is one of the most potent, yet gentle and safe cleansing supplements available. It is an easy-to-use, self-regulating formula that produces noticeable results while allowing you to continue with your normal daily activities. This is important as many cleansing supplements must be used with strict, unrealistic diets, or are just too harsh, forcing you to take them only when near a restroom.

## Time-Tested...And Guaranteed

*Sculpt n' Cleanse* uses a unique selection

## The "First Step" to a Better Body™ *Sculpt n' Cleanse*® helps support:\*

- ✓ Weight loss
- ✓ Flattening the waistline
- ✓ Occasional constipation and restore regularity
- ✓ Relief from bloating
- ✓ Removal of excess toxins

## 120% MONEY-BACK GUARANTEE

If *Sculpt n' Cleanse* isn't the best colon cleanse formula you've ever used, we'll refund your money plus an extra 20%!\*

To Find *Sculpt n' Cleanse*  
Call Toll-Free: 1-800-989-9531, Dept 2961  
Or Visit: [sculptncleanse.com/bn](http://sculptncleanse.com/bn)

of specific parts of rare herbs blended together in precise ratios. It is natural and contains no binders, fillers, or thermogenic stimulants. *Sculpt n' Cleanse's* herbs are screened and finely milled for quick release and absorption. This premium cleanse is also non-GMO, vegan-friendly and gluten-free.

*Sculpt n' Cleanse* is time-tested and over 1,000,000 bottles have been used with safe and outstanding results. ■



## Use *Sculpt n' Cleanse*® with NEW *AminoSculpt*® COLLAGEN ENERGY...

Using *AminoSculpt Collagen Energy* with *Sculpt n' Cleanse* will help you accelerate fat loss and body toning. Even better, you'll experience more stimulant-free energy and all the beauty benefits of collagen.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Results may vary. ©2018 D&J Vision Marketing, Inc.  
\*\*Call Health Direct for details on money-back guarantee. Policies may vary among retailers. Please call your local retailer for their policy.

# trend WATCH

///BY VERA TWEED

## Is the Low-FODMAP Diet Right for You?

"I look like I'm pregnant and I'm not." That's the most common complaint heard by dietitian Danielle Capalino, RD, author of *Healthy Gut, Flat Stomach: The Fast and Easy Low-FODMAP Diet Plan*. Bloating, gas, and other digestive problems can be resolved with a low-FODMAP plan, she says, but it needs to be tailored to you.

### What is FODMAP?

More than a decade ago, scientists at Monash University in Australia discovered that certain types of carbohydrates are hard to digest, and coined the term FODMAP, an acronym for technical names of the offending ingredients (Fermentable Oligosaccharides, Disaccharides, Monosaccharides, and Polyols). FODMAPs are present in many foods and food additives (including sugar-free sweeteners ending in "-ol"), but levels and individual reactions vary. Digestive

issues can be resolved by finding which high-FODMAP foods offend your body and avoiding them.

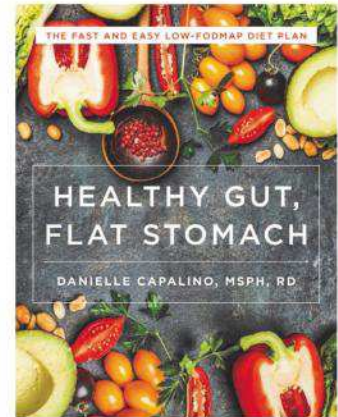
"These foods don't look alike or taste alike," says Capalino. "They don't have anything visible in common." Only lab tests can determine FODMAP levels. For example, apples and cauliflower are high-FODMAP, but oranges and tomatoes are low-FODMAP.

### How the FODMAP Plan Works

"A mistake a lot of people make is to try it indefinitely," says Capalino, "but it has three phases."

#### \* Elimination phase:

Avoid all high-FODMAP foods until symptoms resolve, most often in two to six weeks, but sometimes more quickly.



- \* **Testing phase:** Gradually reintroduce high-FODMAP foods, one at a time, to identify problematic ones.
- \* **New eating pattern:** Once you've identified your personal trigger foods, work to avoid them on an ongoing basis.

### to learn more:

- \* See "High and low FODMAP foods" and apps at [monashfodmap.com](http://monashfodmap.com)
- \* Check out Capalino's program at [daniellecapalino.com](http://daniellecapalino.com)

"For me, it might mean not eating onions and garlic, and for you, it might mean not eating milk and beans, so it's very personalized," says Capalino. The key is to find what works for you.





# Garlic Is Good. *Aged Garlic Extract* Is Better.



All garlic supplements are simply *not* the same. Our aging process results in a product that contains safe, stable, bioavailable compounds with antioxidant properties *not found in other supplements*.

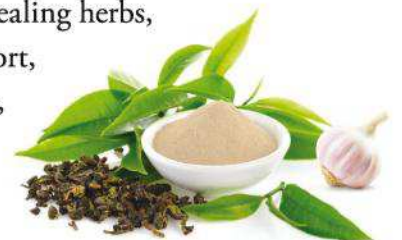


*Kyolic is the most researched garlic supplement on the market.*

The subject of over 750 peer-reviewed articles over 45 years, you can trust Kyolic organically grown Aged Garlic Extract™ to support your long-term preventative care goals, like healthy blood pressure, cholesterol and overall cardiovascular health.

Our wide range of formulas incorporates healing herbs, vitamins and nutrients for immunity support, liver detoxification, inflammation response, cognitive health and more!

Proven benefits *backed by science.*



For a free sample visit [Kyolic.com/sample-request](https://www.kyolic.com/sample-request)

[Kyolic.com](https://www.kyolic.com)

# trendWATCH

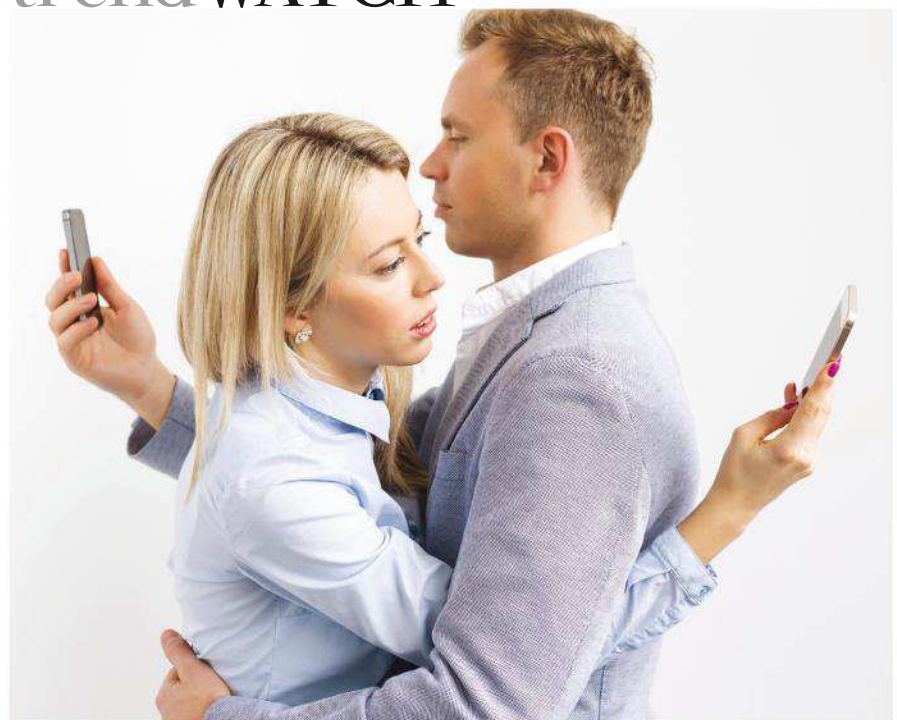
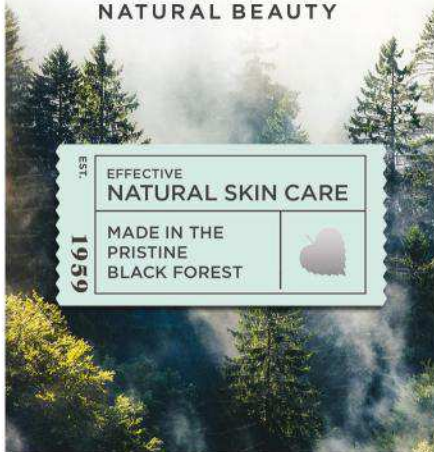
GIVES  
YOUR FACE  
A PICK-ME-UP



Blood Orange Serum with vitamin C stimulates, refreshes and vitalizes skin for a fresh and vibrant look.

[www.borlind.com](http://www.borlind.com)

**ANNEMARIE  
BÖRLIND**  
NATURAL BEAUTY



## breaking the **Smartphone Addiction**

Do you feel naked without your phone? Does it substitute for conversations, or sleep next to your bed? With its apps and social media platforms, a smartphone is designed to keep our eyeballs glued to the screen. It's addictive and profitable, with Apple users alone spending about \$100 million each day on apps. But is it in our best interests?

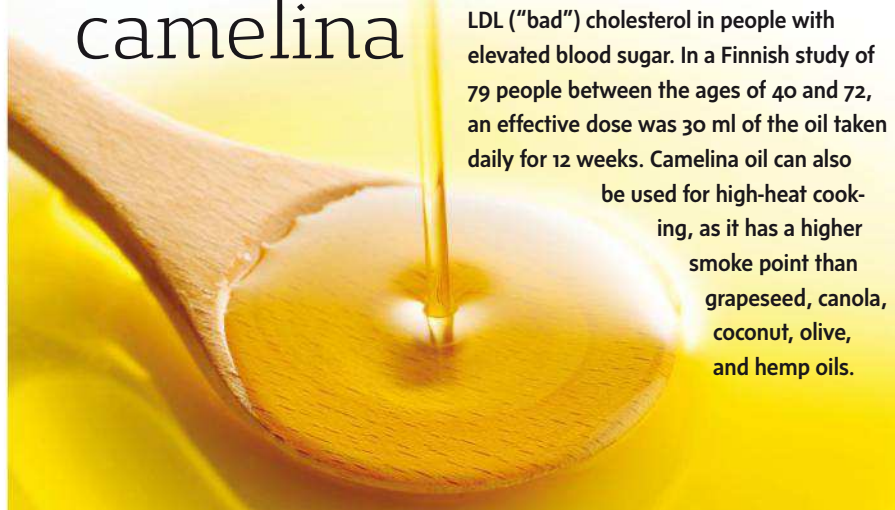
Some former employees of Google and Facebook are saying, "No." They created the Center for Humane Technology to reverse what they call the "digital attention crisis." Some of their top tips:

- \* **Get a regular alarm clock, and charge your phone outside the bedroom at night.**
- \* **Turn off all notifications except those from people you care about.**
- \* **Try living without social media on your phone.**

For more tips, visit [humanetech.com](http://humanetech.com)

**A NEW  
HEALTHY OIL:**

# camelina



A plant source of omega-3 fats, camelina oil has been found to reduce overall and LDL ("bad") cholesterol in people with elevated blood sugar. In a Finnish study of 79 people between the ages of 40 and 72, an effective dose was 30 ml of the oil taken daily for 12 weeks. Camelina oil can also

be used for high-heat cooking, as it has a higher smoke point than grapeseed, canola, coconut, olive, and hemp oils.

Say HELLO to my  
taste bud treating  
PLANT PROTEIN POWERED  
creamy peanut buttery  
friend

KASHI® GOLEAN PEANUT BUTTER CRUNCH

is my happy. -Zarini, Team Kashi

Share Your  
Happy



Kashi

MAKES  
WRINKLES  
ALMOST  
DISAPPEAR



Firms, tightens and strengthens the skin for a smooth, radiant complexion.

[www.borlind.com](http://www.borlind.com)

**ANNEMARIE  
BÖRLIND**  
NATURAL BEAUTY

EST. 1959  
EFFECTIVE  
NATURAL SKIN CARE  
MADE IN THE  
PRISTINE  
BLACK FOREST

## 3 Surprising Uses for BAKING SODA

You may know that baking soda can freshen your breath, act as a natural deodorant, and relieve heartburn, but it can do a lot more, according to Britt Brandon, author of *Baking Soda for Health: 100 Amazing and Unexpected Uses for Sodium Bicarbonate*. Here are three uses that surprised us:

- \* **REMOVE A SPLINTER:** Soak in a solution of ¼ cup baking soda and 1 cup water to help your body naturally eject the splinter.
- \* **RELIEVE MIGRAINES:** Drink 1 tsp. baking soda dissolved in 8 oz. of water, or add baking soda to a bath and have a relaxing soak.
- \* **TENDERIZE TOUGH MEAT:** Soak meat for 15–20 minutes in a 4:1 ratio of water to baking soda, such as 1 cup water with ¼ cup baking soda. Make enough solution to cover meat and add a marinade if desired. After soaking, don't rinse meat before cooking.



## VITAMIN E TOCOTRIENOLS *good for bones*

In nature, vitamin E is a family of nutrients that includes tocotrienols. In a recent study at Texas Tech University in Lubbock, tocotrienol supplements were found to improve bone health in postmenopausal women with osteopenia (low bone density that isn't low enough to be diagnosed as osteoporosis). In the 12-week study, women took either 430 or 860 mg daily of a supplement extracted from annatto seed, with 90 percent delta-tocotrienol and 10 percent gamma-tocotrienol. In contrast, the most popular form of vitamin E in supplements, alpha-tocopherol, has not been found to improve bone health.



## New Hope to Beat Alzheimer's

A special form of vitamin B<sub>3</sub>, nicotinamide riboside (NR), shows promise in the fight against Alzheimer's disease, according to a mouse study by researchers at the National Institutes of Health. The study found that when treated with NR, mice with Alzheimer's had less DNA damage, produced new brain cells, and were better able to function. "We are encouraged by these findings," said senior investigator Vilhelm Bohr, MD, PhD. An earlier human study, at the University of Iowa in Iowa City, found that NR enhanced cellular energy and protected against stress and DNA damage.



# COOKING WITH COLLAGEN

MAKES EATING HEALTHY SIMPLE & DELICIOUS.



GLUTEN FREE

*peanut*  
CHOCOLATE  
TRUFFLE  
*butter*

*(Gluten-free, Grain-free, Egg-free, Soy-free, optionally Dairy-free and Nut-free) Makes 24*

**INGREDIENTS:**

- ¾ cup sifted powdered sugar
- ½ cup creamy peanut butter or seed butter
- 3 tablespoons unsalted butter or dairy-free butter, melted
- 4 tablespoons NeoCell Super Collagen
- 1 ¼ cups semisweet chocolate chips or dairy-free chocolate chips
- 1 tablespoon vegetable shortening
- Flaky sea salt

**HOW TO MAKE IT:**

- Line a baking sheet with parchment or waxed paper.
- Combine the powdered sugar, peanut butter, butter, and collagen together in a mixing bowl and mix until fully combined. Divide the mixture into 24 equal-sized balls. Place on the prepared baking sheet and refrigerate for 30 minutes.
- Combine the chocolate chips and shortening in a microwave-safe bowl and microwave on high power for 60-90 seconds or until most of the chocolate chips are melted. Stir until smooth and glossy. Dip the truffles into the chocolate to coat and place back on the baking sheet. Sprinkle the top with a small pinch of sea salt and refrigerate for another 15-30 minutes.

Recipe by  
Carol Kicinski

NEOCELL  
the true science of collagen

For more Collagen infused recipes visit [neocell.com/recipes](http://neocell.com/recipes)

# trendWATCH

MAKES  
EYES  
LOOK  
YOUNGER



Counteracts the early formation of fine lines and wrinkles to give eyes a youthful glow.

[www.borlind.com](http://www.borlind.com)

ANNEMARIE  
BORLIND

NATURAL BEAUTY

EST. 1959  
EFFECTIVE  
NATURAL SKIN CARE  
MADE IN THE  
PRISTINE  
BLACK FOREST

## best MOOD FOODS at different life stages

Meat, be it red or white, is the best food to boost mood among adults under age 30, according to a study of more than 500 people at Binghamton University, State University of New York. But after age 30, fruit ranks higher, along with eating breakfast, skipping coffee, and avoiding sugary and starchy foods. "With aging, there is an increase in free radical formation (oxidants), so our need for antioxidants increases," said lead researcher Lina Begdache, PhD. "Also, our ability to regulate stress decreases, so if we consume food that activates the stress response, such as coffee and too much carbohydrates, we are more likely to experience mental distress."



92%

When looking for that special someone, 92% of people rank a great personality higher than a great body, according to an online survey of over 1,000 American adults by Planet Fitness. Other desirable attributes include a sense of humor, a positive attitude, and an open mind.

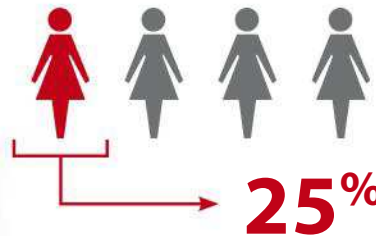
## Curcumin Boosts Memory and Mood

Taking curcumin daily can improve memory and mood, according to a study of 40 people between ages 50 and 90 with mild memory complaints. Compared to a placebo, memory improved by 28 percent after 18 months of supplementation with 90 mg of curcumin, twice daily, and brain scans showed reduced formation of plaques and tangles, which are associated with Alzheimer's. "Exactly how curcumin exerts its effects is not certain," said lead researcher Gary Small, MD, of the University of California Los Angeles Longevity Center. "But it may be due to its ability to reduce brain inflammation, which has been linked to both Alzheimer's disease and major depression."

