

the beauty of KERATIN SUPPLEMENTS /// VEGAN chia and almond pizza

betternutrition

THE SHOPPING MAGAZINE FOR NATURAL LIVING

JUNE 2017 | betternutrition.com

|| NEW 3-PART SERIES ||

Go Natural IN 90 Days

Simple Ways to Make Positive Changes!



**TRAVEL
FOODS:**
YUMMY
SUGAR-FREE
SNACKS
TO PACK

**MEN'S
HEALTH:**
Prostate
Therapy
Breakthroughs

**CAN NUTRITION
CHANGE YOUR
PERSONALITY?**
P. 46



Eat-the-Bowl
"CRABACADO"
SUMMER SALAD
P. 62



Fresh Ideas for Using
SUPERFOOD POWDERS

Alicia Silverstone

INTRODUCES
mykind ORGANICS GUMMIES



ALICIA SILVERSTONE
Actress, *NY Times* Best-Selling
Author, Health Advocate

Alicia Silverstone



mykind
ORGANICS



by Alicia Silverstone

How mykind Organics Got Its Start

While I was pregnant with my son, Bear, I embarked on a quest for the cleanest prenatal vitamin I could give my body. A vitamin that was aligned with the way I eat: organic, non-gmo, free of funky processed junk, and completely plant-based. Turns out this search was no simple task! I learned that there really wasn't anything on the market that I would feel comfortable putting in my body as a nutritional safety net. I could find vegan-friendly options, but they wouldn't be whole food-based. Some vitamins claimed to be nothing but whole foods, but in reality included binders, fillers, and other synthetics. What?! That's like saying your broccoli is nothing but broccoli and then sneaking in some hydrogenated soybean oil. Gross!

Throughout this tiresome research to seek a pure and wholesome vitamin, my brain really started to hurt! Why would I take something meant to improve my health, when in actuality it was far inferior to the quality food I was eating? I realized that if I wanted a truly great vitamin option, I was going to have to make it myself. So I went on a search for the perfect partner—the stars aligned with Garden of Life—and we co-founded mykind Organics. Together we created an entirely new kind of vitamin line that is Certified USDA Organic, Non-GMO Project Verified and free of synthetic binders and fillers. That's right—made with whole foods and love!

Finally—Delicious, Nutritious Gummies!

I have been over the moon about these vitamins. And I am thrilled now that we have added gummies to our line! Chewing something delicious is more fun—how could it not be? These gummies taste like fruit snacks—nine whole fruits in every bottle—and they're packed with extra nutritional goodness and zero added sugar! Most gummy vitamins have the equivalent of one teaspoon full of sugar in each serving. How crazy is that? From the get-go, we wanted to make these for children and anyone else who prefers chewing to swallowing a capsule. But in order to make it, it took a lot of research since no other gummy on the market is made the way these are: with Certified Organic, Non-GMO whole fruits and vegetables, and we don't add sugar or gelatin.

I'm searching for a clean, vegan, and fun kids multivitamin to give my

son, Bear, I came across gummy vitamin brands that were made with some organic stuff, but most snuck in processed sugar or artificial flavorings! Seriously, take a look; the top four kid-friendly gummy brands on the market all have sugar as a top ingredient. I cringe at the thought of feeding Bear a vitamin that is the equivalent of one teaspoon of table sugar. It was so important to me that we create something with zero processed sugar! So, unlike the other gummy products out there, mykind Organics Gummies uses organic apple and organic peach purée and juice to source the sweetness.

On top of processed sugars, many top vitamin brands include the ingredient gelatin in their gummies. What's the deal with gelatin? Gelatin is a tasteless gelling agent that's made from ground up animal skin and bones—primarily the stuff that's left over from the meat industry. Items like pork skins, horns, and cattle bones. Nasty! Consuming gelatin is like buying a hot dog on a random city street corner—you really have no idea what's actually in it. For this reason, we sourced the first ever organic pectin from organic oranges. It's combined with apple pectin to help bind the gummy. The oranges used are actually reclaimed orange peels that might otherwise be composted. We worked with the company Uncle Matt's® Organic to create an orange powder made from the remnants of their orange peels. This way, binding the gummy is not only healthier for you or your little one, but it's also healthier for the planet.

A Healthy Farm-to-Gummy Vitamin

I am so happy and grateful we can now provide a healthy farm-to-gummy vitamin for you! mykind Organics prides itself in being a true health crusader, ditching the conventional vitamin gummy course by steering clear of processed sugars and syrups, artificial colors and flavorings, animal products, and GMOs. Our gummies have nine whole organic fruits in each bottle in addition to a blend of all kinds of healthy goodness from kale to cauliflower, with its sweetness derived from the fruit itself, and the organic pectin made from apples and organic orange peels. It is Certified USDA Organic, Non-GMO Verified, Certified Vegan and Kosher. Wahoo!! We did it. mykind Organics Gummies (Kids, Prenatal, Women's, Women's 40+, Men's and Men's 40+) are now available at all major health food stores and online retailers.

Medical-Grade Collagen: 102 Million Doses, 35 Years, 4,700 Health Professionals.

Science, Absorption, Results: Why Liquid Type 1 Collagen Peptides Remain the #1 Choice of Doctors and Hospitals...

by Jim Caras

It's easy to find a collagen product. It's not easy to know if it'll actually work. Dozens of collagen supplements have flooded the market in every form, flavor, and at every price imaginable. So, when choosing one, how can you be sure you're making the right decision?

With over 35 years of medical use, doctors have done your homework for you...

The Collagen Doctors Recommend to Doctors

With over 102 million doses and rising, doctors and hospitals remain steadfast

in their commitment to **liquid Type 1, enzymatically hydrolyzed, collagen peptides** (found in Health Direct's *AminoSculpt*). This true *Medical-Grade Collagen™* is considered the "*Gold Standard*" by the medical community. Here's why...

Proven Medical Use

FIRST, these liquid peptides have been used by over 4,700 physicians, clinics, hospitals and health professionals for over 35 years. They're preferred because they have provided consistent results for decades with a proven safety

record, even when used by patients with serious health problems.

Science Backs Type 1 Collagen
SECOND, these liquid peptides contain pure Type 1 collagen. While there are 28 different types of collagen in the body, 90% of your body's collagen is Type 1. Plus, the weight of published scientific research supports Type 1 collagen, making it a solid choice (*see benefits in the graphic below*).

Type 2 collagen is good for healthy cartilage (and has some effects on skin) but lacks many benefits of Type

Burns Fat, Beautifies Skin and Supports Joints!



"BURNS Fat, SHAPES The Body..."

As we age, we gain fat and lose muscle. High doses of liquid Type 1 collagen peptides help stop this by preserving and building lean muscle. That way, you can keep a firmer, more shapely body for longer. This is why bariatric weight loss clinics have long recommended *AminoSculpt's* medical-grade liquid collagen peptides as part of their programs.*



"BEAUTIFIES Hair, Skin, & Nails..."