# TIRED OF BEING TIRED?

## FLORADIX HELPS REDUCE EXHAUSTION AND FATIGUE\*

Life is busy and trying to juggle family and work can leave you feeling exhausted and run-down...especially if you are iron deficient. Floradix is a low-dose supplement designed to prevent and treat iron deficiency and has been helping women reclaim their energy and vitality for over 60 years.



**Iron deficiency affects 20% to 25% of the world population,<sup>1</sup> with iron-deficiency anemia the most common type of anemia.**

Reference

<sup>1</sup>. McLean E, Cogswell M, Egli I, et al. Worldwide prevalence of anaemia, WHO Vitamin and Mineral Surveillance Information System, 1993-2005. Public Health Nutrition 2009; 12(4): 444-54.

## We all need iron for energy.

Women are especially prone to iron deficiency due to periods, pregnancy, and breast-feeding. In fact, menstruation is the main reason women are 10 times more likely than men to suffer from low iron levels. Just a few consecutive heavy periods can cause iron losses that are difficult to reverse without supplementation.

## Is iron missing in your diet?

If your diet hasn't been giving you the recommended 18 mg of iron a day and you're feeling tired and run-down, Floradix® Liquid Iron + Herbs could be the simple solution. In addition to iron, Floradix's gentle formula contains vitamins B1, B2, B6, B12, as well as vitamin C. Vitamin C helps the body absorb the form of iron found in fruits and vegetables, like those found in Floradix's liquid base.



## Iron-deficiency symptom checklist:

Are you iron-deficient?

- Do you often feel weak?
- Do you look pale, lack appetite, or feel tired?
- Are you often cold or chilly?
- Do you have brittle hair and nails?
- Are you vegetarian?

The more questions you answered "yes" to, the higher your risk of being iron deficient.

## Feel the difference Floradix® makes:

- Nonconstipating
- Dairy-, lactose-, & alcohol-free
- Free of artificial colors & flavors
- Safe, utilizable dosage
- Formulated for maximum absorption
- Contains whole food & herbal extracts
- Certified kosher
- Suitable for vegetarians



**VEGETARIAN + NON-GMO + ADDITIVE- & PRESERVATIVE-FREE**  
1-888-436-6697 | WWW.FLORAHEALTH.COM

\*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

the **Passion**  
behind the **Product**

## No Grape Left Behind

How disaster led to the development of Wine RayZyn, a sustainable superfood snack // By Neil Zevnik

Their journey began when the Cates family acquired Segassia Vineyard on Mt. Veeder in Napa, Calif., in 2013, a storied property that had been at various times a hog farm, a fruit and nut orchard, and a sustainable vineyard. A restored century-old farmhouse on the property became their home.

With three generations of organic farming in their history, the Cates were determined to take the vineyard further. So all farming was done by hand, water came from natural springs, and owl boxes, beehives, and cascades of ladybugs took the place of chemicals and weed-killers. And Segassia continued to grow as a respected source of grapes and wine.

Patriarch of the clan, Dr. Chris Cates, was a well-known cardiologist who routinely recommended red wine to his patients for its antioxidant advantages. One day, as he and his son Andrew were sampling grapes left on the vines after the harvest, they started toying with an idea: what if they could translate those

“lost” grapes into a product that would offer the benefits of wine in a convenient form—and without the alcohol. “No grape left behind,” as Andrew puts it.

Thus was born Wine RayZyns. Chris’ passion for healthy eating and Andrew’s passion for sustainability found expression in a superfood snack that offers mega-doses of antioxidants and polyphenols in handy little handfuls.

### The Passion

Those passions were admirable, and the results impressive. But unforeseen events led the Cates to an even greater passion, and a heartfelt contribution to their community and beyond. It involved personal loss, rising up from the ashes (literally), and turning tragedy into triumph.

In the fall of 2017, wildfires raged through Segassia, obliterating the vineyards and razing the Cates’ home to the ground. Even in the midst of their own devastation, they looked outward; all around them, there were millions of dollars worth of grapes on the vine, no longer usable for wine-making and destined to be discarded. But the Cates had a way to save those grapes and make them into something even more potent. As Andrew



A passion for healthy eating and sustainability helped Andrew (left, inset) and Chris (right, above) Cates turn a natural disaster into a thriving, socially conscious company.

realized, “We could take the byproduct of one disaster and create a shelf-stable superfood that could be used to help feed people in other disaster-struck areas.”

They partnered with The Food Recovery Network, a nonprofit whose mission is to eliminate food waste and feed the hungry, to create Rescue RayZyns. Made from unharvested wine grapes from throughout the fire-devastated region, Rescue RayZyns are intended to be distributed to victims of natural disasters, with additional proceeds going to firefighters’ organizations. “We want to be an example for other companies to join us in food waste awareness and how we can band together to feed hungry people in our communities,” Andrew explains.

Now that his home is no more, Andrew is going mobile for a while. He plans to travel the country in an RV wrapped in Rescue RayZyn designs, bringing his passion and his mission to as many people and places as possible. And so another journey begins, one that’s well worth taking. Wave if you see him!

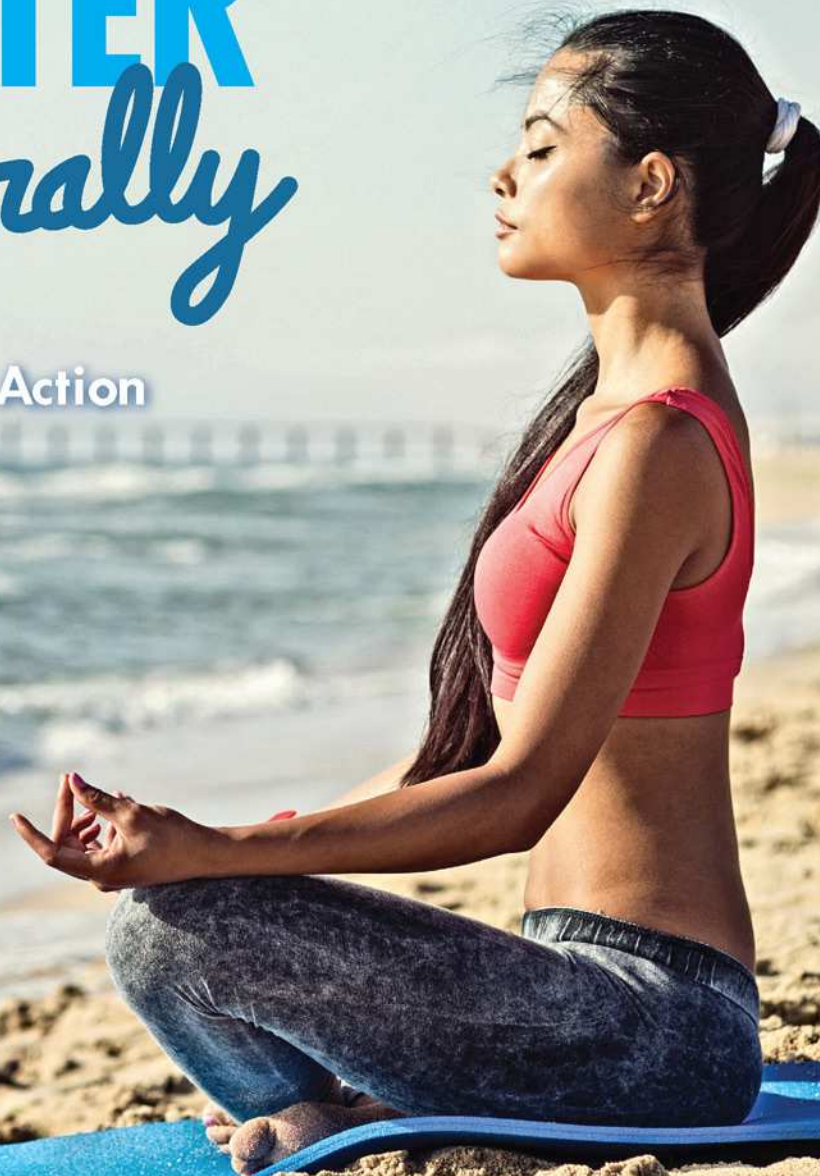
**web exclusive!**  
Visit [betternutrition.com](http://betternutrition.com) for a recipe for RayZyn Herb-Crusted Cod, featuring RayZyn's dried grapes.

Neil Zevnik is a private chef in Los Angeles who tends to the culinary needs of the rich and famous; blogs about food, nutrition, and the environment for *The Huffington Post*; and volunteers with marine mammal rescue whenever he can. Learn more at [neilzevnik.com](http://neilzevnik.com).

# BREATHE BETTER *Naturally*

## Xlear Triple Action Nasal Spray

- Cleans
- Moisturizes
- Protects



#imXlear



### X XLEAR PROACTIVE SINUS CARE

Use the natural alternative to medicated sprays.

Doctor-recommended Xlear® Triple Action Nasal Spray alleviates congestion and dryness due to colds, flu, and indoor allergies without drugs, rebound, or addiction. [xlear.com](http://xlear.com)

SAVE <b>\$2</b>	<b>X XLEAR</b> ANY ONE (1) XLEAR® PRODUCT	 0700596-008611
<small>MANUFACTURER'S COUPON EXPIRES 12/31/2019 CUSTOMER: REDEM ONLY BY PURCHASING THE BRAND AND SIZE INDICATED. MAY NOT BE REPRODUCED, VOID IF TRANSFERRED TO ANY PERSON, FIRM, OR GROUP PRIOR TO STORE REDEMPTION. LIMIT ONE COUPON PER PURCHASE. RETAILER: XLEAR INC., WILL REIMBURSE YOU THE FACE VALUE OF THIS COUPON PLUS 8 CENTS HANDLING IN ACCORDANCE WITH OUR REDEMPTION POLICY (COPY AVAILABLE UPON REQUEST). CUSTOMER MUST PAY ANY SALES TAX. SEND COUPON TO: XLEAR, MANUFACTURING, PO BOX 490 DEPT #1112, TOLATE, CA 91960 CASH VALUE: 1/1000CENT XLEAR.COM</small>		

## In the Spotlight: Bob Harper

How *The Biggest Loser* trainer and host turned a major health scare into a new path to wellness // By Chris Mann

Bob Harper couldn't have been more fit at 51. Working out by day, the bestselling *Skinny Rules* author was penning his next diet and nutrition book by night. And then, on February 12, 2017, a massive heart attack—due primarily to a genetic condition called high lipoprotein(a)—nearly took his life.

"When I woke up two days later in the hospital, I was in the middle of writing this book," Harper says. "I had to go back to the drawing board because I knew that so many things were going to be different, and I wanted my personal story in the forefront. Because what happened to me became so public, I knew that I'd have to address it. And after all of the conversations I've had with different nutritionists and doctors, the word that kept coming into my head was 'balance.' I needed balance in my life and on my plate."

Enter *The Super Carb Diet: Shed Pounds, Build Strength, Eat Real Food*. "I decided that this book's plan needed to be more of a balance of macronutrients—protein, fat, and carbs—and then incorporating more vegetables. This was how I was being told to eat, and this was how I really wanted the book to be geared."

Also reflecting his new emphasis on stress reduction, this nutrient-rich, food-measuring protocol recommends specific workouts, stress-alleviation strategies, and sleep habits. Although it's designed as a weight-loss and management program, the *Super Carb* principles can change your plate for good. "It's a 90-day plan, but this book can also be a way of eating for the rest of your life," says Harper.



### Why the change of heart about carbs, which you used to rule out after lunch?

If you're trying to lose weight quickly, a great way to do it is to eliminate your carbohydrate intake. What I'm realizing now is how difficult that is to sustain. So when I decided to put *The Super Carb Diet* to the test, I wanted it to be balanced. And instead of having those several smaller meals throughout the day, I wanted to go back to having three square meals a day with one (carb-free) floater meal. When you eat like this, you can eat carbs at night because you're balancing them out with the proper amount of protein and fat. Together it makes for a really strong combination and something you can do for the long run.

### So what is a "super carb"?

The super carbs are your fresh fruit, your leafy greens, your complex carbohydrates. I'm a person who wants to be able to eat a sandwich and not feel like I've committed a cardinal sin. To be able to have a breakfast sandwich is something I really enjoy. And if I wanted that breakfast sandwich at 8 p.m. for my dinner, then it's also going to work into my plan. I love pasta, and I've been having this lentil pasta that I really, really like. So lentil pasta and a chickpea pasta that I found are two of my favorite super carbs.

### What are the waistline benefits of such high-fiber carbs—versus "cabbage"?

You want food that's going to take longer to digest. Fiber-rich complex carbohydrates are a slower burn in the system. When they team up with proper portions of protein,

fat, and fibrous vegetables, you're going to be satisfied. What I call cabbage are the simple carbs that rip through your system and leave you hungry 30 minutes later. Suddenly, you're like, "Why am I gaining all this weight? It's got to be the carbs." Well, no, it's the choice of carbs, the choice of all the foods you're eating.

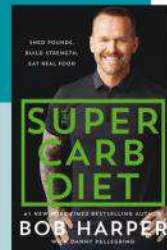
### How do healthy fats fit into this diet?

We want those good fats—like those in avocados, almond butter, and healthy oils—that help to lower LDL (bad cholesterol) and increase HDL (good cholesterol). But people have kind of gone overboard. People out there are saying, "Have all the fat you want as long as you don't have carbs." What I try to tell people is that if you're trying to lose weight, don't feel like you can sit in front of the television with a bag of almonds. There are benefits (to eating healthy fats), but it has to be portioned out.

### The Super Carb Diet requires a food scale. Isn't this a bit daunting?

People get frustrated about that in the beginning. But the way I want you to eat, you've got to measure out your protein, your fat, and your carbs—and then you'll start to realize what a real portion size looks like. At first, I was so annoyed that I would have to do this, but now I don't have to do it. I know what 5 oz. of protein looks like. After you start understanding this and seeing the results of scaling, it becomes second nature.

**Win a Copy of This Book!** Bob Harper is giving away 15 copies of his new book to *Better Nutrition* readers (thank you, Bob!). Enter to win by emailing your name and address to [betternutritionfreebie@gmail.com](mailto:betternutritionfreebie@gmail.com). Please put "Bob Harper Book" in the subject line.



Chris Mann is a celebrity wellness and fitness writer, natural health brand storyteller, entertainment author and journalist, and digital-content producer (ChrisMann.tv). Check out his blog, [wellseeingtv.com](http://wellseeingtv.com).



betternutrition  
**BEST OF  
 NATURAL  
 BEAUTY  
 AWARD WINNER**  
 2018

## Makeover Your Cabinet Keep Good Health Close at Hand

Stock your cabinet with Dr. Ohhira's award-winning formulations today. With more than 25 years of research, Dr. Ohhira's formulas will revolutionize your family's healthcare strategy by supporting optimal digestion, a healthy immune system, balanced Omega-3's and healthy, glowing skin.\*

### Discover the Dr. Ohhira Difference!™

- Dr. Ohhira's Probiotics®**  
 The ONLY 3-year fermented whole food supplement with pre-, pro- and postbiotics for optimum health\*
- Dr. Ohhira's Essential Living Oils™**  
 important building blocks of nutrition, these essential fatty acids are vegan certified\*
- Dr. Ohhira's Propolis Plus®**  
 vegetarian certified proprietary blend of Brazilian green propolis with astaxanthin and probiotic support\*

- Dr. Ohhira's Probiotic Kampuku® Beauty Bar**  
 vegan certified, gentle skin cleanser with natural plant extracts and the protective qualities of probiotics\*
- Dr. Ohhira's Probiotic Magoroku® Skin Lotion**  
 unscented, chemical-free, hypoallergenic, natural moisturizer with botanical extracts and probiotic support. The Hadayubi™ Lavender Moisturizer contains lavender essential oils for a soothing experience.\*

## ESSENTIAL FORMULAS®

Find Dr. Ohhira's Formulas at better health food stores nationwide. • [www.EssentialFormulas.com](http://www.EssentialFormulas.com) • (972) 255-3918

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Dr. Ohhira's Probiotics® is a registered trademark of Essential Formulas Incorporated. Become a friend of Dr. Ohhira on Facebook.



# ANCIENT NUTRITION

## IS BONE BROTH THE MISSING LINK TO YOUR HEALTH?

For as long as humans have been cooking food over fire, bone broth—the simmering stock of bones otherwise discarded—has been a daily part of life, celebrated by cultures around the world. Not only does bone broth add depth of flavor to recipes and meals, it also imparts significant and broad health benefits that are now capturing the attention of millions. Bone broth may be the “hottest trend in health” today, even though it is centuries old. Could it be the missing link that you’ve been searching for?

### CELEBRITY TREND *DU JOUR*

One thing that actors, professional athletes, executives and television personalities all have in common are high-performance lifestyles. So it is little wonder that the media seems to be reporting almost daily on the celebrities that are making bone broth a central component of their health and fitness program.

You will also see bone broth very well represented if you take a stroll down the aisle of your local bookstore and a surprising number of “broth cafes” have opened up in New York City as people are trading in their morning cup of coffee for the benefits that bone broth can deliver!