While many hospitals use *AminoSculpt's* liquid Type 1 collagen peptides for skin repair, they also have beauty and personal care benefits.

Since, 90% of your hair, skin, and nails are Type 1 collagen. People typically notice better skin softness, hydration, tone, and appearance, as well as improved growth and quality of their hair and nails.*



"SUPPORTS Joints, Bones, & Even Sleep..."

Type 1 collagen is a major component of ligaments, tendons and bones. Collagen's exclusive amino acid, Hydroxyproline, plays a primary role in the structure and maintenance of bones and connective tissues.

Plus, collagen's most abundant amino acid, Glycine, is clinically shown to improve sleep when taken at bedtime. Users of *AminoSculpt's* liquid collagen peptides typically report deeper sleep and waking up more refreshed.



"IMPROVES Recovery & Wound Care..."

Collagen contains high amounts of high-nitrogen amino acids that build and repair the body (300-400% more Arginine and Glycine than whey and other proteins). A published clinical trial shows that *AminoSculpt's* medical-grade liquid collagen peptides perform FIVE TIMES GREATER than whey protein for improving wound and tissue repair.

Also, recent studies show that supplementing with Type 1 collagen peptides before exercise can help decrease your likelihood of injury.*

Medical-Grade vs. Generic Collagen



AminoSculpt® Collagen Peptides

Collagen Powders

Big Collagen Pills

Sugary Collagen Chews

Bone Broth

102 Million Doses Over
35 Years of Medical-Use

4,700 Doctors, Hospitals
and Health Professionals

Original Pioneer in Patented
Hydrolyzed Collagen Peptides

Type 1 Liquid Peptides
in Published Clinical Trials

Clinical-Strength Dose of
Collagen (16,000 mg)



1 Fl Oz

X

X

X

X

X

X

X

X

X

X

X

X

X

X

X

X

12 Fl Oz

16

16

8 Cups

1 collagen. Some products contain rarer forms of collagen such as Types 3, 5, or 10. While these additional types may look enticing, there is little medical evidence supporting their use. They won't hurt you, but you're probably paying extra money for no additional health benefits.

"Liquid" Collagen is Superior THIRD, doctors prefer peptides in "liquid" form.

Most of the published studies, patents, and real-world medical use are on liquid collagen. Plus, these liquid peptides are "enzymatically hydrolyzed" (pre-digested with natural fruit enzymes) for maximum absorption, and better results.

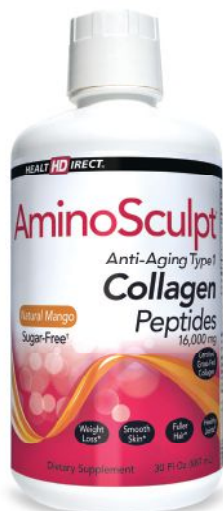
Liquids are also ready-to-use and do not have to be mixed with food or juice. They provide the most collagen in the smallest dose. And, they're safer to take than powders and pills with no danger of

choking, or difficulty swallowing.

The #1 Medical-Grade Collagen™...

Although there are many collagen products available, only **AminoSculpt®** contains the same liquid collagen peptides used by 4,700 medical professionals for over 35 years. **AminoSculpt®** is the original medical-grade, liquid Type 1 collagen peptide supplement and the only one with:

- ✓ 16 grams per ounce
- ✓ Non-GMO ingredients
- ✓ Certified grass-fed collagen
- ✓ Certified KO kosher
- ✓ Paleo-friendly ingredients
- ✓ NO sugar, gluten, dairy, nuts, soy, or grains
- ✓ Over 1,000,000 bottles sold
- ✓ A money-back guarantee**



Find AminoSculpt Now

Visit: AminoSculpt.com/BN176
or call toll-free: 1-800-989-9531, Dept. 2945.



"The Trouble With BONE BROTH..."

Homemade bone broth, bone broth powders, and gelatins have become popular. While they can be a rich source of minerals and other nutrients, they're actually a poor source of collagen protein. This is because they're difficult for the body to digest. **"Raw" and "Whole Food" are two things you don't want your collagen to be.** Many people mistakenly think that cooking makes the collagen in bone broth totally digestible. This simply isn't true. Collagen must be "hydrolyzed" (broken down by enzymes) into peptides to be fully absorbed and used by the body.

Ironically, bone broths and gelatins promoted for gut health can actually cause bloating, digestive issues, and even fatigue, because of their poorly absorbed, un-hydrolyzed collagen.

About the Author: Jim Caras has written and lectured on collagen for over 20 years. His book, "How to Completely Reshape Your Body!", was one of the first to use collagen for rejuvenating and shaping the body.

*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. ©2017 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.



60
Our vegan Chia
and Almond Pizza
is bursting with
fresh flavors.



GO
NATURAL
IN 90
sweepstakes

39
Life's a beach
when you enter
to win our spec-
tacular summer
giveaway prizes.

features

32 Go Natural in 90 Days
Would you like to have more energy, feel less stressed, ease aches and pains, and get on top of your game? Try harnessing the power of nature with these 30 tips compiled from top experts.

41 Just for Men
Cutting-edge tests and time-honored natural remedies make a potent one-two punch when it comes to prostate health.

46 Can Nutrition Change Your Personality?
Sure, you get irritable when you're hungry, but the latest research indicates that the relationship between food and mood goes much deeper than that.



54
Popeye was
right—spinach is
the ultimate guy-
friendly food.

departments

8 TREND WATCH Healthy Food Fun
New Mobile Teaching Kitchens are crisscrossing the country to teach kids about the importance of nutrition and healthy food choices.

20 HOT BUYS Summer Sizzlers
Natural food, beauty, and supplement products that we're excited about.

22 CHECK OUT The Beauty of Keratin
How keratin has become a key ingredient in supplements for hair, skin, and nails.

24 ASK THE NATUROPATH What is Hemochromatosis?
Get the facts about this surprisingly common iron storage disorder.

26 7 WAYS Beyond the Blender
When it comes to choosing the right green food powder, there's no shortage of great options.

52 NATURAL BEAUTY Stop Wrestling with Your Razor
The top natural secrets to irritation-free shaving.

54 EATING 4 HEALTH It's a Guy Thing
Boost testosterone and support prostate health with these 9 key foods.

58 ASK THE NUTRITIONIST Snacks for Your Summer Travels
A selection of sugar-free, satisfying on-the-go snacks.

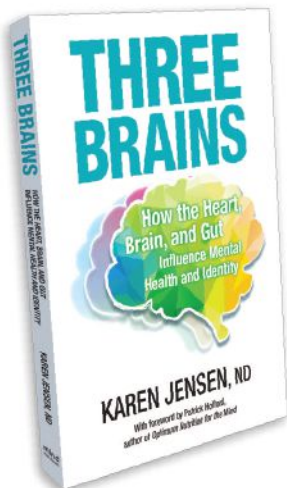
60 VEGAN EATS Portable and Affordable Vegan
And did we mention delicious? Because this Chia and Almond Pizza is a flavor-packed hit.