### PERFECT FOR PALEO LIVING

Another audience that is “fueling the fire” of the bone broth movement is the rapidly-growing group of people following a Paleolithic-inspired eating and lifestyle program. And its not just weekend warriors and hardcore fitness advocates that are contributing to the growth. Recent statistics indicate a wider demographic of people is “going Paleo” and estimate that 54% are women and 76% are college educated. The world of health and fitness is often dominated by fads and trends; however, all the data suggests that this is a modern-day phenomenon, based on ancient wisdom, that is not going away any time soon.

### WHY ALL THE HYPE?

Bone broth is typically rich in protein, collagen, gelatin, glucosamine, chondroitin and key minerals often missing in diet. These vital nutrients support a wide range of health benefits and body systems including:

- ▶ Healthy detoxification, gut and immune system<sup>†</sup>
- ▶ Healthy joints and lean muscle mass<sup>†</sup>
- ▶ Healthy and vibrant skin, hair and nails<sup>†</sup>
- ▶ Metabolism and a healthy weight<sup>†</sup>



**Natural | Gluten Free | Dairy Free | Soy Free | Grain Free | Nut Free**



# BONE BROTH PROTEIN™

## MODERN SUPERFOOD

### BRINGING THE BENEFITS OF BONE BROTH TO THE PEOPLE

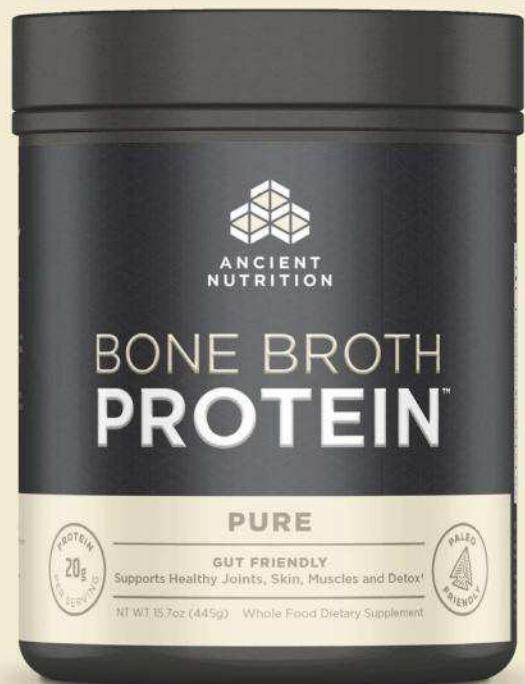
Two major drawbacks to experiencing the benefits of bone broth is the time to make it at home and expense to buy it pre-packaged. Introducing **Bone Broth Protein™**—a breakthrough in protein supplementation that delivers the benefits of bone broth in an easy-to-mix, convenient and on-the-go form.

Not only does Bone Broth Protein™ pack 20g of gut-friendly and Paleo-friendly protein per serving, it also provides Bone Broth Co-Factors such as collagen, glucosamine, chondroitin, hyaluronic acid and key electrolyte minerals to support the health of your gut, joints, muscles, skin and healthy detoxification.†

Bone Broth Protein™ is free of common allergens and the ideal protein source for those sensitive to dairy, grains, egg, beef, nuts and legumes. Carefully-crafted quality you can trust and tested to be GMO free.

### 5 BIG BENEFITS OF BONE BROTH PROTEIN™

1. Saves You Time
2. Saves You Money
3. Packed with 20g Protein  
+ Bone Broth Co-Factors
4. Whole Food Supplemental Protein
5. Diet, Paleo and Gut Friendly



Other Delicious and Functional Flavors Available

[WWW.BONEBROTHPRO.COM](http://WWW.BONEBROTHPRO.COM)

†These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

# Just Out

Check out these exciting food and supplement arrivals at your local health food store



## 1 A Quick Quinoa Fix

Throw together meals in a flash with **Ancient Harvest Organic Ready to Eat Quinoa packets**. Each microwavable pouch makes two servings and contains 8–10 grams of protein. We love how clean they are—no gluten, rice, GMOs, or fillers. Pick from four savory flavors: **Lentils & Garlic**, **Sea Salt**, **Chickpeas & Garlic**, and the line’s newest addition, **Southwestern**. We know what we’re having for dinner!

## 2 Turmeric, Pure & Simple

Also known as “Indian saffron” for its deep yellow color, turmeric has been used as a spice and medicine for nearly 4,000 years! **Pure Indian Foods Organic Turmeric Powder** is an ultra-pure and potent form of the healing herb, sourced from farmers in India. It’s non-GMO and boasts 4–5% naturally occurring curcumin, the active ingredient in turmeric. All batches are also lab-tested for heavy metal content.

## 3 Get More with Spores

**Dr. Mercola Complete Spore Restore** is a spore probiotic supplement made with soil-based organisms (SBOs). These bacteria spores, which were a natural part of our ancestors’ diets, provide key “reconditioning” strains of bacteria that help protect and renew your



gut flora, and prepare it for the introduction of probiotics, which can be combined with this formula. SBOs also help your microbiome recover from ongoing assaults.

## 4 Crunch Time

There’s something extra special about **Crunchmaster Crackers**—their signature crunch can’t be beat. And now they’ve impressed us again with their line of **Tuscan Peasant Crackers**, available in **Rosemary**, **Garlic & Italian Herb**, and **Simply Olive Oil & Sea Salt**. Inspired by old-world Tuscan recipes, these robust gluten-free crackers have 16 grams of whole grains per serving. Plus, they are non-GMO. Time to start snacking!

## 5 Spoon It Up

Let’s face it: vegan protein powders can be hit or miss when it comes to texture, tasting

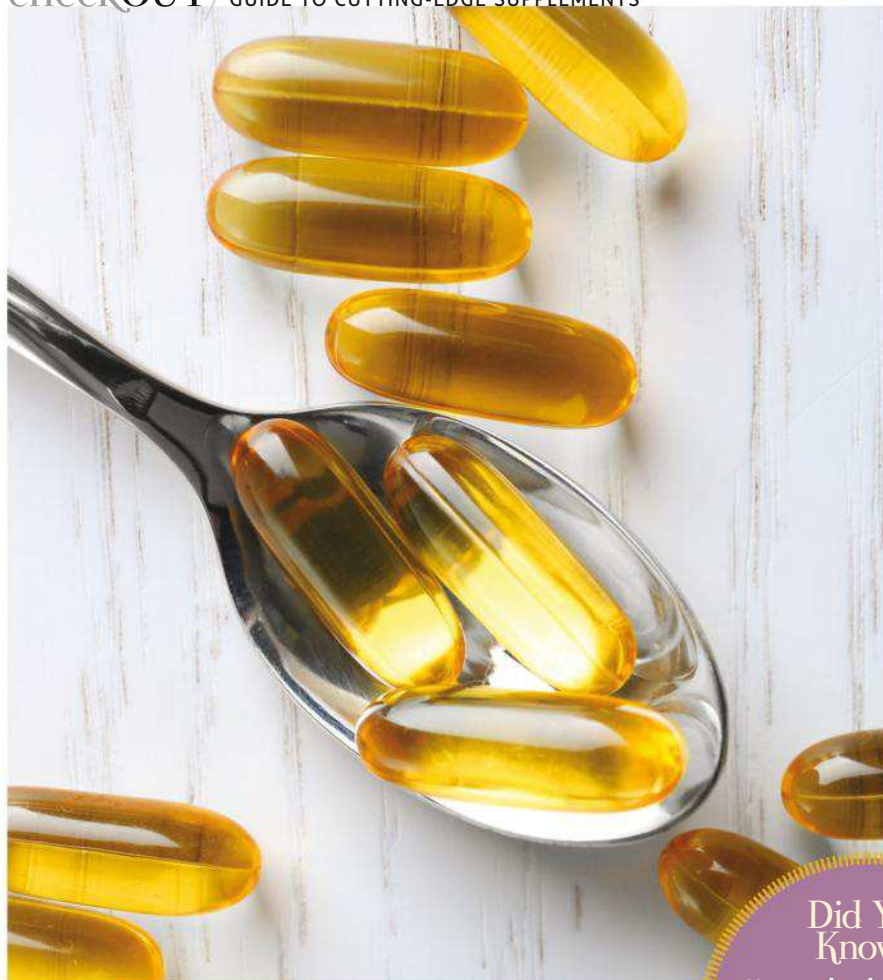


either too chalky or too gritty. Enter **Solgar Spoonfuls Vegan Protein Nutrition Shakes**. This nutrient-dense powder has a silky, smooth consistency, and comes in three yummy flavors: **Chocolate Coconut**, **Vanilla Chai**, and **Mixed Berry**. One serving has 20 grams of complete plant protein, not to mention probiotics, fiber, antioxidants, and key vitamins and minerals. It’s also gluten-, wheat-, and dairy-free, and non-GMO. This vegan protein powder is a winner all the way around.



Consisting of Organic Argan Oil, Pomegranate Seed Oil & Mother Nature's best antioxidants, Mad Hippie's Antioxidant Facial Oil is truly the most natural way to moisturize your skin!





# Fish Oil: Does It Really Work?

Fish oil is a major source of omega-3 fats, which are essential for good health, just like basic vitamins and minerals. So, why do some studies question the benefits of fish oil? Here are the facts // BY VERA TWEED

According to the National Institutes of Health (NIH), “Omega-3s are important components of the membranes that surround each cell in your body.” This is a critical function. Much like the skin on our bodies, cell membranes act as a protective barrier and enable each cell to function properly and sustain life; damage to that protective “skin” will inevitably have unhealthy conse-

quences. The NIH notes that omega-3s are essential for healthy function of the heart, blood vessels, brain, eyes, lungs, immune system, sperm cells, and glands that produce hormones.

Unfortunately, says Suzanne Steinbaum, DO, an integrative cardiologist and director of the Women and Heart Disease Center at Lenox Hill Hospital in New York, “the body does not make omega-3s.

It’s something that you can only get from diet.” And that’s where supplements—especially fish oil—come in.

## The Vital Ingredients in Fish Oil

Fish oil contains two essential omega-3 fats: EPA and DHA (short for eicosapentaenoic acid and docosahexaenoic acid). Supplements made from algae are a vegan source of EPA and DHA, but fish oil is the most widely used and studied source.

Plant-based omega-3s come in a different form, alpha-linolenic acid, or ALA, which the human body converts into EPA and DHA. Top sources include flax seed oil and chia oil. Because the efficiency of the conversion process varies, it may be difficult to get sufficient amounts from ALA alone.

## Conflicting Fish Oil Studies Explained

When studies question omega-3 benefits, says Steinbaum, “The headlines really mislead the population.” Here’s what typically happens: Researchers look at large groups of people and compare markers of heart health among those who take fish oil supplements and those who don’t, but they omit critical information.

“Supplementation alone is not enough to ensure that you’re getting what you need,” says Steinbaum, because the dose may be too low. Individual needs vary, depending upon overall diet, physical condition, lifestyle, genes, and ability to absorb and utilize omega-3s. Because these studies don’t typically evaluate whether participants are getting sufficient omega-3s for their personal needs, they likely don’t draw accurate conclusions.

## How to Benefit from Fish Oil

For optimum health, the trick is to get enough omega-3s to meet your needs, and most people don’t. In a study of 200 American and German adults, ages 18–80, researchers measured each person’s level of omega-3s and found that 99 percent fell below optimum

### Did You Know?

Norway has been ranked the happiest and healthiest country in the world, with the longest life spans. It might not be a coincidence that Norwegians eat a lot of fish.



Look  
Youthful

Look  
Beautiful

Look  
Healthy

## *What I Love about BioSil* Scientifically Advanced Collagen Generator®†

### **“Clinically Proven for My SKIN, NAILS, and HAIR!”**

Nothing gives a better first impression than thick, luscious, radiant hair. For those up close moments, you want smooth, firm, glowing skin. And great looking nails are always a big plus. BioSil is clinically proven for all three. I love the results I see in my skin, hair, and nails!

### **“BioSil Is Vegan, Non-GMO, and Sustainably Sourced”**

I’m a vegetarian, and try to be a responsible steward of our planet. I love BioSil because it’s sustainably sourced, completely vegan, non-GMO, and contains no animal parts or sea organisms.

### **“BioSil Generates Collagen Naturally, with My Own DNA Fingerprint!”**

BioSil works completely naturally. BioSil activates the actual enzymes that generate collagen in humans. That way I know that the collagen has my own DNA fingerprint – and I love that!

### **“BioSil Gives Me the Power of Genuine Collagen-Generating Science”**

I love the fact that BioSil is formulated by medical researchers and is proven in bona fide double-blind, placebo-controlled clinical trials. That way, you know it works!

### **“With BioSil, I Regain Lost Collagen, Add New Collagen, and Protect My Existing Collagen”**

What good is generating collagen if you’re just going to lose it all over again!? That’s the reason I love how BioSil protects both my new and existing collagen. You will too!

### **“See BioSil’s Clinically Proven Results”**

- Decreases Fine Lines & Wrinkles 30.0%††
- Increases Skin Elasticity 89.0%††
- Increases Hair Thickness 12.8%†††
- Increases Hair Strength 13.1%†††
- Dramatically Increases Nail Strength††

**BioSil® – Start Your Own Love Affair!**

[www.BioSilUSA.com](http://www.BioSilUSA.com)

©2018 Bio Minerals NV. Manufactured by Bio Minerals NV, Belgium. ch-OSA, BioSil, the ch-OSA logo and Advanced Collagen Generator are registered trademarks of Bio Minerals NV.

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

††Wickett, et al. (2007) Arch Dermatol Res, 299: 499-505. †††Barel, et al. (2005) Arch Dermatol Res 297: 147-153. Results may vary.



# Skin Perfection. SUN PROTECTION.

INTRODUCING THREE  
NEW SPF BEAUTY HEROES



Safe and effective,  
SPF 50 UV protection,  
Zinc Oxide selection.

**MyChelle®**  
dermaceuticals

Clean Science.  
Professional Results.™

Learn more at [mychelle.com](http://mychelle.com)

## checkOUT

Some fish oils are more concentrated, with 1,000 mg or more of EPA plus DHA per serving, in capsules or liquid forms.



levels that protect against heart disease. Most often, integrative physicians recommend getting 1,000 mg of EPA and DHA daily, but you may need more. The only surefire way to tell is to have your levels tested.

### The Best Omega-3 Test

Unlike blood pressure, cholesterol, and triglycerides, omega-3 testing is not part of routine check-ups, but progressive doctors such as Steinbaum believe it should be. She recommends the omega-3 index test, which has been used in more than 200 studies. It requires a drop of blood from a finger prick, and measures levels of EPA and DHA in red blood cells, indicating levels of omega-3s and how well your body is using these fats.

Your doctor may or may not be familiar with the omega-3 index test, but you

can ask for it. Or order the test directly from [omegaquant.com](http://omegaquant.com). Results include recommendations for how much EPA and DHA to take to achieve optimum levels.

### What to Look for on Labels

The label on the front of most products lists the total amount of fish oil, per serving, but the more important information is in the Supplement Facts section on the back. Look for amounts of EPA and DHA, which are listed separately, and add those two numbers. For example, some products contain:

- \* Amount of fish oil per serving: 1,000 mg
- \* EPA: 180 mg
- \* DHA: 120 mg
- \* EPA plus DHA: 300 mg

In this case, you would need about 3 servings to get the recommended 1,000 mg of EPA and DHA. However, some fish oils are more concentrated, with 1,000 mg or more of EPA plus DHA per serving, in capsules or liquid forms.

Some people experience gas when taking fish oil, and find that krill oil, from tiny sea creatures, is easier to digest. The best vegan option is EPA and DHA from algae. Products may be called omega-3, vegan omega-3, or EPA-DHA, and often list amounts of EPA and DHA on front labels. With all forms, aim for the recommended daily dose of 1,000 mg of EPA and DHA, or amounts based on an omega-3 index test.

product  
PICKS



Garden of Life  
Minami  
Platinum  
Omega-3 Fish  
Oil



Nordic  
Naturals  
Algae  
Omega



Wiley's Finest  
Wild Alaskan  
Fish Oil Peak  
EPA

Contributing editor **Vera Tweed** has been researching and writing about supplements, holistic nutrition, fitness, and other aspects of healthy living since 1997. She is the author of several books, including *Hormone Harmony: How to Balance Insulin, Cortisol, Thyroid, Estrogen, Progesterone and Testosterone to Live Your Best Life*.

# THE #1 SELLING CURCUMIN PRODUCT!<sup>††</sup>

*Stronger, More Effective Curcumin*

**1** CuraMed<sup>®</sup> Softgel 750mg = **Up to 500 Capsules of TURMERIC<sup>^</sup>**



- ✓ 31 groundbreaking, scientific studies
- ✓ Up to 500 times stronger than turmeric<sup>^</sup>
- ✓ The ONLY PATENTED curcumin with turmeric essential oil containing turmerones
- ✓ Proven, superior absorption (unlike standard curcumin and turmeric)

***"I guarantee you the results you deserve or your money back!"***

*Terry Lemerond, Founder and President of Terry Naturally<sup>®</sup> products*



**Absorbs Better • Works Longer • More Effective<sup>^^</sup> • Clinically Proven Results**

**When it's your health, count on CuraMed<sup>®</sup>!**



*Our Passion is Your Health!<sup>!</sup>*

**EuroPharmaUSA.com  
MONEY-BACK GUARANTEE**

†Occasional inflammation due to exercise or overuse. ††SPINScan Other Herbal Formula Subcategory Product Item and Brand Rank; 52 week data ending 12/1/17.  
^Five hundred 500 mg capsules. ^^Compared to plain curcumin. \*\*Based on enhanced absorption of CuraMed curcumin versus equivalent weight capsule of unstandardized turmeric containing 2% curcumin.  
\*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.



Emily A. Kane, ND, LAC, has a private naturopathic practice in Juneau, Alaska, where she lives with her husband and daughter. She is the author of two books on natural health, including *Managing Menopause Naturally*. Visit her online at [dremilykane.com](http://dremilykane.com).

# Waterworks

When it comes to staying hydrated, how much is really enough? // BY EMILY A. KANE, ND, LAC

**Q**: Is it true that everyone needs to drink eight 8-oz. glasses of water daily?  
—Gwyneth H., Orlando, Fla.

**A**: Actually, that's a popular misconception. Some people are more active and need more water. Some need less. Your body is designed to let you know—despite all the advice you see from “experts,” thirst is still your best guide for how much water to drink daily.

That said, many of us do not drink enough water to stay hydrated, partly because we have so many other options. And a Diet Pepsi is often less expensive to buy than water, which is crazy!

## Why We Need It

Healthy bodies contain 10–12 gallons of water, which is 50–70 percent of our body weight. Blood is 85 percent water; muscles average about 80 percent water; and the brain clocks in at 75 percent water. Even our bones are 25 percent water.

Besides its contributions to circulation and detoxification, water plays many key roles in the body, including helping proteins to fold (from amino acid chains into their functional structures), helping to make enzymes (the catalysts for all biochemical reactions), and helping our cells respond to environmental stimuli. Without enough H<sub>2</sub>O, none of these systems can be healthy. Low water intake increases risk for kidney stones, bladder and colon cancers, and other health issues.

## Hydration Strategies

So, how much water is enough to drink? Again, let thirst be your guide. Contrary to popular myth, you won't become dehydrated before your thirst mechanism kicks in. Some people, however, confuse thirst for hunger, so beware that urge to start snacking. Try a nice, cold glass of water instead.

In fact, I strongly recommend drinking a big glass of water first thing in the morning to

“open” the sense of thirst. Don't chug water during meals, when you want the full, undiluted force of digestive enzymes working to break down food. If your urine is darker than pale yellow, you may need more water, although it's normal for the first morning urine to be a bit darker and smellier. And vitamin B<sub>2</sub> (riboflavin) will make the urine a bright yellow color for a while after you take it.

## Avoiding Dehydration

Certain activities are reliably dehydrating, including engaging in strenuous exercise (a great time to drink extra water), travelling by airplane, and eating dry or processed foods. The combination of elevation and high speed is extremely dehydrating while flying. Dried foods require water to be properly digested, and I don't recommend eating them when there are other options. If you like to travel with dried

food, try to rehydrate it in water for 10–12 hours overnight before consuming. Rice cakes and jerky also demand more water intake, so factor that in if you enjoy these snacks.

The ban on water at airport security checkpoints poses a challenge, but many airports now have water-bottle refilling stations that you can take advantage of after you pass through security. This is a better option than buying water (or any other consumable) that has been stored in plastic. Hot beverages in plastic (Styrofoam is the worst) are especially noxious because heat (and freezing) will break down the petrochemicals in the plastic, which will then be absorbed into your tissues.

Do you have a question for Dr. Kane? Email it to [editorial@betternutrition.com](mailto:editorial@betternutrition.com) with “Ask the ND” in the subject line.





# It's Time to Personalize Your Enzymes!

Are You a Keto Person? Pritikin? Atkins?

Your Digestive Enzyme Supplement Should Reflect  
the Foods You Actually Eat.

**T**he United States Department of Health and Human Services reported, in 2014, that over 40% of adult Americans experience frequent digestive complaints. Because of this, millions now use digestive enzyme supplements.

For over 50 years, however, enzyme supplements have been “one size fits all.” Because we eat in many different ways, this makes little sense.

Enzymes digest foods by breaking macronutrients — proteins, carbohydrates and fats — down into their constituent parts. However, they are not interchangeable. Protease digests only proteins, lipase breaks down only fats, and carbohydrase reduces only carbs. People following an Atkins plan eat twice as much protein and 6 times more fat than those on a Pritikin type regimen. Obviously, this means they need twice the protein digesting activity and 6 times more fat digesting power. Pritikin devotees, meanwhile, need far more carbohydrase enzymes. There is simply no way that the same supplement can serve both plans equally well.

Although Americans follow countless dietary programs, each fits into one of eight major, macronutrient profiles. By applying proprietary enzyme activity algorithms to these profiles, we've developed the world's only line of personalized digestive enzyme supplements. We call them **REAL-ZYMES**, and no matter what you eat, one is perfect for you.

## WHAT MAKES REAL-ZYMES SO SPECIAL?

Having enzymes customized for your personal dietary plan will make a vast difference in your supplement's performance. Personalization, however, is only the beginning of the **REAL-ZYME** story. **REAL-ZYMES** are also state of the art in every other way, providing:

1. Every enzyme required for complete digestion of proteins, carbs and fats.
2. *TotalTrac* protease, amylase, lipase and cellulase blends, which function at the widest possible ranges of pH levels and combine complementary enzymes for the most efficient digestion possible.
3. *Activ8* trace mineral complex, because trace minerals may increase enzyme activity.
4. *ATPower*, featuring ATP with zinc and magnesium to energize your digestive process.
5. *Bacillus subtilis*, perhaps the only probiotic that can fully survive the digestive process.
6. Both “*endo*” and “*exo*” enzymes to break down macronutrient chains at every possible location.
7. *L-Glutamine* to nourish the brush border villi of the small intestine.

Put simply, **REAL-ZYMES** are the most advanced digestive supplements ever offered. They are the world's only enzyme supplements customized to fit your own, personal needs, and stand alone in providing all these other factors. They reduce proteins, carbohydrates and fats in every way that digestive enzymes can, and thus assure the quickest, most complete and most efficient digestion possible. They are the best possible replacement for the lack of enzymes in foods and for those we might no longer make enough of for ourselves.

**REAL-ZYMES** are so remarkable that we guarantee them to outperform any other enzyme supplement you have ever used.

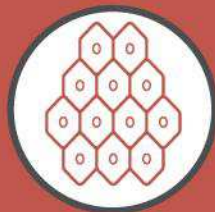
**PURE**  
ESSENCE

# Dr. Axe

## MULTI COLLAGEN PROTEIN

5 Types of Food  
Source Collagen

TYPE I, II, III, V and X



SKIN



GUT



JOINTS

## WHY IS COLLAGEN IMPORTANT?

Collagen is one of the reasons our bodies don't fall apart. Collagen literally functions to hold you together.

But what is collagen? Collagen is a protein made up of building blocks called *amino acids* and is so important that it makes up approximately 30 percent of all the proteins in the body, and different bodily systems and organs need specific proteins serving a variety of functions.

The truth is that collagen is literally everywhere in the body, and when there's enough collagen in the body, then we can "keep ourselves together" and are humming along.



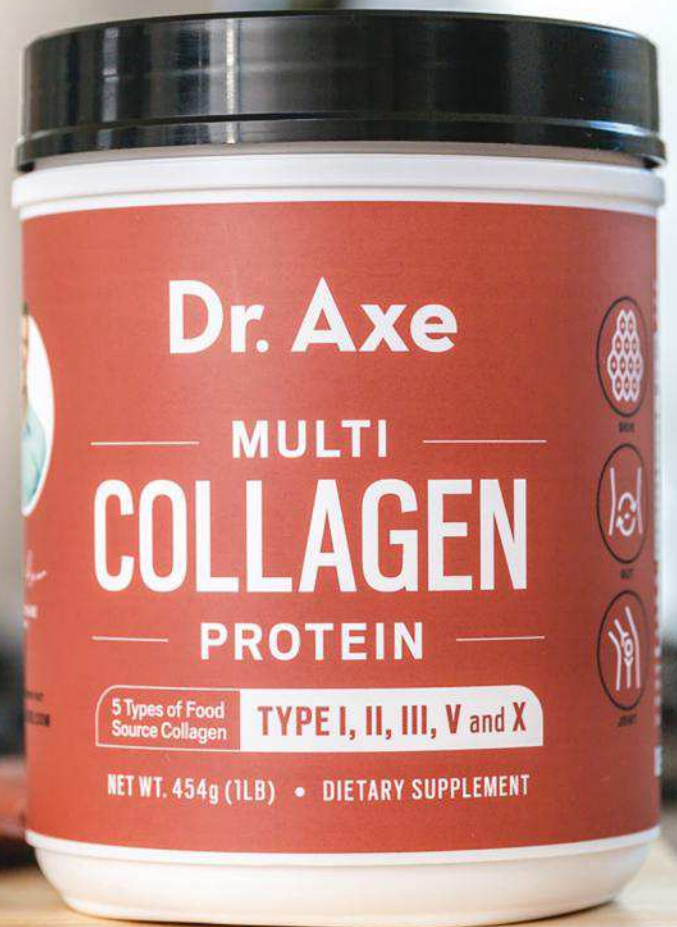
DR. JOSH AXE, Founder

# WHY MULTI-COLLAGEN PROTEIN POWDER?

If you're looking to boost your collagen intake, Dr. Axe Multi-Collagen Protein powder could be just what you're looking for. Most collagens on the market feature only one source of collagen, but Dr. Axe Multi Collagen Protein features five collagen types from four different sources!

Dr. Axe Multi Collagen Protein includes hydrolyzed bovine collagen peptides, chicken bone broth collagen concentrate, hydrolyzed fish collagen peptides and eggshell membrane collagen, featuring collagen Type I, II, III, V and X.

Odorless, tasteless and easy-to-mix Dr. Axe Multi Collagen Protein can be added to a wide variety of healthy foods and beverages.



PROMOTE HEALTHY SKIN<sup>†</sup> | SUPPORT HEALTHY DIGESTIVE FUNCTION<sup>†</sup> | SUPPORT HEALTHY JOINTS<sup>†</sup>



MIXES INSTANTLY



ODORLESS, TASTELESS



ADD COLLAGEN BOOST TO ANY MEAL

## HOW TO USE

FOR BEST RESULTS, USE 1 (OR UP TO 3) SERVINGS DAILY.

- Include 2 Tablespoons in your morning smoothie.
- Add to baking dishes, muffins, bars or pancakes to increase protein intake.
- Replace unhealthy protein powder with this.
- Create a chia coconut collagen pudding.
- Take several Tablespoons of collagen pre- and post-workout.

<sup>†</sup> These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# WHOLE EARTH & SEA®



Imagine getting the benefit of a whole growing season in one tablet

Pure Food Supplements from *our* certified organic farms to YOU.

**BIOAVAILABLE VITAMINS & MINERALS • NON-GMO • SUSTAINABLE**



[wholeearthsea.com](http://wholeearthsea.com)

**natural  
Factors**®



Spring is the perfect time to hit refresh on your beauty and personal care routine

BY THE EDITORS OF *BETTER NUTRITION*

# ALL THINGS *Beauty*

At *Better Nutrition*, spring is synonymous with natural beauty—and it's been this way here for a decade. Ten years ago, we chose April for our Best of Natural Beauty Awards issue because we felt like spring perfectly captured the spirit of natural beauty. In fact, one of the definitions for springtime, according to Merriam-Webster, is "youth." And isn't that the very essence of beauty, feeling and looking youthful and vibrant?

We've carefully selected 60 products—all made with natural ingredients and no harmful chemicals—that really deliver when it comes to beauty benefits, from thicker, fuller hair to brighter skin to striking eyelashes. Time to get your glow on!

## BATH & BODY



### ALAFFIA Coconut Reishi Chai Shower Gel

Refresh and cleanse your skin with soothing coconut, nourishing reishi, protective shea, balancing turmeric, and invigorating kola—all wrapped up in an exotic chai scent.



### ALL GOOD Goop Handcrafted Healing Balm

Made in a solar-powered kitchen, this ultra-healing balm is hand-poured and features olive fruit oil and organic herbs such as calendula, lavender, and yarrow.



### BABO BOTANICALS Sensitive Skin Fragrance Free Hydra Therapy Face & Body Wash

This non-irritating formula contains natural oat protein and organic calendula, shea, and cocoa butter to protect and moisturize skin.



### HOME HEALTH Flower Water Aromatherapy Natural Rose Body Mist

This fragrant body mist hydrates your skin after a bath or shower, and can be sprayed on pulse points for a lighter natural perfume alternative. Try it in your home to add a sense of the outdoors.



### NUBIAN HERITAGE Abyssinian Oil & Chia Seed Hand & Body Scrub

Reveal healthier-looking, smoother skin with this fragrant, youth-infusing sugar scrub, made with shea, invigorating ginseng, and nourishing Abyssinian and chia seed oils.

## COSMETICS & LIP BALMS



### INIKA ORGANIC Long Lash Vegan Mascara

With a silky smooth texture, this dump-free formula coats lashes for a spectacular panoramic effect. It's long-wearing, 100% plant-derived, and ideal for sensitive eyes.



### MYCHELLE DERMACEUTICALS Lip Hints Conditioning Lip Balm

Shea butter and argan, kalahari, melon, and meadowfoam oils soothe, hydrate, and condition dry, irritated lips, for a dewy look with a hint of gloss.



### PACIFIC RESOURCES INTERNATIONAL Manuka Honey Lip Balm

Protect, repair, and moisturize damaged, dry lips with this Manuka honey-infused lip treatment. A little goes a long way to keep your lips beautiful.

## DEODORANT



### CRYSTAL Invisible Solid Deodorant Stick Unscented

Made with natural mineral salts to absorb wetness, this gentle, aluminum-free stick prevents odor for up to 24 hours. It's perfect for men and women.



### EARTH SCIENCE Mint Rosemary Natural Deodorant

Non-irritating and lightly scented, this effective deodorant taps the power of rosemary, mint, and lichen to control odor all day without aluminum.



### EO PRODUCTS Certified Organic Deodorant Spray Tea Tree

Organic ethanol eliminates odor at its source. And clean, crisp tea tree lends this deodorant its bright scent, keeping you fresh and cool.

AWARD  
WINNER

# True Beauty begins within

Silky hair. Radiant skin. Strong, beautiful nails. They all begin with superior nutrition. Now Bluebonnet – trusted over 25 years for wholesome, innovative, eco-conscious nutritional supplements – has created a Beautiful Ally to link inner health with outer beauty. These groundbreaking formulas deliver age-defying beauty nutrients that thoroughly nourish hair, skin and nails. Used daily, Beautiful Ally will help channel the power of exceptional nutrition for luminous hair, skin and nails that are truly beautiful... from the inside out.

- Scientifically relevant potencies
- Superior purity
- Advanced bioavailability/bioactivity
- Non-GMO
- Free of most allergens
- Nothing artificial
- Multifunctional



**Bluebonnet**  
THE POWER INSIDE



GET CONNECTED:  
@bluebonnet\_nutrition

The "Made with NON-GMO Ingredients" seal guarantees that the dietary and other ingredients in this formula are derived from sources that have not been genetically modified using modern biotechnology.

♦ These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Available at fine natural food stores

For additional information on Bluebonnet nutritional supplements, please visit [www.bluebonnetnutrition.com](http://www.bluebonnetnutrition.com), or write:

Bluebonnet Nutrition Corporation, 12915 Dairy Ashford, Sugar Land, TX 77478 USA.

## FACE

### Cleansers



#### ANDALOU NATURALS Coconut Water Firming Cleanser

This luxurious foaming cleanser gently loosens and lifts away impurities and dull, dry surface cells, improving the tone and texture of skin. It's made with skin-friendly enzymes, vitamin C, and coconut water electrolytes.

#### HIMALAYA BOTANIQUE Hydrating Face Wash

Designed for normal to dry skin, this soap-free cleanser is enriched with honey and herbal extracts such as aloe, bael fruit, and winter melon. It hydrates skin while preserving suppleness and radiance.

#### THE SEAWEED BATH CO. Purifying Detox Facial Bar

Gently soften and purify your skin with this unscented soap. It's made using hand-harvested Maine seaweed, as well as charcoal and volcanic ash for a brighter, clearer complexion.

#### ACURE Brilliantly Brightening Facial Scrub

Sea kelp super-nutrients soften and detoxify skin, while lemon peel and French green clay cleanse without stripping away natural moisture. Madonna lily brings the brightness to round out this refreshing scrub.

#### ALBA BOTANICA Acnedote Clearing Gel Peel

Got pimple problems? Try this fast-acting, anti-acne powerhouse. It's fortified with skin-clearing botanicals and fruit acids to help dry up active blemishes and prevent new ones from forming.

#### MELLISA B NATURALLY Pumpkin & Coconut Exfoliating Mask

Coconut oil helps remove dead skin cells as it hydrates, and Ecuadorian palm seed powder provides a polishing effect. *Lactobacillus*/pumpkin ferment extract gently softens and smooths skin.