62 HEALTHY DISH Eat-The-Bowl Summer Salad
This high-protein, low-cal crab-avocado combo is a snap to make and a treat to eat.

63 SHOPPING CART Product Spotlights
Looking for just the right supplement? We have a few suggestions for you.

64 QUIZ WHIZ Lyme Disease Facts
Stay safe this summer by being in-the-know about this serious tick-borne illness.

When it comes to mental health, it's not all in your head



3 BRAINS™ is a NEW line of supplements designed to support the critical relationship between the HEART, the BRAIN, and the GUT. Together these three “brains” influence mental, emotional, and physical health. The Three Brains™ line of supplements is designed to help maintain optimal brain health by supporting that critical relationship.

DISCOVER MORE ABOUT YOUR “THREE BRAINS”

“Nutrients from whole foods, exercise, and supplements are effective, non-invasive ways to support the ‘three brains’ interaction and optimize mental health and cognition.”

– Karen Jensen, ND

3brainshealth.com • Available EXCLUSIVELY at Natural Health Stores

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.

**natural
Factors**

Chill Out & Get Healthy

Maybe your diet is not as healthy as you'd like it to be—e.g., you're hooked on soda or you're using multiple packets of Splenda in your coffee. Or, perhaps you want to find alternatives to prescription and over-the-counter medications such as ibuprofen or antacids.

I can relate. I've eaten one too many Philly cheesesteaks lately (our office is across the street from one of the best spots in town). It was after taking a hard look at my own diet and health habits—and realizing that I had to make some changes—that the concept for our “Go Natural in 90” (p. 32) came into being.

Go Natural in 90 is a three-part series featuring tips, tricks, and hacks for holistic living. Most of the advice comes from today's top natural health experts. You'll find 30 tips in this issue, followed by 60 more in our July and August issues.

In addition to the article, there's more—a special Go Natural in 90 Sweepstakes (p. 39). This is our biggest giveaway program ever! There is an amazing array of prizes, including top natural products from our sponsors. One of my favorite parts is the Go Natural in 90 e-newsletter, which will have in-depth pieces such as getting off sugar for good and learning to read food labels.

If you need some inspiration, something to get excited about, I really think Go Natural in 90 will fit the bill. Whether it's losing a few pounds, improving your skin, or boosting your energy levels, there's something here for everyone. Join us for a life-changing journey this summer!

Nicole
nbrechka@aimmedia.com



WHAT'S NEW AT betternutrition.com

Here's what's cooking this month on our website:

Exclusive Blogs: Aromatherapy Essentials: Travel Well

Ease jet lag, boost your immunity, revitalize your skin, and more with aromatherapy blends and mists for healthy travels.

Nutrient Quick Guides: Vitamin E

The latest research, plus shopping tips on vitamin E.



Web Exclusive Recipe! Chilled Green Gazpacho Soup

This cold, creamy soup incorporates wheat grass powder, adding a brilliant green color and more nutrients. For more green foods recipes, see p. 26.

SIGN UP FOR OUR NEWSLETTER!

Healthy Buzz
Go to betternutrition.com and click on the “Healthy Buzz” button to sign up for our new monthly newsletter.

betternutrition

YOUR GUIDE TO NATURAL LIVING

Editor in Chief Nicole Brechka
Creative Director Rachel Joyosa
Executive Editor Jerry Shaver
Senior Editor Ann Nix
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, Isaac Eliaz, MD, Kai James, Emily A. Kane, ND, LAC, Melissa Diane Smith, Lisa Turner, Neil Zevnik

Production Director Cynthia Lyons
Production Manager Mark Stokes

Editorial Offices 512 Main Street, Suite 1
El Segundo, CA 90245

Vice President, General Manager Kim Paulsen
kpaulsen@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

National Sales Manager Steven Theobald
800-443-4974, ext. 701 stheobald@aimmedia.com

Business Development Kim Erickson
702-219-6118 kerickson@aimmedia.com

Marketing Designer Judith Nesnadny
jnesnadny@aimmedia.com

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



ACTIVE INTEREST MEDIA

Chairman & CEO Andrew W. Clurman
Senior Vice President, Treasurer, and CFO Michael Henry
Chief Innovation Officer Jonathan Dorn
Executive Vice President, Operations Patricia B. Fox
Vice President, Controller Joseph Cohen
Vice President, Research Kristy Kaus
Vice President, IT Nelson Saenz
Boulder Human Resources Director JoAnn Thomas
AIM Board Chair Efram Zimbalist III

facebook.com/
BetterNutritionMagazine

twitter.com/
betternutrition

pinterest.com/
bnutritionmag

instagram.com/
betternutritionmag

BETTER NUTRITION, ISSN #0405-668X, Vol. 79, No. 6, Published monthly by Cruz Bay Publishing, an Active Interest Media company, 5200 Flatiron Parkway, Boulder, CO 80501; 303-253-6300; fax 303-443-9757. © 2017 Cruz Bay Publishing. All rights reserved. Mechanical reproduction 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.

OWN THE MORNING™

Start your day with more!

Alive!® complete multi-vitamin gummies include Orchard Fruits™ and Garden Veggies™† and a full B-vitamin complex to support metabolism and energy.* Available in Women's, Women's 50+, Men's, Men's 50+ and Children's formulas.

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

†Alive!® Multi-Vitamins provide 150 mg fruit/vegetable powder in each serving.



trendWATCH

/// BY VERA TWEED



Healthy Food Fun

Given the chance, most kids like to learn about food and healthy eating choices. A Chicago-area nonprofit, Pilot Light, ran a food education program for 1,500 elementary school students and found that 95 percent enjoyed food lessons. Additionally, because of the program:

- * **93%** know that their food choices will affect their future health
- * **93%** believe it's important to know the ingredients in their food
- * **86%** like trying new foods
- * **83%** believe it's important to know where food comes from
- * **78%** feel they can choose healthy foods in the lunch room

Unfortunately, most schools don't have the resources to provide hands-on, engaging food instruction, but dietitians and chefs are teaming up to work out ways to solve the problem. The country's largest school food-service company, Chartwells K12, has been working with Pilot Light in Chicago and, to cover a wider geographical area, has launched a Mobile Teaching Kitchen program. It's a fully equipped, travelling kitchen that moves from city to city by truck.

Using a recipe-driven format similar to popular TV shows, chefs and dietitians in the mobile kitchen teach, demonstrate, advocate healthy choices, and even let kids do some cooking. They turn food

MORE INFORMATION

Chartwells K12 provides meals to 4,000 schools. For more information about its Mobile Teaching Kitchen, visit ellythemtk.com.

In the Chicago area, Pilot Light: pilotlightchefs.org.

Information for healthcare professionals: Teaching Kitchen Collaborative (tkcollaborative.org).



education into a fun experience that helps kids get on a healthy path—and may help parents too. Among graduates of the Pilot Light program, 74 percent of students felt confident about advising their parents on healthy food choices.

Sleep Again, Live Again



1 in 5 Americans Had Trouble Sleeping Last Night.

Are you one of them?



UTZZZ'S SLEEP SUPPORT SYSTEM

Over 40% of Americans get less than the recommended 8 hours of sleep per night, which is a major contributor to poor health. We know that sleep plays a vital role in overall health, which is why we formulated Utzzy's Sleep Support family of products to naturally aid you in getting better rest.

**Try our empty bottle challenge.
What do you have to lose but more sleep?**

UTZY.COM (877) 307-6142

For occasional sleeplessness. 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.

Go Camping, Sleep Better

As little as one weekend of camping can reset circadian rhythms—our internal body clock—and make it easier to routinely get a good night's sleep, both during and after the vacation. So say researchers at the University of Colorado Boulder, who compared sleep effects of back-country camping with a weekend off in the city.

Electric lights and screen time with TVs, smartphones, and other devices keep us up late by delaying production of melatonin, the sleep hormone. "Late circadian and sleep timing in modern society are associated with negative performance and health outcomes such as morning sleepiness and accidents, reduced work productivity and school performance, substance abuse, mood disorders, diabetes, and obesity," says lead researcher Kenneth Wright, PhD. However, he adds, "A weekend camping trip can reset our clock rapidly."

To find places to camp, visit the National Park Service at nps.gov.



Give your family a superpower.




As the nation's #1 all-natural bug repellent, Buzz Away Extreme® provides effective protection against mosquitoes and ticks. Stock up on Buzz Away Extreme® in environmentally-friendly non-aerosol spray or convenient towelettes.


Get ready for family adventure season.

 DEET Free

 Proven Effective

 Lasts up to 4 hours

 Family Friendly

 Natural Repellent



QUANTUM[®]
HEALTH

For store locations, visit
QuantumHealth.com

I am vibrant

...with every break.



Are **YOU** Vibrant?
**SHOW US ON
INSTAGRAM!**
@vibranthealth #iamvibrant

VIBRANT HEALTH®
©2017 Vibrant Health | www.vibranthealth.com |

trendWATCH



FIT kids are SMART kids

Strong muscles in kids correlate with better memory, according to a study of 70 children between the ages of 9 and 11, led by the University of Illinois at Urbana-Champaign. Earlier studies have found that being aerobically fit improves kids' thinking ability, attention, memory, and academic performance. Bottom line: kids need both aerobic and strength-building activities during their school years.

20 minutes

Chronic inflammation—the kind that increases risk for diabetes and heart disease—can be significantly lowered with a bout of moderate exercise lasting about 20 minutes, according to research at the University of California San Diego School of Medicine. Fast walking or similar activities, which need to be done on a regular basis, will deliver benefits.



Support Your Immune System with Maitake D-Fraction®*

Your immune system never gets a day off, fighting for your health
24/7, 365 days a year. But help is on its way...

Maitake D-Fraction Pro 4X professional strength immune support.*

For coupon:
Call 1-800-747-7418



For more info
www.mushroomwisdom.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.



UNNECESSARY BLOOD PRESSURE DRUGS?

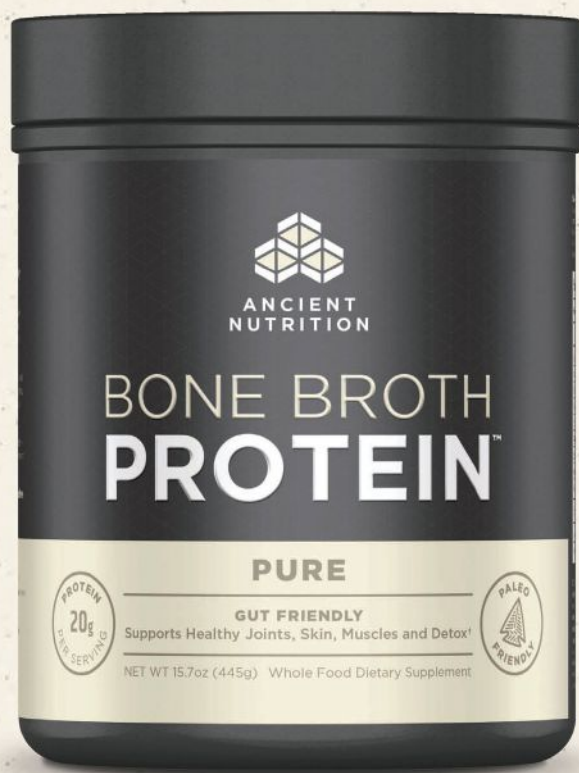
Changes in medical guidelines may mean that some people are taking blood pressure drugs unnecessarily. For healthy people over age 60, the threshold for treating systolic blood pressure has been raised from 140 to 150 mm Hg. Treating blood pressure at the lower level provides little benefit unless the person has a history of stroke or a high risk for heart disease.

Side effects of blood pressure drugs include dizziness, insomnia, and depression. Natural remedies for lowering blood pressure include magnesium, beetroot juice, flaxseed, probiotics, and Aged Garlic Extract. Potassium-rich foods such as bananas, avocados, and yams are also helpful.



BONE BROTHTM PROTEIN MODERN SUPERFOOD

It's time to start experiencing the benefits of bone broth without the time it takes to make at home or the expense to buy it pre-packaged. Introducing **Bone Broth ProteinTM** – a breakthrough in protein supplementation that delivers the benefits of bone broth in an easy-to-mix, convenient and on-the-go form.



- ▶ Metabolism and a healthy weight[†]
- ▶ Healthy joints and lean muscle mass[†]
- ▶ Healthy and vibrant skin, hair and nails[†]
- ▶ Healthy detoxification, gut and immune system[†]

5 BIG BENEFITS

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.ANCIENTNUTRITION.COM

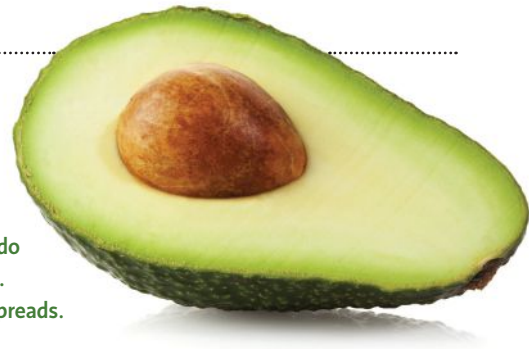


tea for bone health

Milk is the beverage most often associated with bone health (although not everyone tolerates dairy), but it turns out that a cuppa tea is also good. A Chinese study, published in the journal *Nutrition Research*, analyzed results from 16 studies with a total of more than 138,000 people and found that tea increases bone mineral density, which helps reduce risk for osteoporosis. Some, but not all, studies also showed a reduced incidence of fractures among tea drinkers. Earlier research has found that tea may reduce risk of heart disease, cancer, and problems with the immune system.