### Eye Cream



#### ANNEMARIE BORLIND Eye Wrinkle Cream

This rich cream nourishes the delicate eye area with carrot extract. Organic sesame oil helps prevent moisture loss and counteracts dryness, fine lines, and crow's feet. Bonus: you won't find any mineral oil derivatives in this formula.

#### HYALOGIC Episilk Pure HA Face Serum with Hyaluronic Acid

This silky, non-greasy serum provides deep, penetrating hydration while improving your skin's tone and appearance. It refreshes skin and helps to smooth fine lines and wrinkles.

#### MAD HIPPIE Antioxidant Facial Oil

Genuine flower power, natural antioxidants, and active essentials work hand in hand to liberate skin from the signs of aging. Star ingredients include goji, vitamin C-rich camu camu, and fatty acid-rich argan oil.

#### SIBU SEA BERRY THERAPY Nourishing Face Cream

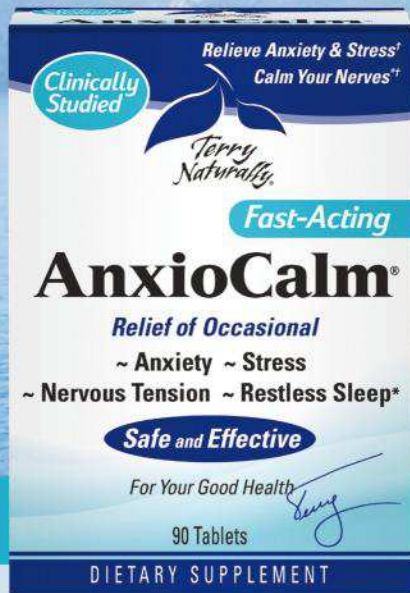
Made with sea berry (sea buckthorn) seed oil, an omega-7 powerhouse packed with 190+ bioactive compounds, this cream promotes tissue recovery and rejuvenates sun-damaged skin.

#### WEDDERSPOON Manuka Honey Night Cream with Bee Venom

Treat your skin to this nourishing and exotic blend of natural ingredients, including rare New Zealand organic Manuka honey, premium bee venom, and antioxidant-packed rosehip oil.



# find your calm



**CLINICALLY STUDIED | SAFE | NON-ADDICTIVE**

AnxioCalm® is a groundbreaking, clinically studied product to quiet your nerves and relieve your occasional anxiety! This formula contains clinically studied EP107™, a unique extract of *Echinacea angustifolia*. It is the safe and effective way to help relieve everyday stresses and excessive worry.\*† No ugly side effects and no worries!

*Find your Calm with AnxioCalm!*



*Our Passion is Your Health!™*

EuroPharmaUSA.com  
**MONEY-BACK GUARANTEE**

†Relieves occasional anxiety and stress.

\*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

## HAIR



**DERMA-E Dry Shampoo**  
This non-whitening, multi-benefit dry shampoo uses plant-based ingredients to instantly absorb built-up oil and impurities, leaving your hair voluminous. It's safe for color-treated hair.

**GIOVANNI 2Chic Frizz Be Gone Shampoo & Conditioner**

This duo contains a dual smoothing complex made with shea butter and sweet almond oil to help smooth out-of-control hair. Say goodbye to flyaways, unmanageable hair, and frizz.



**HERBATINT Royal Cream Regenerating Conditioner**  
Aloe vera, wheat germ extracts, and jojoba oil deeply nourish and revitalize dry, damaged, or color-treated hair. It restores hair's natural balance and seals the hair's cuticles, preserving color intensity.

**JOHN MASTERS ORGANICS Shampoo for Fine Hair**  
Rosemary and peppermint extracts help to revitalize and detoxify the scalp. Anti-inflammatory and antioxidant-rich horsetail extract helps thicken each strand of hair for optimized body. A boost of vitamin B<sub>5</sub> nourishes for shiny, healthier-looking hair.



**TERRY NATURALLY Hair Renew Formula**  
Improve your hair from the inside out. This nutrient-packed supplement is made with biotin, zinc, B vitamins, and millet seed oil—an herb rich in minerals and amino acids that helps support keratin production.

## Top 10 CLASSIC Products



**CARLSON E-Gem Oil Drops**  
Moisturize, nourish, and hydrate your skin with all-natural vitamin E oil. Free of parabens, phthalates, and PABA, this antioxidant-rich oil can be massaged into the skin or added to a bath.

**DIAMOND HERPAINACINE OF PA**

**Herpainacine Skin Support**  
This non-GMO, gluten-free formula promotes overall skin and immune health with the help of key vitamins and herbs, including zinc, selenium, L-lysine, dandelion, and ligustrum berry.



**DR. BRONNER'S Peppermint All-One Toothpaste**

Packed in a 100% recyclable box and tube, this low-foaming formula has no synthetic detergent-foaming agents, is fluoride-free, vegan, and cruelty-free, with no artificial colors, flavors, preservatives, or sweeteners.



**ESSENTIAL FORMULAS Dr. Ohhira's Probiotic Kampuku Beauty Bar**

Clarify and rejuvenate your skin with this probiotic-infused soap, created by an award-winning microbiologist. It supports the balanced ecology necessary for healthy skin.



**KISS MY FACE Olive Oil Soap**

Harvested from sun-drenched orchards, the olive oil in this bar is crafted traditionally into an ultra-moisturizing soap that is great for all skin types. It's pure and simple as soap can be.

**LILY OF THE DESERT 99% Aloe Vera Gelly Soothing Moisturizer**

Replenish and relieve skin after prolonged sun or wind exposure with this calming gel. Enhanced with polysaccharide-rich Aloesorb, it refreshes and cools skin immediately on application.



**MILLCREEK BOTANICALS Biotene H-24 Shampoo**

Biotin, keratin, and cysteine combined with vital proteins make up this time-tested formula that hydrates and nourishes hair and scalp. This gentle shampoo can be used daily to promote thicker, fuller hair.



**NATURAL FACTORS BioSil Hair, Skin, Nails**

Regenerate your body's three beauty proteins—collagen, keratin, and elastin—with this patented formula. It features proprietary forms of choline and silicon, which have been clinically shown to improve hair, skin, and nail health.



**NEOCELL Super Collagen Powder**

This non-GMO collagen powder, featuring Types 1 and 3 collagen, has been shown to increase skin hydration by an average of 21%, with 92% of test subjects showing increased skin hydration, and 60% experiencing firmer, softer skin. It mixes instantly in water or juice.

**WELEDA Cellulite Body Oil**

Extracts of young organic birch leaves, organic rosemary, and ruskus promote skin's balance for radiant, firmer-looking skin. Regular use visibly tones and smooths the skin, helping to reduce the appearance of cellulite.



## SUPPLEMENTS



### BIOMED HEALTH

#### SKINprotect & Skin Rejuvenation Supplement

This skin-restorative supplement helps protect against aging due to sun damage. It includes three time-tested, skin-healing botanicals—amla extract, gotu kola, and camu camu.



### HEALTH LOGICS

#### BioCell Collagen

Patented and award-winning BioCell Collagen has been clinically shown to diminish fine lines and wrinkles, boost skin collagen, and reduce skin dryness.

### FLORA

#### CircuVein

Enhance the health and tone of veins and capillaries for beautiful legs you'll want to show off. These capsules contain diosmin and hesperidin, both shown to reduce the visible signs of varicose veins.



### NEW CHAPTER

#### Perfect Hair, Skin & Nails

Reduce the appearance of fine lines and wrinkles, and enhance skin's elasticity with antioxidant-rich astaxanthin. Deeply nourish hair and nails with probiotic-fermented biotin. And support healthy aging with reishi extract.



### GARDEN OF LIFE MYKIND ORGANICS

#### Organic Plant Collagen Builder

Made with certified organic, non-GMO biotin and silica, this collagen-, keratin- and elastin-boosting blend also features beautifying pomegranate, green and rooibos tea, citrus bioflavonoids, and turmeric.



### NORDIC NATURALS

#### Omega Woman

This targeted omega supplement is made with evening primrose oil to support healthy skin and hormone balance. Every batch is third-party tested by a certified lab for environmental toxins, including heavy metals.

### HEALTH DIRECT

#### AminoSculpt Sugar-Free Anti-Aging Type 1 Collagen Peptides

This high-dose, easily absorbable liquid collagen peptide supplement helps build, restore, and repair your body's collagen, for a more youthful appearance. We like the sugar-free Smooth Mango flavor.



### VITAL PROTEINS

#### Beauty Collagen

A delicious, spa-like blend of organic lemon, organic lavender, organic blueberry, organic beet, and organic honey, this elixir is packed with the additional punch of 10 grams of marine collagen peptides for healthy hair, skin, and nails.



  
*For optimum Health*

**Manuka Honey NPA10+ Lozenges**  
 Made with Organic Brown Rice Syrup  
 WITH PROPOLIS  
 Soothing LEMON & HONEY  
 BEST TASTE, BEST SUPPORT, BEST VALUE

**ORIGINAL PROPOLIS-HONEY MANUKA COUGH ELIXIR**  
 WITH NEW ZEALAND ACTIVE INGREDIENTS OF MANUKA HONEY, CPL, PROPOLIS AND TREE OIL

**manuka honey Strawberry Lollipops**  
 The essence of New Zealand  
 natural fruit flavor  
 Throat soothing  
 With New Zealand NPA 10+ Manuka Honey & CPL Propolis  
 17 lollipops - 115g/4oz

*Pacific Resources International - [www.pri-nz.com](http://www.pri-nz.com)*

**MEN**

**BURT'S BEES Natural Skin Care for Men Aftershave**

Treat your freshly shaved skin with this calming, moisturizing lotion. This hydrating formula is made with a combination of soothing sunflower and coconut oils, as well as vitamin E.



**YOUTHEORY Mens Collagen**

Hydrolyzed bovine and chicken collagen create strong and healthy muscles, tendons, and ligaments. It also contains the herbal extract Fo-Ti, which helps rejuvenate hair. Stay youthful as you age with this advanced formula.



**DESERT ESSENCE Coconut Oil Dual Phase Pulling Rinse**

Non-GMO coconut, sesame, and sunflower oils help remove impurities, while tea tree, wintergreen, and spearmint oils freshen breath.

**ORAL CARE**



**NOW SOLUTIONS XyliWhite Coconut Oil Toothpaste Gel**

This fluoride-free toothpaste gel features natural xylitol as its main ingredient. And there's no sodium lauryl sulfate or gluten in this whitening, cleansing formula. It's great for kids and adults.



**XLEAR Spry Dental Defense Alcohol-Free Natural Mountain Mint Mouthwash**

Target bad breath with this alcohol-free mouthwash. Xylitol, chamomile, sodium bicarbonate, and zinc help eliminate bacterial build-up, neutralize bad breath, and ease sore gums.

**Top 10 NEW Products**



**COUNTRY LIFE Maxi-Skin Rescue**

This fruit-based supplement boasts an extract of cantaloupe melon, associated with a longer life.

grape seed, zinc citrate, and vitamin C are also part of the formula.



**DR. MERCOLA HEALTHY SKIN Organic Body Butters**

These are rich, deeply moisturizing and nourishing blends of shea butter and oils, including coconut and olive oil. Choose from Vanilla Almond, Unscented, and Sweet Orange.

**ESSENTIAL OXYGEN Organic BR Toothpaste**

You won't find any objectionable ingredients such as glycerine, sodium lauryl sulfate, or fluoride in this non-abrasive toothpaste, designed to whiten teeth and promote healthier gums.



**MINERAL FUSION Kona Coffee Body Scrub**

Naturally firming caffeine, derived from coffee beans, helps tighten skin and renew its youthful appearance, while powerful hyaluronic acid, mango butter, coconut, and avocado oils restore hydration.



**BLUEBONNET Beautiful Ally Hair, Skin & Nails**

This specially formulated blend contains vitamins, minerals, and other nutrients like biotin, Types 1 and 3 collagen, peptides, keratin, and MSM, all necessary for maintaining lustrous hair, skin, and nails.

**NATURE'S ANSWER Essential Oil Coconut Vanilla Body Lotion**

This hydrating lotion is loaded with skin-loving ingredients to soothe your skin and pamper your senses. Star ingredients include citrus peel, sage, tea tree, ginger root, and rosemary.



**QUANTUM HEALTH Scar Reducer**

Smooth and reduce the appearance of new and existing scars, newly healed wounds, and stretch marks. This thick ointment features odorless onion extract, vitamin E, olive oil, aloe, calendula, and more.



**RESERVEAGE NUTRITION Collagen Beautèa**

Infuse your skin, body, and spirit with this exotic blend of hydrolyzed collagen peptides, white tea, and organic hibiscus. Two tea bags provide a serving of collagen for skin, joint, and bone health.



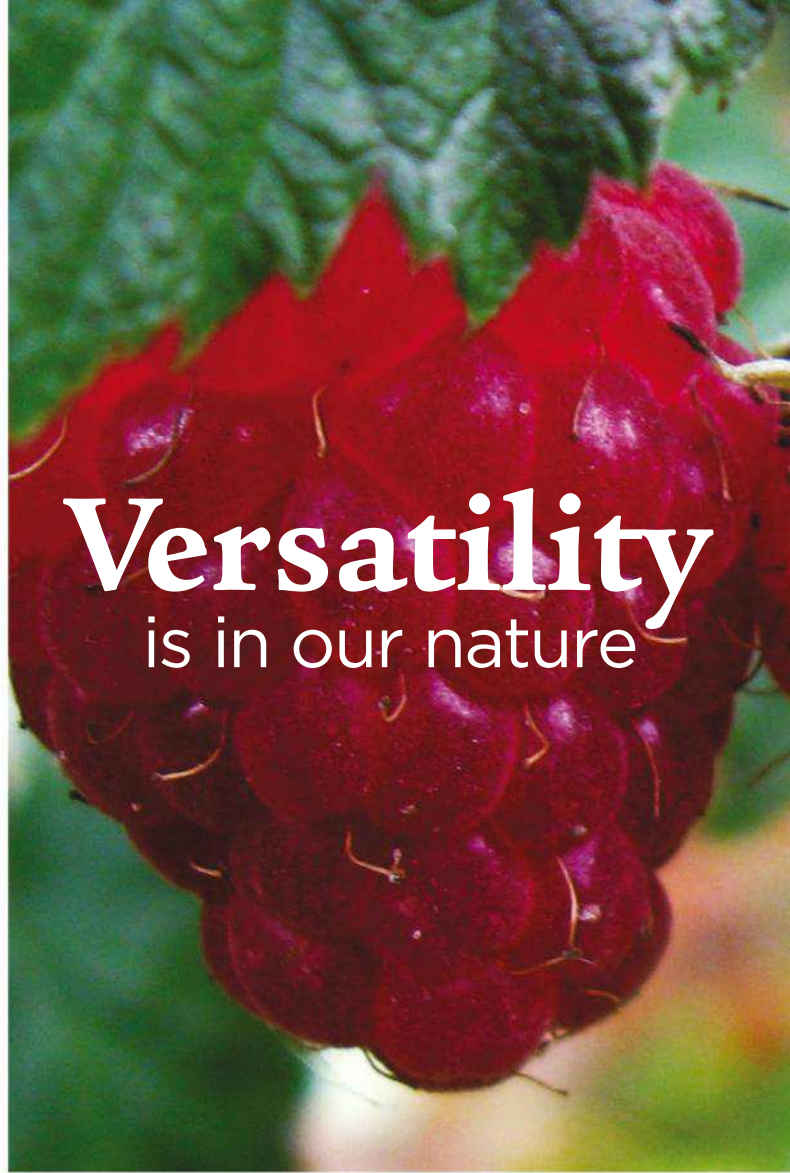
**REVIVA LABS Activated Charcoal Time Release Night Crème**

This potent combination of charcoal, green tea, chamomile, and tea tree provides nourishing moisture while you sleep. DMAE is added for skin firming and toning.





Pat, Jen, and Naomi (above) are New Chapter employees.



# Versatility is in our nature

At New Chapter®, we look to nature to give you the remarkable value of pure whole foods and herbs in every multivitamin. Expertly fermented to unlock each vitamin, mineral, and herb for multiple benefits.

- ✓ Benefits vitality, energy, bone & heart health, immune defense, and healthy mood\*
- ✓ Easily digestible—gentle on your stomach
- ✓ Made with organic vegetables & herbs



\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Certified Organic by International Certification Services, Inc., Medina, ND, USA © 2018 New Chapter Inc.

# 7 HEALTHY HACKS

# TO MAKE YOUR LIFE BETTER

A handful of natural tricks can help you tap into the power of biohacking—the new buzzword for anything that improves mental performance and energy, and “hacks” your genetic makeup for a more vibrant life by Lisa Turner



**E**lectrical muscle stimulation, cryotherapy at  $-250^{\circ}\text{F}$ , headbands that encourage blood flow to the brain—they're all part of the new world of biohacking, a movement that aims to “hack” biology with the goal of quickly and dramatically improving performance, thoughts, behaviors, and vitality. In some cases, the practices are so extreme—magnets surgically inserted into the fingers, wireless tattoos that track vital body stats, mini computers implanted under the skin, injecting genes to promote muscle growth—that there's talk of regulating biohackers. But you don't need to go to those lengths; just try these simple tips that anyone can do at home.