AVOCADO: Not Just a Healthy Fat

Often mentioned as a source of healthy fat, avocado can do much more. Turns out, its vitamins, minerals, and fats reduce a combination of symptoms that triple risk for type 2 diabetes and multiply risk for heart disease by five times. Called metabolic syndrome, that combination of risk factors includes high blood sugar, blood pressure, and cholesterol, as well as obesity—and avocado reduces all of them, according to several studies reviewed in the journal *Phytotherapy Research*. Perhaps best of all, avocado makes a tasty snack or addition to salads, sandwiches, dips, and spreads.



Higher potency fast-acting liquid soft-gels **for Men**

NEW PRODUCTS!



Available at Fine Health Food Stores Everywhere.

BIOPERINE® is a registered trademark of Sabin Corporation.

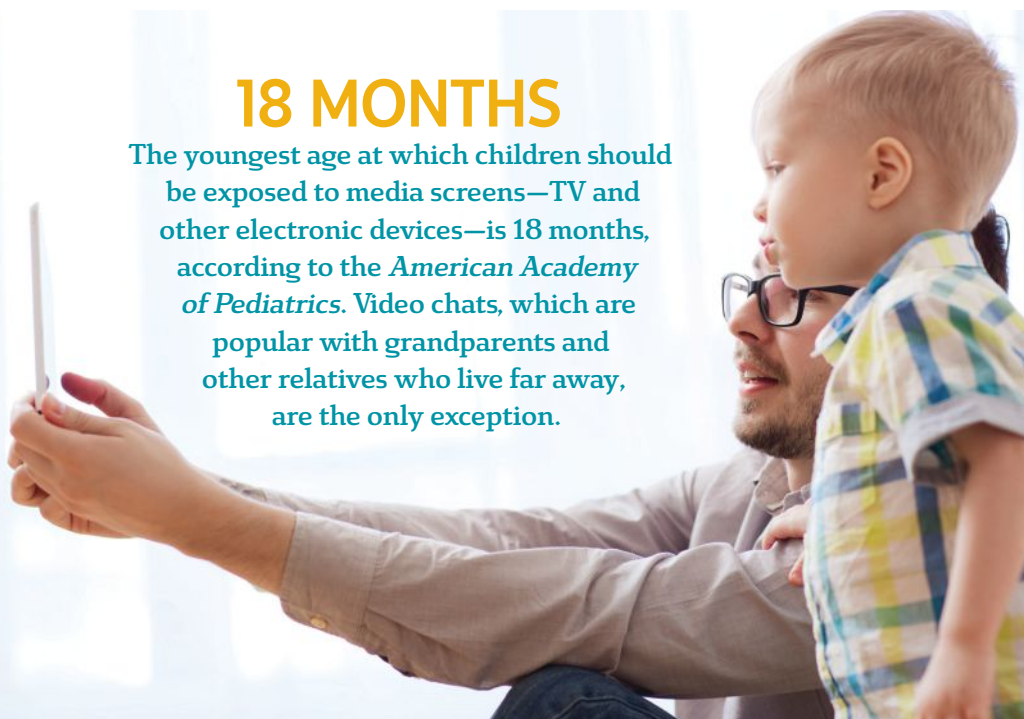
MAGNESIUM PREVENTS LIFESTYLE-RELATED DISEASES

An analysis of studies following more than a million people shows that higher levels of magnesium play a major role in reducing risk for diseases tied closely to diet and lifestyle—namely, type 2 diabetes, heart disease, and stroke. Published in the journal *BMC Medicine*, the research found these benefits among people with the highest magnesium levels:

- * TYPE 2 DIABETES: 26% lower risk
- * HEART DISEASE: 10% lower risk
- * STROKE: 12% lower risk

18 MONTHS

The youngest age at which children should be exposed to media screens—TV and other electronic devices—is 18 months, according to the *American Academy of Pediatrics*. Video chats, which are popular with grandparents and other relatives who live far away, are the only exception.



For over 20 years, Irwin Naturals has formulated “best-in-class” supplements for men that address a wide spectrum of health needs. Our extensive line uses an all-liquid soft-gel delivery that offers superior advantages over hard-to-digest tablets and capsules. Plus, our signature BioPerine Complex enhances nutrient absorption and potency. **Check out some of the latest additions to our family of products below.** If you are not yet familiar with the entire breadth of this amazing health-conscious brand, check us out at www.IrwinNaturals.com, and put yourself on the path to better health.



Save \$2.00 on any product at
www.IrwinNaturals.com by entering
coupon code: **012665**

ANY IRWIN NATURALS PRODUCT
SAVE \$2

EXPIRES: 08/31/17 MANUFACTURERS COUPON

Consumer: Redeemable at retail locations only. Not valid for online or mail-order purchases. Retailer: Irwin Naturals will reimburse you for the face value plus 8 (cents) handling provided it is redeemed by a consumer at the time of purchase on the brand specified. Coupons not properly redeemed will be void and held. Reproduction by any party by any means is expressly prohibited. Any other use constitutes fraud. Irwin Naturals reserves the right to deny reimbursement (due to misrepresentation activity) and/or request proof of purchase for coupon(s) submitted. Mail to: CMS Dept. 10363, Irwin Naturals, 1 Fawcett Drive, Del Rio, TX 78840. Cash value: .001 (cents). Void where taxed or restricted. ONE COUPON PER PURCHASE. Not valid for mail order/websites. Retail only.



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

Follow Us On...



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

Moringa: How One Plant Is Changing Lives

Lisa Curtis is an innovator who creates products that contribute to personal and societal well-being on multiple levels **///By Neil Zevnik**

Touted as a new “superfood,” moringa has been used in traditional medicine for millennia, and contemporary studies have begun to validate its benefits. Moringa is high in protein, calcium, iron, and vitamins C and A, and has high concentrations of antioxidants. It’s also a complete protein, offering all nine amino acids required to metabolize a generous dose of protein.

The basic form is a pure vegetable powder made from the leaves of the tropical moringa plant, which is organic, gluten-free, non-GMO, and vegan. The powder’s uses in cooking encompass anything from smoothies and shakes to casseroles and curries. Moringa is also available in energy shots and superfood bars, with minimal calories and maximum nutrition.

The Passion

Lisa Curtis, founder of Kuli Kuli, first encountered moringa while in the Peace Corps. As a vegetarian existing on mostly Nigerian rice and millet, she became intrigued by this local plant. It grew profusely and with little need for husbandry, and yet was vastly underutilized in the local cuisine and economy.

Lisa’s “aha! moment” came late one evening in Niger as she was drinking tea with friends. In her words: “A small child approached, collapsing at our feet. The boy had not eaten in three days. That morning, a care package had come from my mother, full of nutritional bars. I grabbed a few, stuffing them into the

child’s hands and praying that it was enough. But I knew it wasn’t ... to put a new spin on the classic adage, ‘Give a Nigerian woman a sack of American-grown corn, and she will eat for a day. Teach her how to grow nutritious food, and she will feed her community.’” Moringa was that food.

Lisa launched Kuli Kuli with a crowdfunding campaign, and began producing nutritional bars. Next came energy shots, powered by a reforestation project that planted new moringa trees in Haiti.

Vegetable powders and herbal teas followed as the company grew. Through it all, Lisa focused on “working with women-led farming cooperatives to drive economic growth, empowerment, and sustainable agricultural development.” Currently, Kuli Kuli sources its moringa from farms in Ghana, Nicaragua, and Haiti. Lisa visits the farms herself, establishing and maintaining relationships with the growers. The hope is that by positioning moringa as a tool for nutritional security, the coming generation can move closer to a world without hunger.

When asked “why,” Lisa replies, “I want to leave this world better than I found it. Kuli Kuli is my small way of doing that.”

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.



Lisa Curtis, shown above, was sent to Niger as a community development volunteer and worked in the local health centers, where she developed a special rapport with the local women.



A woman and her daughter in Haiti hold moringa plants.

WATERCRESS MORINGA PESTO

Makes 1 Cup (4 servings)

Toss with red lentil penne, or serve with grilled chicken and veggies or roasted salmon.

- | | |
|---|---|
| 2 Tbs. pine nuts | 1 Tbs. fresh Meyer lemon juice |
| 1 bunch watercress, large stems removed (about 1 cup watercress leaves) | 1 Tbs. Kuli Kuli moringa powder |
| 1 cup Italian parsley leaves, loosely packed | 2 Tbs. grated Locatelli Pecorino Romano |
| 3 cups basil leaves, loosely packed | 1/3 cup olive oil, or more, to taste |
| | Salt & pepper, to taste |

1. In food processor, pulse pine nuts a few times. Add watercress, parsley, basil, and lemon juice, and pulse a few times more.
2. Add moringa powder, pecorino, and olive oil, and purée until smooth. Add more oil if desired for smoother consistency, and salt and pepper to taste.

Per serving: 220 cal; 4g prot; 22g total fat (3.5g sat fat); 4g carb; 0mg chol; 70mg sod; 2g fiber; 1g sugars



75% fewer calories
makes leaving sugar
A PIECE OF CAKE

We're
done,
sugar!



Visit Xlear.com
to find a retailer near you



NOVA

Premium Naturals Backed by Science



NEW PRECharge

ALL NEW AND ALL-NATURAL ENERGY!

PreCharge™ is LOADED with the best red anti-oxidants you can get; Beet Root extract, UltraVin™ Full-Spectrum Grape extract, Pure Matcha Green Tea, CoQ10 and more! In fact, you would need 11 glasses of red wine to get the same anti-oxidant protection as 1 serving of PreCharge!

- ✓ Easy-to-Mix & Delicious
- ✓ 100% Naturally Sweetened with Stevia
- ✓ Coconut Water & Beet Extract
- ✓ Focus, Energy & Alertness
- ✓ Whole-Body Oxygenation
- ✓ Over 100% Vitamin B12



www.novaforme.net



Eat Clean.
Be Strong.



PhytoPro-V™

HEALTHY ORGANIC VEGAN PROTEIN!

PhytoPro-V™ from NovaForme™ is a pure blend of organic, sprouted, raw-source vegan proteins with a complete amino acid spectrum delivering all Essential, Branched Chain and Non-Essential Amino Acids. PhytoPro-V™ delivers everything you want and nothing you don't.

- ✓ Easy-to-Digest & Delicious
- ✓ 100% Naturally Sweetened with Stevia
- ✓ Full-Spectrum 100% Complete Protein
- ✓ 100% Wheat-Free & Gluten-Free
- ✓ Zero Preservatives
- ✓ 100% Dairy-Free with Zero Lactose

Summer Sizzlers

Welcome the warm-weather months with these hot new products

Go Pro ▶

Beauty secrets are meant to be just that (secret), but we had to share this one! Topical vitamin C has been proven to reduce signs of aging, dark spots, and more, and this formula gets it right. **MyChelle Dermaceuticals Perfect C PRO Serum 25%** delivers an ultra-concentrated, professional-level amount of L-ascorbic acid (vitamin C). This is the highest percentage of vitamin C that we've seen in a topical product. Use one pump in the morning to rejuvenate and brighten your complexion—and get powerful antioxidant, antipollution, and anti-aging benefits. This silky serum, which features the easier-to-absorb L-ascorbic acid, improves skin texture and reduces visible signs of aging for a luminous complexion.



◀ Good-for-You Gummies

They may look and taste like fun candy chews (we love the Organic Berry flavor), but **Garden of Life mykind Organics Women's Multi** and **Men's Multi Whole Food Gummies** provide serious nutrition. They're made from USDA-certified organic and Non-GMO Project Verified whole fruits and veggies. The multis are designed to support the health needs of men and women. The Men's formula includes important nutrients such as vitamin D and zinc.

And the Women's formula features a range of essential vitamins and minerals such as folate and biotin. This new line also has four other formulas: Women's Multi 40+, Men's Multi 40+, Prenatal Multi, and Kids Multi. The gummies are vegan and gluten-free, with no synthetic ingredients, gelatin, or corn starch.

▶ Get Your Utzzz's

Getting a restful night's sleep and waking restored and refreshed is a dream for nearly half of the U.S. population. The inability to fall asleep is a top health complaint that leads to frustrating nights and drowsy days. Sound familiar? Before you reach for that OTC sleeping pill, try this potent blend of natural calming herbs. **Utzy Naturals Utzzz's Fall Asleep** is a melatonin-free blend made with botanical extracts such as valerian root, lemon balm leaf, skullcap root, and passionflower to quiet a racing mind and relax the body. To help you stay asleep through the night, try **Utzzz's Stay Asleep**, also melatonin-free. This genius formula combines top natural sleep aids, including 5-HTP, GABA, L-theanine, and chamomile, to aid in maintaining deep sleep.



▶ The Perfect Blend

Olive oil and fish are mainstays of the Mediterranean diet—and both are heart-healthy powerhouses, thanks to their high concentrations of omega-9 and omega-3 oils, respectively. Now, **Carlson Olive Your Heart Oils** combine premium Greek extra virgin olive oil with marine-sourced omega-3 oils for the best of both healthy fats. One tablespoon provides 1,480 mg of EPA and DHA omega-3s with no "fishy" taste. And like all high-quality extra-virgin olive oils, these are high in antioxidant polyphenols, which help reduce inflammation. We love them in salad dressings and as finishing oils drizzled on grilled vegetables, fish, chicken, and meats. Choose from four flavors: Natural, Garlic, Basil, and Lemon.