### **1 Practice Earthing**

Also called “grounding,” this practice involves walking barefoot for 20 minutes per day—even in the winter—as a means of connecting with the natural electrical charges produced by the Earth. It may sound odd, but research suggests that direct physical contact with the vast supply of electrons on the surface of the Earth can promote physiological changes and benefits that include better sleep, reduced pain, enhanced wound healing, improved immune response, and prevention and treatment of chronic inflammatory and autoimmune diseases.

The theory is that the slight negative charge from the Earth helps improve normal functioning of all body systems and resets the biological clocks that regulate body rhythms. Some earthing or grounding practitioners even walk barefoot in the snow for a few minutes, which hints at another common biohack: ice baths or freezing-cold showers are thought to decrease muscle pain, increase fat burning, and even improve mood and sleep.

## 2 Intermittent Fasting

This is especially helpful if you feel as if you've tried everything to lose weight, heal digestion, and balance blood sugar, and the results have been less than satisfactory. Intermittent fasting involves restricting or eliminating food in a very specific pattern, which creates a process called autophagy—the body's response to perceived starvation. In autophagy, the cells appear to clear out waste more efficiently, the result being protection from disease, reduced inflammation, enhanced cellular energy, and even an overall resistance to aging. Studies suggest that intermittent fasting also improves digestion, balances blood sugar, promotes weight loss, and normalizes sleep.

One way to do it: alternate-day fasting, in which you fast or reduce caloric intake to 500 calories every other day, with

normal eating on non-fasting days. Or try time-restricted eating, in which you limit eating to a set number of hours. For example, you might stop eating at 6 p.m. and then not eat again until 10 a.m. the next day. Of course, this method assumes that you're following a clean, whole-foods diet based on abundant vegetables, lean protein, and healthy fats. It won't work if you're bingeing on hamburgers, fries, and brownies on your "normal" eating days.

## 3 Go Dark

Looking for a quick, effective way to improve mood, focus, and stamina? Sleep better. Not necessarily more—just better. During sleep, the body repairs cells, consolidates memories, and flushes out toxins associated with neurodegeneration.

Start by turning your bedroom into a sleep cave; total darkness affects melatonin

in the eyes, pigments in the retina that impact the circadian rhythm—the body's biological clock that regulates sleep/wake cycles. Invest in blackout shades or curtains, install low-wattage light bulbs, unplug any electronics that emit LEDs, and be sure that the room is temperature-controlled—between 60 and 68 degrees is optimal.

Additionally, earplugs and an eye mask can help shut out light and sound, or use a white noise machine. Disengage from electronics at least two hours before bed—the blue light they emit has been shown to disrupt sleep—and dim lights. Studies show that exposure to electric light before bedtime suppresses melatonin, a hormone that promotes sleep. And try a sleep-promoting supplement stack that includes melatonin, tryptophan, GABA, and magnesium.

## Introducing the first complete charcoal skin care regimen in the natural skin care market!

Our new charcoal products help remove impurities from your complexion and your body's skin while deep cleansing and minimizing pores. Our five charcoal products will help refresh, rejuvenate, and detoxify your skin while cleansing, scrubbing, and moisturizing.

If not available at your health food store, contact us 800-257-7774 or online at [www.revivalabs.com](http://www.revivalabs.com)



**Reviva**  
LABS  
The Natural Skin Care Authority

NO PARABENS, PHTHALATES, SULFATES, MINERAL OIL,  
PETROLEUM, OR OTHER HARMFUL INGREDIENTS





#### 4 Shake It Up

The fastest way to boost your workout? Whole Body Vibration training (WBV), a system that involves sitting, standing, or working out on a machine with a vibrating platform. The intense vibrations from the machine activate motor neurons in the spinal cord and force the muscles to contract and relax dozens of times each second. The end result, according to some studies, is increased strength, improved stability, and possibly enhanced weight loss. A recent study found that WBV might be as effective as exercise at combating negative consequences of obesity and diabetes. It also suggested that WBV could help prevent bone loss. Most health clubs and gyms have vibration plates or machines, so work with a qualified trainer to set up a regimen that works for you. Or check out WBV machines for home use.

Affordable options include the Pinty, Confidence Fitness, VibePlate, and Ollieroo.

#### 5 Stack Supplements

Supplement stacking, long used in the bodybuilding community, is simply taking multiple vitamins, minerals, amino acids, or other compounds in a carefully designed combination. The idea is to enhance the effectiveness of each, while minimizing possible negative effects. In biohacking, supplement stacks usually center around nootropics—compounds that enhance brain function, balance mood, improve cognition, and sharpen focus.

The simplest stack: combine caffeine with L-theanine—a compound found in tea that enhances calming alpha brain waves—to increase focus and energy without jitters and anxiety. Boost that simple stack by adding vinpocetine,

creatine, pyrroloquinoline quinone (PQQ), phosphatidylserine (PS), and/or acetyl-L-carnitine (ALC) to enhance memory, clear brain fog, and protect neurons. To improve mood, try rhodiola, L-tryptophan, B-vitamin complex, GABA, and L-citrulline. And to calm anxiety and stress, consider L-theanine, bacopa, passionflower, magnesium, and lemon balm.

#### 6 Stand Up

We spend countless hours sitting at our desks, in our cars, or on the couch. That takes its toll on the body—extended periods of sitting are strongly linked with chronic disease and increased mortality, as well as psychological concerns including depression and anxiety.

If your job requires long hours of sitting, consider a standing desk. High-end versions include treadmills, but you can get an



**OPTIMAL DIGESTION. BETTER HEALTH. MORE ENERGY.**  
DON'T LEAVE PROPER DIGESTION TO A LUCKY BREAK.

Floraphage is a microscopic protein designed by a team of experts to help good bacteria dominate the digestive tract. Digestive discomfort and a weakened immune system can be a direct result of a digestive system that is overrun by unwanted bacteria. Floraphage supports the restoration and maintenance of your highly sensitive digestive ecosystem by turning unwanted bacteria in high-quality nutrients that help feed beneficial bacteria—resulting in better digestion, health and energy.

Learn more about how **science, stats, and standards** play a role in supplement selection and why you should always **CHECK3** at [arthurandrew.com/check-three](http://arthurandrew.com/check-three).



**ARTHUR & ANDREW**  
MEDICAL

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Learn more by calling (800) 490-1566.

adjustable standing desk for as little as \$100. If you use a standing desk, be sure your posture's good, vary your position, wear comfortable shoes, and consider an anti-fatigue mat. Also, alternate between standing and sitting, ideally every 45 minutes to an hour.

If a standing desk isn't an option, try walking around every 30 minutes to keep blood flowing and give your back a break. Set timers to remind yourself.

To realign your spine after hours of sitting, try this simple exercise: lie on your back with your knees bent at a 90 degree angle and your feet and calves resting on a chair or table. This allows your hip flexors and the muscles in your spine and neck to release. Let your arms fall comfortably to the side, palms up, and slightly draw your chin in. Take your attention to your back and let the muscles relax until you feel your spine settling into the floor. This is also a great time to practice meditation or deep breathing.

## 7 Hack Your Nervous System

Meditation has been used for thousands of years to reduce stress, improve sleep, and enhance productivity and creativity, and modern studies show

that those results aren't subjective. Practicing mindfulness meditation for as little as eight weeks creates measurable, structural changes in brain regions associated with memory, sense of self, empathy, and stress.

You don't have to meditate for hours; 25–30 minutes a day is ideal, but even a few minutes can calm the nervous system and slow heart rate. Some apps that can help: Headspace, Calm, Mindfulness, and Insight Timer. Or try this simple practice: sit comfortably, close your eyes, and count to 10. Try not to be distracted (it's harder than you may think). When you reach 10, repeat as many times as you'd like. Or don't even worry about stopping your thoughts—just let them come, and watch them without latching on or getting involved. Imagine them as clouds, or leaves falling from a tree.

Deep breathing is another easy way to hack your brain's chemistry. Studies show that slow, deep breathing resets the autonomic nervous system and activates the parasympathetic nervous system, which calms and relaxes the body. Just sit comfortably, close your eyes, inhale into your belly to the count of five, pause, exhale for five, pause, and repeat.

### SUPPLEMENT SUGGESTIONS

Doctor's Best  
PQQ with  
BioPQQ



Gaia Herbs  
Rhodiola  
Rosea



Jarrow  
Formulas  
GABA Soothe



Life  
Extension  
Neuro-Mag



Natural Stacks  
Smart Caffeine

## Your Biohacking Resource List

### PRACTICE EARTHING

- › *Earthing: The Most Important Health Discovery Ever* by Clinton Ober, Stephen T. Sinatra, MD, and Martin Zucker
- › The Earthing Institute online: [earthinginstitute.net](http://earthinginstitute.net)

### INTERMITTENT FASTING:

- › *The Bulletproof Diet* by Dave Asprey ([bulletproof.com](http://bulletproof.com))
- › *The 2 Meal Day* by Max Lowery ([2mealday.com](http://2mealday.com))

### GO DARK:

- › *The Power of When: Discover Your Chronotype—and the Best Time to Eat Lunch, Ask for a Raise, Have Sex, Write a Novel, Take Your Meds, and More* by Michael J. Breus, PhD ([thesleepdoctor.com](http://thesleepdoctor.com))

### SHAKE IT UP:

- › *Whole Body Vibration: The Future of Good Health* by Becky Chambers

### STACK SUPPLEMENTS:

- › *The Bulletproof Diet* by Dave Asprey ([bulletproof.com](http://bulletproof.com))
- › *Head Strong* by Dave Asprey

### STAND UP:

- › *Varidesk* ([varidesk.com](http://varidesk.com)) for add-ons.
- › *Evodesk* ([evodesk.com](http://evodesk.com)) for add-ons and complete desks
- › For reviews of many brands and models, visit [workwhilewalking.com](http://workwhilewalking.com).

### HACK YOUR NERVOUS SYSTEM

- › *Mindfulness: An Eight-Week Plan for Finding Peace in a Frantic World* by Mark Williams and Danny Penman
- › *Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life* by Jon Kabat-Zinn ([mindfulnessstudies.com](http://mindfulnessstudies.com))

Lisa Turner is a chef, food writer, product developer, and nutrition coach in Boulder, Colo. She has more than 20 years of experience in researching and writing about nourishing foods, and coaching people toward healthier eating habits. Find her at [lisaturnercooks.com](http://lisaturnercooks.com).



# Treat your skin to the revitalizing boost it deserves

Your skin plays a major role in your health. It creates a protective barrier, safeguards your body from dehydration, and so much more.

Now you can effectively nurture your skin's health and appearance with Dr. Mercola's Organic Body Butters. You'll cherish how your skin looks and feels with quality skin care products that are not only Certified USDA Organic, but also include recognizable and nourishing ingredients like:

- Organic Shea Butter
- Organic Virgin Coconut Oil
- Organic Sunflower Seed Oil
- Organic Olive Oil

With the first application of this ultra-rich, deeply moisturizing cream, you'll have peace of mind knowing you're softening your skin with luscious antioxidants and other healthful nutrients, with no harmful chemicals.

Choose from revitalizing Sweet Orange, Nourishing Vanilla Almond scent, or Moisturizing unscented.

Pamper yourself and indulge your skin with Dr. Mercola's Organic Body Butters.


Visit [shop.mercola.com](http://shop.mercola.com) and order Dr. Mercola's Organic Body Butter today!



**DR. MERCOLA®**  
PREMIUM PRODUCTS

# GREEN WITH ENVY

by Nicole Brechka

An aerial photograph of a white surface with a large, irregular pile of bright green powder on the right side. The powder is scattered and has a fine, granular texture. The background is a plain, light-colored surface.

**Want to be the person who hardly ever gets sick and always has energy to spare? Tap into the health-boosting powers of spirulina, chlorella, and other green foods—and you will quickly become the envy of family and friends**

PHOTO BY PORNCHAI MITTONGTARE



One thing just can't be beat for energy, immunity, gut health, and cleansing—green foods. Spirulina, chlorella, wheat grass, and other powdered gems are concentrated sources of nutrients, each with its own unique mix of vitamins and minerals. We sat down with green foods expert David Sandoval, author of *The Green Food Bible: Could Green Plants Hold the Key to Our Survival?* and founder of Organic by Nature, to get the inside scoop on buying and using these supplements

**BN:** What are the most important health benefits of green foods?

**DS:** There are endless health benefits associated with green foods, both scientific-based uses and anecdotal ones. Here are my favorites:

- \* Excellent source of prebiotics
- \* Alkalizing effect on the body
- \* Liver detoxification
- \* Blood builder (for stronger hemoglobin)
- \* Energy aid
- \* Natural immune support

# Cooking with Green Foods

Here are two delicious and creative ways to sneak green foods powders into your diet:

## Chlorella & Cacao Balls

Makes 15 Balls

Super-easy, these tasty snacks are a great way to slip spirulina or chlorella into food. They can also be made nut- and cacao-free by substituting any seed butter (including tahini) for the nut butter, carob for the cacao, and sunflower seed meal for the ground almonds.



Recipe excerpted from *Bliss Bites* by Kate Bradley.

- 1½ cups ground almonds (about 5½ oz.)
- 2½ Tbs. coconut oil
- 2½ Tbs. almond or cashew nut butter
- 2½ Tbs. raw honey or maple syrup
- 1 tsp. vanilla extract (or ½ tsp. vanilla powder)
- 8 Medjool dates, pitted (about 5½ oz.)
- 1 Tbs. chia seeds
- ⅓ cup raw cacao powder or carob powder (about 1½ oz.)
- 1 Tbs. chlorella or spirulina powder
- 1 tsp. ground cinnamon
- Extra chia or hemp seeds for rolling

1. Place all ingredients in food processor or blender, and pulse until combined.
2. Using 1 Tbs. of mixture at a time, roll into 1-inch balls, then roll in chia seeds to lightly coat. Place balls in airtight container, and refrigerate or freeze. Balls will keep for up to 2 weeks in the fridge, and 2 months in the freezer.

**Per serving:** 170 cal; 5g prot; 10g total fat (3g sat fat); 17g carb; 0mg chol; 20mg sod; 4g fiber; 11g sugars

## Matcha Nut Butter

Makes 1 cup (about 16 servings)

This beautiful dairy-free spread is rich and delicate with flavors of macadamia, cashew, coconut, and green tea. Packed with healthy fats and antioxidants, its light green color makes for a wonderful and surprising presentation at the table. It is not necessary to soak the nuts overnight, but it does help with digestibility if you are sensitive.

Recipe excerpted from *Toast & Jam* by Sarah Owens.

- ½ cup macadamia nuts
- ½ cup cashews
- ¼ cup coconut oil
- ½ cup mild honey
- ¾ Tbs. lemon juice



2 tsp. matcha powder  
¼ tsp. sea salt, or to taste

3. Place macadamias and cashews in small bowl, and cover with water. Soak at room temperature overnight.
4. Drain nuts, and place in bowl of food processor. Add coconut oil, and process on high 5–6 minutes, until thick, creamy paste forms. Add remaining ingredients, and continue processing until smooth butter forms. Transfer nut butter to clean, lidded jars, and chill in refrigerator to thicken before serving. Nut butter will keep in refrigerator up to 2 months.

**Per serving:** 110 cal; 1g prot; 8g total fat (3.5g sat fat); 10g carb; 0mg chol; 40mg sod; 1g fiber; 9g sugars

**+**  
Get more green foods-infused recipes at [betternutrition.com](http://betternutrition.com), including **Chilled Green Gazpacho Soup** and **Matcha and Greens Ice Cream.**

**BN:** What are the main differences and health benefits of green foods, specifically spirulina, chlorella, and grasses?

**DS:** Here are my thoughts on these incredible foods:

## SPIRULINA & CHLORELLA

Spirulina is a natural multivitamin, and a vegan source of protein and omega-3 fatty acids. It's also rich in phycocyanin, a powerful polyphenolic compound. Chlorella is best for heavy metal detox and tumor suppression. It also promotes

healthy bone growth and cellular replication. Both are similar in that they are chlorophyll-rich algae. Both are rich in essential amino acids, low in fat, and high in fiber and minerals. Chlorophyll is a natural anti-inflammatory, antioxidant, and wound healer that has been found to aid in normalizing the blood counts of anemic individuals. Both algae contain some vitamin B<sub>12</sub>. Along with the usual vitamin and mineral suspects found in deep green plant foods—B vitamins,

carotenoids, magnesium, and vitamin C—chlorella also contains some potent flavonoid nutrients, including lutein, which is important for eye health. Chlorella also contains a rare xanthophyll, a type of carotenoid that, like beta-carotene, has vitamin A activity.