◀ Health Direct RestorIT

Chronic stress, a less-than-optimal diet, too many caffeinated beverages? All of these things can take a toll on your adrenal glands. The fallout can be fatigue, low libido, poor mood, restless sleep, and difficulty focusing. **Health Direct**

RestorIT enhances adrenal gland health

to help reverse these issues. Made with

adaptogenic herbs such as ashwagandha, amino acids, and other nutrients, RestorIT nourishes neurotransmitters to improve focus; lowers cortisol (the "stress hormone"); boosts serotonin for better sleep and mood; and promotes healthy hormone production for improved libido.

try it! Health Direct is giving away 12 bottles of RestorIT to *Better Nutrition* readers. To enter, email your name and address to samples@healthdirectusa.com.



HERBATINT®

— SINCE 1970 —

FINALLY, A PERMANENT HAIR COLOR EVEN **SENSITIVE SKIN** WILL LOVE!

Nature is finally giving you what you've always wanted...**the world's safest, most effective permanent hair color that is clinically proven to be safe for people with sensitive skin.** The harsh, drying experience of ammonia-based coloring is replaced by the gentle certified organic herbs in Herbatint, providing vibrant, long-lasting color. So for stronger, revitalized hair that is luminous and silky soft, choose Herbatint. You'll fall in love!



To learn more about how Herbatint is using the power of business for social and environmental good, please visit www.herbatintusa.com.



Yet another reason to **LOVE** HERBATINT®

\$5 REBATE

EXPIRES JUNE 30, 2017

PLEASE SEND MY \$5.00 REBATE CHECK TO:

Name _____

Address _____

City, State, Zip _____

Valid for **ONLY** one purchase, per month, per household. Not valid for purchases made from online vendors.

Please submit your store receipt and the UPC Code from the box of purchase by June 30, 2017 to:

Bioforce USA • P.O. Box 407 • Dept No. 1142 - HTR BN 2017 06/01 - 06/30 • Cinnaminson, NJ 08077.

Certified
(B)
Corporation
bcorporation.net

The Beauty of Keratin

Get More Online!
Visit betternutrition.com to learn about 14 foods that boost the body's production of keratin.

Long an ingredient in topical products, keratin has become the latest breakthrough nutrient in supplements for hair, skin, and nail health //BY VERA TWEED

Keratin is a protein in our bodies that supports the structure of skin, nails, and hair, but a poor diet or simply getting older leads to lower levels. These show up as dry and wrinkled skin, brittle nails, and more fragile or thinning hair. Keratin has been an ingredient in hair products for many years, and more recently became available in supplements to boost levels—and beauty—from within.

The Breakthrough

Years of research led to a special process to make keratin absorbable in supplements. This form of keratin, called Cynatine HNS is now found in many beauty formulas, and has been shown to improve the health and appearance of skin, hair, and nails.

To test out the effects of keratin on skin, researchers in Salt Lake City, Utah, compared the results of 500 mg daily of a Cynatine HNS keratin supplement with

a placebo among a group of 50 women. The study, published in the *International Journal of Cosmetic Science*, measured skin moisture, elasticity, wrinkling, and overall appearance. After 90 days of daily use, women taking keratin showed significant improvement.

In another study, published in *The Scientific World Journal*, researchers from the U.S., Canada, and Australia collaborated to test the same keratin supplement for effects on hair and nails in a group of 50 women. They measured hair loss, hair growth, hair strength, hair luster, and amino acid composition, as well as nail strength and appearance. Compared to a placebo, keratin produced significant improvements in both hair and nails.

One measure was a hair-pull test, measuring how many hairs were lost on pulling. Among those taking keratin, there was a 16.9 percent improvement

after 30 days, 38.9 percent improvement after 60 days, and 46.6 percent improvement after 90 days. Nail characteristics that were tested and showed significant improvements included hard/soft, resistant/fragile, broken/not broken, rough/smooth, and yellowish/white. All tests were carried out by licensed dermatologists.

Beauty Supplement Details

In both of the above studies, the daily supplement tested contained 500 mg of Cynatine HNS keratin plus 15 mg zinc, 1.65 mg copper, 18 mg vitamin B₃ (niacin), 13.68 mg vitamin B₅ (pantothenic acid), 2 mg vitamin B₆ (pyridoxine), and 300 mcg vitamin B₇ (biotin). Combinations like these are available in multiples brands of supplements. Some formulas also contain vitamin C and other nutrients known to support keratin production and healthy skin, hair, and nails.

BEWARE TOXIC HAIR STRAIGHTENERS

Keratin is an ingredient in many popular hair-straightening salon treatments, such as the Brazilian Blowout, but these are quite different from keratin in supplements and natural hair-care products. Since keratin is a substance naturally found in the human body, it's not toxic. But in addition to keratin, salon-style hair straightening products may contain or release formaldehyde, and there are concerns about their safety, especially for hair stylists who may often be exposed to chemical fumes while straightening clients' hair. Although such straighteners are sometimes referred to as "keratin treatments," they should not be confused with naturally nontoxic keratin.

Keratin and Joints

A study published in the *Journal of Dietary Supplements* tested a slightly different form of keratin, called Cynatine FLX, for osteoarthritis. Among a group of 50 men and women, 500 mg of the supplement, taken daily for two months, was twice as effective as placebo in reducing pain and joint stiffness.

product PICKS

NOW Solutions
Hair, Skin & Nails



Reserveage
Nutrition
Keratin Hair
Booster
Powder



NeoCell
Keratin
Matrix
Advanced
Hair Repair



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*.

Relieve Your Anxiety and Stress*† ...Fast!



Whether it's the nervous flutter of butterflies in your stomach, sweaty palms before a big speech, or sleepless nights due to looming deadlines, everyone experiences the symptoms of anxiety at some point.[†] But when occasional stress and fear stop you from doing the things you love, it's time to reclaim your life with AnxioCalm®, a clinically studied formula that can offer you relief in just hours.*†

Non-drowsy. Non-addictive.
Safe for adults and children over 4.

Terry
Naturally
EuroPharma.

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.



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.

What is Hemochromatosis?

What you need to know about this surprisingly common iron storage disorder //BY EMILY A. KANE, ND, LAc

Q: What is hemochromatosis and what can I do about it?
—Angelica T., Sioux Falls, SD



a: Hemochromatosis is a condition in which iron can accumulate and create damage and inflammation in the body. This excess iron can be very corrosive to the internal organs, and if left untreated, can hasten organ degradation and even lead to death.

The main marker for hemochromatosis is high serum ferritin levels. A normal ferritin level is 50–100 ng/mL of serum. Below 10 is suggestive of anemia, and levels above 200 ng/mL in men and 150 ng/mL in women warrant further evaluation for hemochromatosis. The normal iron content of a human body is about 3–4 grams, which is held mostly in the red blood cells. Iron helps “magnetize” oxygen onto the red blood cells. We also store a small amount on a molecule called ferritin that can hold up to 4,500 molecules of iron.

Signs and Symptoms

Some 10 percent of people are heterozygous for the hereditary form of hemochromatosis (the most common); 0.5 percent inherited the genetic mutation from both parents,

and are thus homozygous for the more severe disease form.