## BARLEY GRASS & WHEATGRASS

Barley grass and wheatgrass are mineral-rich green vegetables. They help fight inflammation associated with

# Honest, Natural Hair Care

NO Soy  
NO Gluten  
NO Parabens  
NO GMO's  
NO Mineral Oil  
NO Artificial Colors  
NO Harmful Sulfates

100% VEGAN • GMO-FREE  
ECO-ETHICAL  
CRUELTY-FREE



## Fabulous Hair Starts Here

DERMA E's Hair Care line takes the finest ingredients nature has to offer to create natural and eco-ethical products in packaging as beautiful as you are. Infused with vitamins, botanicals, and wholesome proteins, these *extraordinarily gentle and clean formulations* nourish, restore, and add shine for healthy, soft hair.

clinically tested • dermatologist tested • 100% vegan • cruelty-free • gluten-free • gmo-free

 **DERMA·E**  
[www.dermae.com](http://www.dermae.com)

## YOUR GREEN FOODS SHOPPING GUIDE

Amazing Grass  
Organic Wheat  
Grass



Earth Circle Organics  
Raw Organic  
Chlorella Powder



Kyo-Green  
Greens Blend  
- Energy



Nutrex Hawaii  
Pure Hawaiian  
Spirulina  
Powder



Vibrant Health  
Pro Matcha  
Chocolate  
Creme

arthritis and are great for enhancing detoxification. These juices have been used successfully by natural medicine to aid in healing from allergies, arthritis, asthma, chronic fatigue, constipation, skin injuries or infections from fungus or bacteria, and yeast infections. Juice from grass is loaded with chlorophyll, which improves intestinal mobility—the ability of the muscular intestinal wall to move waste out of the body through bowel movements. Most green juice converts who tend toward constipation notice quick relief from this problem. Studies show that green grass juices and other green foods can decrease the absorption of toxic chemicals, such as dioxins, through the walls of the intestine into the body.

**BN:** What if I already eat lots of veggies—should I still take green supplements?

**DS:** Definitely—you simply can't get beneficial phytochemicals associated with algae, seaweeds, and grasses from diet alone.

**BN:** What about matcha (green tea powder)—is this a green superfood too?

**DS:** Absolutely! Both green tea and matcha are wonderful additions to any diet that is already green to start with. In general, green tea (and matcha) will be pretty powerful protection against every disease that plagues human beings in First World nations, especially cardiovascular disease, cancer, and Alzheimer's disease.

**BN:** Can you share a few tips for buying and using these powders?

**DS:** If you've never used a green foods powder, start with a green foods blend, and take it on an empty stomach when possible (this includes with a morning smoothie). Also, consider purchasing products made using low-heat processing, which retain more nutrients than other types of powders.

**Nicole Brechka** is the editor in chief of *Better Nutrition*.

## Natural Beauty from within SKINprotect

- Protect your skin from within against wrinkles from sun damage
- Promote pro-collagen & elasticity



To learn more: 800-355-9969  
www.biomed-health.com



**BIOMED HEALTH**  
Live Younger, Longer.™

© 2018 BioMed Health Inc.  
These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease. Individual results may vary.



# Help shield your immune system.\*

Glutathione plays an essential role in supporting immune health and helps protect cells from the damaging effects of oxidative stress and toxins. While our bodies make glutathione, levels can become depleted through poor lifestyle choices—and even the natural aging process. A strong immune system is critical for good health. Support it with good habits like eating right, regular exercise, and by taking Setria®—the first glutathione clinically studied to raise levels in the body.<sup>1\*</sup>

**Setria**®  
Glutathione

Visit [Setriaglutathione.com](http://Setriaglutathione.com)  
to view our new video



Follow Setria®

Setria® is a registered trademark of KYOWA HAKKO BIO CO., LTD.  
Copyright ©2018 KYOWA HAKKO U.S.A., INC. All Rights Reserved.

1) Randomized controlled trial of oral glutathione supplementation on body stores of glutathione. J.P. Richie. Published in the European Journal of Nutrition, May 2014

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

For a complete list of products with Setria® Glutathione in their formulations visit [SetriaGlutathione.com](http://SetriaGlutathione.com)

**Healthy Origins**  
Healthy Value from Reliable Origins



**Dr. David Williams**  
SEARCHING THE WORLD FOR BETTER HEALTH™

**DR. WHITAKER**  
America's Most Trusted Wellness Doctor



**Script Essentials**®  
by Suzy Cohen, RPh

**VITAL PLAN**

# Constant Cravings?

When you can't stop thinking about that certain food—ice cream, French fries, chocolate—reach for these essential oils // BY CHERYL CROMER

Spring is in the air, bringing with it warmer weather, beautiful blooms—and thoughts about how we're going to look in those swimsuits in a couple months. If you've managed to pick up a few pounds over the winter, essential oil aromatherapy can help you get back into shape.

When you're tired or stressed, you are more likely to reach for unhealthy snacks. Smelling certain essential oils found to curb appetite and provoke alertness and energy in the brain can help thwart those cravings and also help you to think more clearly. In addition, some essential oils work with the body's endocrine system to still hunger pangs and give the metabolism a little boost.

While we all know that effective weight control must include some combination of diet and exercise, aromatherapy can combat the stress associated with the battle of the bulge, and be an enjoyable component to a lifestyle that focuses on

clean eating and healthy fitness. Here are our favorite essential oils for weight loss:

## Citrus Oils for Cravings & Moodiness

**Bergamot** (*Citrus bergamia*), or Italian orange essential oil: Known for its spicy citrus note, bergamot helps alleviate depression, and may help if emotional eating is undermining your clean eating program. Studies report that bergamot reduces the production of cortisol, which has also been linked to the inability to drop stubborn belly fat. Diffuse the essential oil during particularly stressful times to help you avoid mindless nibbling.

**Grapefruit** (*Citrus paradisi*): Studies have discovered that this essential oil not only provides a mood lift with its sweet aroma, it also contains a natural compound, nootkatone, that acts to control metabolism. Simply inhaling this bright citrus oil can halt food cravings and

give you a burst of much-needed energy.

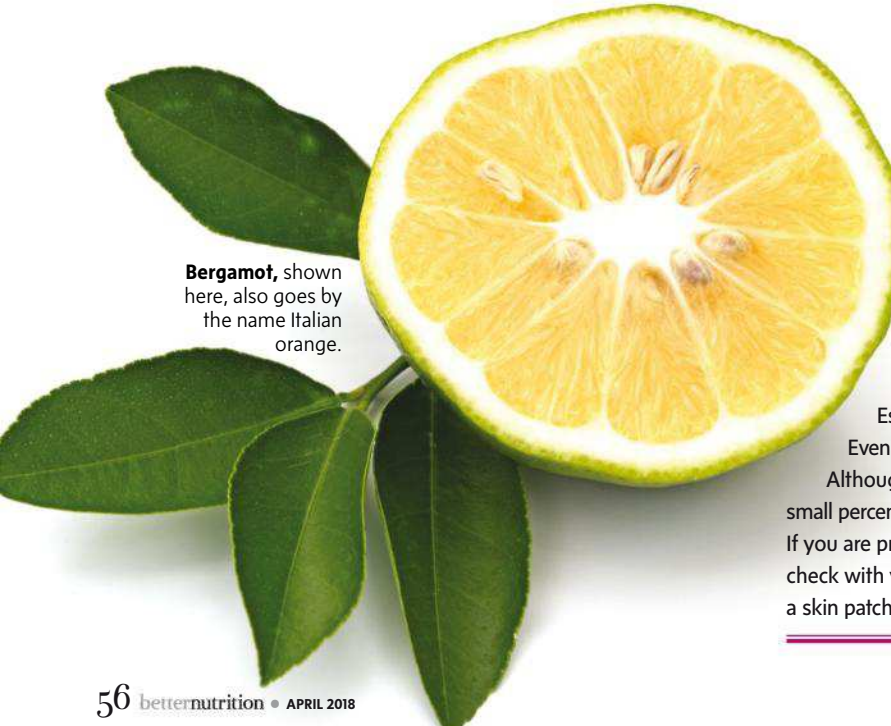
**Lemon** (*Citrus limon*): Essential oil of lemon is a mood brightener. Just think of the zest of citrus and it makes sense—who doesn't perk up after a refreshing glass of OJ or a squeeze of tart lemon in cool spring water? Two constituents in lemon essential oil pack a powerful punch to fat cells, while also easing pain in achy muscles. Add a few drops to your sports balm to relieve muscles sore from exercise.

## Juniper & Cypress for Water Retention

Woody **juniper** (*Juniperus communis*) and **cypress** (*Cupressus sempervirens*): These are purifying essential oils that offer diuretic benefits to help flush water weight. Combine with grapefruit for an uplifting aromatic massage blend that also helps break down cellulite.

## Rosemary & Peppermint to Boost Metabolism

**Rosemary** (*Rosmarinus officinalis*) and **Peppermint** (*Mentha piperita*): These savory culinary herbs enhance flavors and elevate low moods, but their essential oils are also powerful metabolism boosters. One scientific study reports that peppermint goes a step further to lower hunger levels when inhaled every two hours.



**Bergamot**, shown here, also goes by the name Italian orange.

---

## HOW TO SAFELY ENJOY ESSENTIAL OILS

Essential oils are best used as aromatics or topical applications.

Even the purest organic oils can be toxic to the system if swallowed.

Although our "Fat-Busting Aromatherapy Blends" (right) contain a small percentage of essential oils, they may interact with some medicines. If you are pregnant or nursing, or take prescription medications, please check with your physician prior to using essential oils. Conduct a skin patch test prior to use.

---

## MAKE YOUR OWN AROMATHERAPY BLENDS

### Appetite-Suppressing Diffusion

8 drops bergamot  
5 drops grapefruit  
2 drops ginger

### Fight Fat Massage Blend I

5 drops grapefruit  
5 drops lemon  
5 drops cypress

### Fight Fat Massage Blend II

5 drops rosemary  
5 drops ginger  
3 drops cinnamon  
2 drops peppermint

### Cellulite Buster Massage Blend

7 drops grapefruit  
5 drops cypress  
3 drops juniper

For best results with massage blends, mix essential oils in 1 oz. carrier oil, such as sweet almond or jojoba, and massage into affected areas such as stomach, hips, and thighs for 20–30 minutes. Do not bathe or wash off oils for an hour or two after application.

## Spice Oils for Blood Sugar Balance

**Cinnamon** (*Cinnamomum zeylanicum*) and **ginger** (*Zingiber officinale*): These two essential oils help reduce inflammation and regulate blood sugar, both of which

are vital to successful weight loss. These oils also add warmth to massage blends for a comforting, balancing quality.

Any of these essential oils can be effective in suppressing appetite. Simply



Nature's Alchemy  
Rosemary  
Essential Oil



Aura Cacia  
Nurturing  
Sweet  
Almond  
Natural Skin  
Care Oil

NOW  
Essential Oils  
Lemon



open your favorite and breathe deeply when the urge to overeat occurs. Or combine several for a supportive blend for your diffuser, such as our Appetite-Suppressing Diffusion blend (above).

**Cheryl Cromer** is an Atlanta-based writer specializing in aromatherapy and the spa lifestyle. She has more than 17 years' experience as an artisan aromatherapist. When she's not writing or creating blends, Cheryl enjoys traveling, interior decorating, and life with her Pembroke Welsh Corgi, Elle.



**QUICKER HEALING. NATURAL BLOOD FLOW. NORMAL SCARRING.**  
DON'T LEAVE IMPROVED RECOVERY TO LUCK.

Serretia is one of the world's strongest Serrapeptase supplements, an enzyme with the inherent ability to digest dead tissue and successfully aid in supporting normal scar tissue formation, normal blood clotting, and allow for more natural blood flow throughout the body. Serretia's ability to aid in normal fluid retention and a normal inflammatory response can help expedite the healing of sports injuries, joint problems, muscle tears and pulls, surgical recovery, and swelling.

Learn more about how science, stats, and standards play a role in supplement selection and why you should always **CHECK3** at [arthurandrew.com/check-three](http://arthurandrew.com/check-three).



ARTHUR ANDREW  
MEDICAL

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Learn more by calling (800) 490-1566.

# Nutritional Rx for Allergies

To ease your seasonal allergy symptoms, feast on foods like honey and turmeric, which have natural antihistamine and anti-inflammatory qualities //BY LISA TURNER

It's hard to be enthusiastic about spring when you suffer from the itchy eyes, sneezing, congestion, and runny nose associated with allergies, also known as hay fever or allergic rhinitis. And the "cure"—over-the-counter antihistamines that leave you foggy and dried out—isn't much better. But these potent immune-boosting foods can help.



**1 Pineapple** is the best source of bromelain, an enzyme that has anti-inflammatory effects and can reduce nasal swelling,

making it easier to breathe. Studies also show that it inhibits the development of allergic airway diseases and asthma.

**Try this:** Grill thick slices of pineapple until lightly browned, and serve with coconut ice cream; combine chopped pineapple, diced red peppers, minced jalapeños, cilantro, and lime juice for a tropical salsa; toss pineapple cubes with shredded cabbage, chopped mint, sliced red onions, and a light mayo-based dressing for a fruity slaw.



**2 Onions** are rich in quercetin, a flavonoid with potent antioxidant activity that acts as a natural antihistamine. Quercetin works by

blocking the production and release of histamines, compounds involved in the body's allergic response, as well as inhibiting other allergic and inflammatory compounds. Other good sources of quercetin include apples (particularly the skin), red wine, capers, berries (particularly elderberry), dill, cilantro, black and green tea, citrus fruit, and banana peppers.

**Try this:** Halve yellow onions, toss with olive oil, roast until golden, and drizzle

with balsamic vinegar; sauté onions in butter, add beef or vegetable broth, sherry, and thyme, cook until onions are soft, and top with cheese, if desired, for a rich onion soup.



**3 Turmeric** contains curcumin, an anti-inflammatory compound that inhibits the release of histamine, inhibits allergic response, and decreases oxidative stress. Curcumin has also been shown to increase nasal airflow and support immune response in people with allergies. Combining turmeric with fat and black pepper increases its absorption and availability.

**Try this:** Cook vegetables in coconut milk, turmeric root, curry paste, and black pepper until tender; stir turmeric, ground black pepper, coconut oil, and a pinch of saffron into cooked rice; add a generous amount of turmeric powder and black pepper to eggs scrambled with onions and smoked salmon.



**4 Kefir**, a fermented milk product, contains probiotics, which have been shown to treat seasonal allergies and enhance immune response. In one study, people who took probiotics had less congestion during allergy season, and showed reduced inflammation in the nasal passages. Other good sources of probiotics include yogurt, tempeh, natto, miso, dairy-free coconut kefir, and naturally processed sauerkraut.

**Try this:** Combine kefir, garlic, dill, chives, and a splash of vinegar for a healthy ranch dressing; purée cooked sweet potatoes and onions with curry paste and kefir for an easy soup; stir raspberry preserves into vanilla kefir and freeze for ice cream.



**5 Tuna** is rich in omega-3 fatty acids, which have anti-inflammatory actions and can block the production of chemicals that cause allergic reactions. In one study, people with higher levels of EPA, an omega-3 fat found in fish, had lower risk of allergies. Additionally, a higher intake of ALA, a type of omega-3 found in walnuts, flax, and chia, was associated with a decreased risk of allergic rhinitis.

**Try this:** Mix canned tuna, walnuts, olives, minced onions, and spinach with kefir ranch dressing (recipe above); toss pasta with tuna, garlic, arugula, and olive oil; top toast with avocado, onion, and thinly sliced seared tuna.



**6 Oranges** are rich in vitamin C, which works as a natural antihistamine. Studies show vitamin C depletion is associated with increased histamine levels, and that supplementing with vitamin C lowered histamine levels. Oranges are also rich in quercetin, and studies show that combining quercetin and vitamin C enhances availability and reduces inflammation. Other good sources of vitamin C include bell peppers, broccoli, strawberries, papaya, and

## Piña Colada Yogurt & Honey Parfait

Serves 1

Featuring some of our top anti-allergy foods, this tropical treat makes a great breakfast, snack, or healthy dessert.

### Granola:

- 1 cup old-fashioned oats
- 1 cup sliced almonds
- 1 cup shredded coconut
- 2 Tbs. coconut oil, melted
- 5 Tbs. local, raw honey
- 1 tsp. vanilla extract

### Parfait:

- ½ cup nonfat Greek yogurt
- ½ cup granola
- ¼ cup pineapple, cubed or crushed
- Drizzle of honey

1. **Granola:** Preheat oven to 300°F. Add old-fashioned oats and coconut flakes to a large bowl. In separate bowl, whisk melted coconut oil, honey, and vanilla extract. Drizzle mixture over oats and fold until evenly coated.
2. Transfer oat mixture to a parchment paper-lined



- baking sheet. Bake for 20–25 minutes, or until mixture is golden brown, stirring every 10 minutes.
3. Allow mixture to cool completely. Store in an airtight container until ready to use. It will stay fresh for 7–10 days.
4. **To Make Parfait:** In a small jar, layer the

Greek yogurt, granola, and pineapple. Drizzle with honey. Serve immediately.

*Recipe courtesy of the National Honey Board (honey.com)*

**Per serving:** 450 cal; 19g prot; 23g total fat (13g sat fat); 45g carb; 5mg chol; 45mg sod; 5g fiber; 29g sugars

mangos. **Try this:** Chop seeded oranges and peels in a food processor, then simmer with agave or honey until thick for an easy marmalade; arrange orange halves in a baking dish, drizzle with honey and cinnamon, and bake until soft; juice oranges and kale for a power-packed breakfast drink.



### 7 Local honey

may reduce allergies if taken at the very start of the allergy season.

The idea is that eating honey inoculates the body against local pollen that causes seasonal allergies. One

study found that people with birch pollen allergies had 60 percent fewer symptoms and 70 percent fewer days with symptoms after eating honey with birch pollen. It may also be that honey soothes allergies via its anti-inflammatory effects. Use locally produced honey, ideally raw and unfiltered, for the best healing power.

**Try this:** Purée kefir, coconut oil, honey, and turmeric for a probiotic-enhanced golden milk; stir honey into creamy peanut butter, add oats, and form into balls for a simple snack; whisk honey, mustard, and olive oil together for a sweet-and-savory salad dressing.

## GREAT SKIN STARTS WITH A WINNING PRODUCT



betternutrition  
**BEST OF NATURAL BEAUTY AWARD WINNER**  
2018

### Herpanacine® Skin Support

Used for most skin conditions.

Immune boosting & blood cleansing.

Works internally where it counts!

Used by men, women & kids.

27 years & millions of thrilled clients!

Gluten free & non-GMO.

## GREAT FOCUS STARTS WITH A WINNING PRODUCT



2017  
betternutrition  
**BEST OF SUPPLEMENTS AWARD WINNER**

### DiamondMIND® Cognition Formula

Award winning results!

Newly enhanced, quality formulation packed with proven brain nutrients.

Support mental focus, stamina, concentration & fight mental stress.

Gluten free, non-GMO, vegan.

Diamond Herpanacine of PA  
www.diamondformulas.com

(888) 467-4200

#ClearSkinNaturally

# A Taste of Thai

You can't get more flavorful than this Thai salad that blends sweet, salty, sour, astringent, bitter, and pungent

/// BY JONNY BOWDEN, PHD, CNS, AND JEANNETTE BESSINGER, CHHC

Chef Jeanette's creative twist on the classic Thai green papaya salad is unbelievably fresh and light, but balanced with an out-of-this-world fish sauce that gives the whole thing just the right amount of body. Thai food specializes in combining 6 tastes in one dish, and this one delivers on that promise: sweet, salty, sour, astringent, bitter, and pungent notes all commingle in one big bowl of springtime deliciousness! —Dr. Jonny



## Thai Fresh Salad

Serves 8

*If you don't have a spiral slicer, use the grater attachment of your food processor instead. Simply quarter and core the apple and slice the cucumber, zucchini, and jicama or green papaya into pieces that fit into the feeder, and feed through to grate. If you don't have a spiralizer or food processor, you can grate the ingredients by hand.*

### DRESSING

- 1 jalapeño pepper, seeded and quartered (use less for less heat, include the seeds for more heat)
- 1 large clove garlic, crushed
- 3 Tbs. Thai fish sauce (available in the ethnic section of large groceries)
- 3 Tbs. palm sugar (or Lakanto for 0 carbs), or to taste
- Juice of 2 limes (about 2½ Tbs.)

### SALAD

- 1 English cucumber, unpeeled
- 1 small zucchini, unpeeled
- 1 green apple, unpeeled
- 1 small jicama, green papaya, or yellow squash, peeled
- 1 cup grated carrots
- ½ lime
- 1 medium ripe mango, peeled, pitted, and julienned
- 1 bunch cilantro, chopped, optional
- ½ cup roasted peanuts, crushed, optional

1. Combine dressing ingredients in food processor, and process until contents are liquefied and well-blended, scraping down sides as necessary. Set aside.
2. Trim ends off cucumber and zucchini, and slice in half lengthwise. Place firmly into spiral slicer, and spiralize into bowl. Slice off just enough apple and jicama or papaya ends to fit neatly into slicer, and repeat, clearing out blade as necessary.
3. Collect spiralized produce in large strainer, and add carrots. Squeeze juice of ½ lime over all, toss gently, and allow extra juices to drain off for a few minutes.
4. Transfer salad to large bowl. Add prepared dressing, mango, and cilantro, and toss gently to combine. Sprinkle with peanuts, if using, and serve immediately.

**Per serving:** 90 cal; 2g prot; 0g total fat (0g sat fat); 23g carb; 0mg chol; 280mg sod; 5g fiber; 15g sugars



### NOTES FROM THE CLEAN FOOD COACH

The spiralizer is an inexpensive tool that allows you to turn firm fruits and vegetables into ribbons or "zoodles" (zucchini noodles). You can increase the health value of any traditional pasta meal by replacing half the flour-based pasta with vegetable noodles. You can just stir raw zoodles into hot pasta, or give them a quick steam sauté before mixing them into a recipe.

## FEATURED INGREDIENT: Jalapeño Peppers

Like all chili peppers, jalapeños come with a substantial helping of red-hot capsaicin. But this potent compound does a lot more than make your mouth feel like a furnace. When applied to the skin, capsaicin depletes substance P, a chemical that transmits pain messages to the brain. It's also a vasodilator, meaning it enhances circulation.

In addition to capsaicin, jalapeños contain iron, phosphorus, zinc, magnesium, copper, manganese, and a healthy dose of vitamin C. In fact, they have twice as much vitamin C as citrus fruits, which may be why they've been a popular remedy for colds for centuries.

Jalapeños are also used to aid digestion and stimulate appetite. Counterintuitive though it seems, they probably do not irritate the stomach. In fact, they may help prevent ulcers by killing bacteria, and they also stimulate the stomach lining to secrete protective juices. But use with care—they're not recommended for anyone with an inflamed colon.

# GOT PAIN? <sup>\*†</sup>

SAFE • EFFECTIVE • NON-ADDICTIVE



## Voted #1 for Pain Relief <sup>\*†</sup>

Curamin® is the award-winning pain relief<sup>\*†</sup> product with clinically studied ingredients that provides amazing benefits. Curamin doesn't just mask occasional pain—it gets to the source and stops it.<sup>\*†</sup>

- Safe, effective relief<sup>\*†</sup>
- Winner of 28 national awards
- No stomach, liver, or kidney damage

*"I guarantee you the results you deserve or your money back!"*

*Terry Lemerond, Founder and President of Terry Naturally® products*



Manufacturer Coupon Expires 12.31.18

# \$3.00 off

**CONSUMER:** Redeem only by purchasing the brand and size(s) indicated. May not be reproduced. Void if transferred to any person, firm, or group prior to store redemption. Offer valid in health food stores only. LIMIT ONE COUPON PER PURCHASE.

**RETAILER:** EuroPharma® Inc. will reimburse you the face value of this coupon plus 8 cents handling in accordance with our redemption policy (copy available upon request). Consumer must pay any sales tax. Send all redeemed coupons to: EuroPharma Inc. Mandlik & Rhodes, PO Box 490 Dept #1691, Tecate, CA 91980

Cash value: 1/100c. © 2018 EuroPharma Inc. All Rights Reserved

0367703-012393



*Terry Naturally*



**any One (1) Curamin® or Curamin Extra Strength product**

- Limit one coupon per customer
- Limit one item per coupon
- Excludes Curamin 21ct trial size

*Terry Naturally*  
**EuroPharma.**

*Our Passion is Your Health!*

EuroPharmaUSA.com  
**MONEY-BACK GUARANTEE**

<sup>†</sup>Occasional muscle pain due to exercise or overuse.

<sup>\*</sup>SPINScan Other Herbal Formula Subcategory Brand Rank, data ending 12/1/17.

<sup>\*</sup>THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

# Earth Day Toxin Savvy

Many of our healthiest foods—fruits and vegetables—contain herbicide and pesticide residues that accumulate in our bodies. Levels are rising, according to a study at the University of California, San Diego. Such toxins disrupt hormones and damage health. Eating organic foods is the best way to avoid them, but since this isn't always possible, it helps to know where they lurk and how to minimize exposure. This Earth Day, test your toxin savvy and find greener alternatives with our quiz. //BY VERA TWEED

1. **Chemical pesticides and herbicides have been linked to increased risk of which conditions?**
  - a) Cancer
  - b) Diabetes
  - c) Neurological problems
  - d) Infertility
  - e) All the above
2. **Eating a diet of organic foods can dramatically reduce levels of pesticides and herbicides in the human body:**
  - a) In a few days
  - b) In a few weeks
  - c) In a few months
3. **Non-GMO foods never contain pesticides or herbicides.**
  - a) True
  - b) False
4. **Baking soda can remove pesticides from produce.**
  - a) True
  - b) False
5. **Agricultural chemicals have been found in the blood and/or urine of how many Americans?**
  - a) More than 50%
  - b) More than 65%
  - c) More than 80%
  - d) More than 90%
6. **Which nonorganic crops often contain glyphosate residues?**
  - a) Corn
  - b) Soy
  - c) Wheat
  - d) Corn and soy
  - e) All the above
7. **In fruits and vegetables that are not certified organic, which of these has the lowest pesticide levels?**
  - a) Strawberries
  - b) Spinach
  - c) Broccoli
  - d) Onions



## GET YOUR TOXIN LEVELS TESTED

The nonprofit Detox Project tests foods for residues of the most widely used weed killer, glyphosate, and certifies passing foods as "Glyphosate Residue Free." For consumers, the organization offers tests of hair or urine samples to check personal toxin levels. For more info, visit [detoxproject.org](http://detoxproject.org).

## ANSWERS

1. e) Studies have linked chemicals to all of these conditions, including memory loss, Alzheimer's and Parkinson's diseases, and developmental disorders in children.

2. a) Studies of children have found toxin levels dropping to undetectable levels within days of switching from conventional foods to a 100% organic diet. Similar tests have not been done in adults.

3. b) False. "Non-GMO" simply means that a food has not been genetically engineered, but it doesn't prevent the use of agricultural chemicals. Only certified organic foods must be grown without highly toxic chemicals.

4. a) Researchers at the University of Massachusetts at Amherst tested apples with allowable amounts of pesticides and found that soaking them in water with baking soda removed more pesticides from the skin than tap water alone or a bleach rinse. However, some pesticides penetrated the apples and could not be removed.

5. d) Research at the University of California, San Francisco, and data compiled by the Centers for Disease Control and Prevention found detectable levels of pesticides and the herbicide glyphosate in the blood and urine of more than 90% of Americans tested.

6. e) Glyphosate is sprayed on most nonorganic corn and soy to kill weeds as the plants grow. In wet North American climates, the chemical is also sprayed on wheat and other grains about two weeks before harvest to dry the crop and speed up the harvesting process.

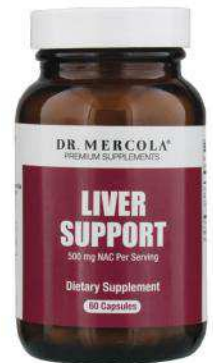
7. d) From best to worst: Onions have the lowest levels, followed by broccoli, spinach, and strawberries. For a ranking of pesticide levels of 48 popular fruits and vegetables, get the Shoppers Guide to Pesticides in Produce at [ewg.org](http://ewg.org).



# Product Spotlights

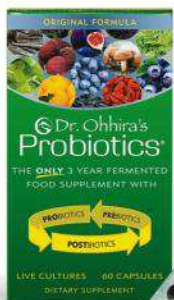
## Dr. Mercola Premium Supplements Liver Support

It's trifecta support for your liver. Dr. Mercola's Liver Support contains three unique ingredients, including milk thistle, to help minimize the damaging effects of everyday pollutants and stresses on your liver.



## Essential Formulas Dr. Ohhira's Probiotics Original Formula

The premier supplement for supporting your digestive and overall health, award-winning Dr. Ohhira's Probiotics is the only whole-food supplement consisting of concentrated fermented foods containing prebiotics, probiotics, and postbiotics. Discover the Dr. Ohhira difference!



## Arthur Andrew Medical Fibrovera AHS

Fibrovera AHS is a gentle formula for women, designed to support healthy hormone levels, as well as uterine and breast health. Fibrovera restores inherent processes in a woman's body and promotes comfortable PMS and menopausal symptoms.

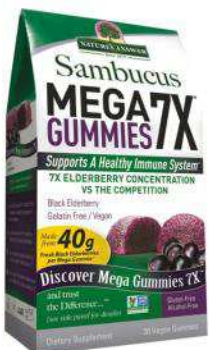


## MyChelle Dermaceuticals Sun Shield Clear Stick SPF 50

This water-resistant, zinc oxide-based sunscreen glides on smoothly to deliver powerful UVA/UVB full-spectrum protection. Avocado, jojoba, and vitamin E oils help to moisturize skin, while cocoa seed butter soothes and nourishes. Great for on-the-go coverage. Available in Tinted and Non-Tinted.

## Bio Nutrition Premium Black Seed Oil

For centuries, black seed oil has been revered for its unique flavor and health-promoting properties. Bio Nutrition's Premium Black Seed Oil is naturally a rich source of essential fatty acids and thymoquinone, a compound with antioxidant qualities, to support a healthy inflammatory response. This 100 percent pure, cold-pressed oil contains no gluten, dairy, soy, alcohol, or GMOs.



## Nature's Answer Sambucus Mega Gummies 7X

Nature's Answer Sambucus Mega Gummies 7X support a healthy immune system while boasting 40 grams of fresh black elderberries per gummie! This gummie stands above the rest by packing in 7x more concentration than its competition. Gluten-free, vegan, and alcohol-free, this is the gummie you can trust.

# Better Nutrition in the 1950s, Part 2



2018 marks *Better Nutrition's* 80th year in print. Travel through time with us as we highlight popular diet and food trends by decade. In the spotlight this month: Wheat Germ // BY THE EDITORS OF *BETTER NUTRITION*

Wheat may be *persona non grata* these days, but wheat germ—an inner portion of wheat kernels—was considered a health food for years. It was especially popular in the 1950s, when it was used in all types of recipes.

Despite the recent wheat backlash (experts have linked it to everything from Alzheimer's to obesity), wheat germ has a lot going for it, and it's still a popular staple at health food stores. Nutrition-wise, wheat germ is an exceptional source of vitamin E. It's also rich in folic acid, thiamin, zinc, phosphorous, magnesium, and fiber. As a bonus, wheat germ is a vegetarian protein source.



## 5 DISHES THAT WERE POPULAR IN THE '50s

- \* Baked Alaska
- \* Tuna Noodle Casserole
- \* Chicken a la King
- \* Green Bean Casserole
- \* Deviled Eggs



## WHEAT GERM FOR BREAKFAST!

This light and nutty topping played a starring role in *Better Nutrition's* "Menus of the Week" throughout the 1950s. Here are a few examples of breakfasts from those issues that incorporated wheat germ:

- \* Soaked prunes with wheat germ and cream; scrambled eggs; coffee
- \* Dried cereal with wheat germ, figs, and dates; mixed vegetable juice cocktail; coffee
- \* Bananas with wheat germ and cream; coddled eggs; coffee with milk
- \* Sliced peaches with wheat germ and milk; pancakes and honey; coffee with milk
- \* Berries with wheat germ and cream; corn muffins with cream cheese; coffee with milk

## THE STORY OF betternutrition

*Better Nutrition* was founded by Jack Schwartz in 1938. Schwartz returned from the military with a business idea—start a magazine about nutrition. He loved helping friends and family find natural solutions to health problems, and he figured others would be interested in this too. He saw an opportunity to fill a niche and, at the same time, satisfy his passion for health and nutrition. And just like that, *Better Nutrition* magazine was born. Fall back in time with us this year as we revisit popular trends in nutrition, vitamins, recipes, and more with this limited-edition section.



PHOTO: (TOP RIGHT) GETTY IMAGES

# For Naturally Brighter, Healthier Smiles



## XyliWhite™ Coconut Oil Toothpaste Gel

NOW® Solutions new XyliWhite™ Coconut Oil Toothpaste Gel is formulated with the purest natural ingredients and 25% xylitol, one of the highest concentrations available. This unique combination of ingredients promotes good oral health for stronger, whiter-looking teeth and a brighter, healthier smile. XyliWhite™ Coconut Oil Toothpaste Gel is a great addition to any natural oral care regimen.

- Free of Fluoride, SLS, Gluten and Parabens
- 10% Coconut Oil
- Vegan Ingredients / Mint Flavor
- For Adults and Children

*Redefining natural beauty*



Available in fine health food stores nationwide. • [nowfoods.com/nowsolutions](http://nowfoods.com/nowsolutions)

NEW from Solgar®

# Spoonfuls grown here.

PROTEIN *harvested* FROM NATURE



Fruits, vegetables, legumes, seeds, ancient grain... kissed by the sun, nurtured by the rain, embraced by the earth... the source of well-being as nature intended. Not only are plants a great source of nutrition... they can also be a great source of protein.

That's the whole idea behind the broad-spectrum nutrition of New Solgar® Spoonfuls: plant-harvested-protein... vital nutrients... fruit, vegetable and greens concentrates... probiotics, digestive enzymes, flaxseed EFA, plus all the goodness of ayurvedic botanicals. Three small scoops throughout your day gives you 20 grams of protein plus whole food and plant-based concentrates, nutrients, and a rich complement of essential vitamins.

From AM to PM, with Solgar® Spoonfuls you get wholesome, non-GMO, dairy-free protein any way you like it... once a day... or throughout the day. Earth-harvested-plant-protein never tasted so good... and was never so easy.\*

Available in these delicious natural flavors: Vanilla Chai, Chocolate Coconut and Mixed Berry.



Live Vibrantly.



For additional information, log on to [www.solgar.com](http://www.solgar.com) or call us at 1-800-645-2246

NOTICE: Use this product as a food supplement only. Do not use for weight reduction. \*\*At time of manufacture.

Spectra™ is a trademark of VDF FutureCeuticals, Inc., used under license. Unique IS-2™ is a trademark of Unique Biotech Limited.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.