Confirmation may be obtained with genetic testing. If positive, relatives should be tested by age 30, if possible. The most important things to know about iron overload, according to Alex Vasquez, DC, ND, DO (inflammationmastery.com), are:

- * It can happen to anyone at any age
- * Testing with ferritin is essential—everybody should have this test not later than age 30 and then again at age 50
- * Genetic testing for hemochromatosis will miss other primary and secondary forms of iron overload, so serum ferritin is the better test

The main reasons to suspect this diagnosis and talk to your doctor, include:

- * Unexplained abnormalities in liver function tests or chronic liver disease such as cirrhosis.

- * Cardiac enlargement with or without heart failure
- * Diabetes mellitus
- * Hypogonadism, with decreased libido and impotence in men
- * Skin hyperpigmentation
- * Unexplained fatigue
- * Joint pain, especially involving the second and third finger joints
- * Positive family history of iron overload

Treatment

Luckily, hemochromatosis is readily treated by phlebotomy, or “bloodletting.” People who have been diagnosed with hemochromatosis need to have regular (weekly or biweekly) phlebotomy until iron levels return to normal. They then need to be monitored to assess a subsequent phlebotomy schedule.

For example, a patient who has confirmed hereditary hemochromatosis (HH) with an estimated 10 grams of iron storage will need phlebotomy weekly for 50 weeks to deplete the excess stores. One “unit” of blood (500 mL) is taken weekly. Each 500mL of whole blood removed reduces iron load by about 250 mg. The goal is to get serum ferritin to 50–100 ng/mL.

Another option is chelation (binding) of iron. The main pharmaceutical product for this is called deferoxamine, but many iron-binders exist in nature, including tannins (black tea), oxalates (spinach), and calcium (sardines, yogurt, and robust greens such as kale). Consuming these foods may be a good option for maintaining optimal iron levels after the initial phlebotomy push.

Did You Know?

It's important to be well hydrated before and after bloodletting.

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

Carlson Olive your Heart™

- ✓ Promotes cardiovascular system health*
- ✓ Premium Greek extra virgin olive oil
- ✓ Sustainably-sourced Norwegian marine oil
- ✓ 1,480 mg of omega-3s per serving

Olive your Heart™ blends cold-pressed Greek Terra Creta extra virgin olive oil with premium Norwegian marine oil sourced from deep, cold-water fish. Each serving provides 1,480 mg of omega-3s, including EPA and DHA. Olive your Heart™ is mild and smooth, and makes it easy and delicious to add heart healthy nutrients into your diet.



888-234-5656 | www.carlsonlabs.com

Carlson®

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Beyond The Blender

Sick of smoothies? There are plenty of other ways to enjoy the benefits of green foods and other superfood powders /// BY LISA TURNER

Recent studies show that people who eat the most fruits and vegetables, especially leafy greens and other green vegetables, have a 30 percent lower risk of cardiovascular disease and other diseases. If your diet's still short of the recommended 8 servings per day, change it fast with green foods powders. They're concentrated, portable, and contain vegetables we don't eat often enough (think broccoli), as well as those we rarely eat—such as seaweed or alfalfa. Most are also fortified with fruit antioxidants and other nutrients, including protein, fiber, probiotics, and superfoods.

When it comes to choosing the right powder, there's no shortage of options. You can find dozens of varieties ranging from simple to complex. In general, though, most powders are made of a few basic components:

THE TOP 7 GREEN FOOD INGREDIENTS

1 The Greens. These should make up the bulk of the blend, and may include anything from grasses to spinach, kale, and broccoli sprouts. Some of the best:

- ✱ **WHEAT GRASS** is rich in superoxide dismutase (SOD), a potent heart-protective antioxidant that keeps blood vessels healthy. Studies also show that wheat grass can help ulcerative colitis and promote detoxification of bisphenol A (BPA), an endocrine disruptor.
- ✱ **BARLEY GRASS**, like wheat grass, contains SOD, and has anticancer, antioxidant, and anti-inflammatory activity. It may also improve the health of people with diabetes.
- ✱ **OAT GRASS**, like other grasses, is high in nutrients, and may also support the growth of *Lactobacillus*, a beneficial type of bacteria that supports gut and immune health.
- ✱ **ALFALFA** contains phytoestrogens that help decrease hot flashes and reduce menopausal discomfort, as well as coumarin, an antiplatelet substance that can prevent blood clots and improve circulation. (Note: if you have lupus or another autoimmune disorder, check with your health care provider before using alfalfa.)



Matcha & Greens Ice Cream (recipe, p. 28)

PHOTO: PORNGHAI MITTONGTARE; FOOD STYLING: CLAIRE STANCER; PROP STYLING: ROBIN TURK



Take the Pledge to #LiveHealthyNOW

PLEDGE

Live your fittest life NOW!

You'll be entered for a chance to win a variety of NOW® products to support your goals.

LEARN

Learn from the experts!

We're giving you exclusive total-body workout videos, wellness tips and healthy recipes from respected experts.

DONATE

Make a difference!

NOW will donate \$5,000 to Project Fit America® to help support fitness programs for children across the country.



Gunnar Peterson
Celebrity Fitness Expert



Dawn Jackson Blatner
Nutrition Expert

LiveHealthyNowPledge.com



NO PURCHASE NECESSARY. A PURCHASE WILL NOT IMPROVE YOUR CHANCES OF WINNING. VOID WHERE PROHIBITED BY LAW. The #LiveHealthyNOW Sweepstakes is open to legal residents of the 50 U.S. states and D.C., 18 years or older and subject to the Official Rules. For Official Rules, see: livehealthynowpledge.com. Sweepstakes begins May 31 and ends June 30, 2017. Odds of winning depend on number of eligible entries received from all methods of entry combined. AMOE: please mail your name and e-mail address along with the words "#LiveHealthyNOW Sweepstakes" to 244 Knollwood Drive, Bloomingdale, IL 60108. All entries must be postmarked no later than June 30, 2017. Sponsor: NOW Health Group, Inc.

- * **CRUCIFEROUS VEGETABLES** such as broccoli, cauliflower, and kale contain chemical compounds called diindolylmethane (DIM) and indole-3-carbinol, a potent cancer-preventive nutrient. Research shows that the latter slows the ability of cancer cells to grow and multiply, and helps precancerous cells from developing further.
- * **LEAFY GREEN VEGETABLES**, such as spinach, are high in folate, carotenoids, and other compounds that reduce the risk of heart disease, cancer, and diabetes, and protect the eyes. All dark green vegetables have alkalizing properties and are rich in blood-cleansing and cancer-preventive chlorophyll.



Garden of Life
Raw Organic Perfect
Food Green Superfood Juiced
Greens Powder

2 Protein. You'll find several varieties, including whey, hemp, rice, pea, and soy. These vary by quality—the extent to which the protein can be digested and used by the body. Protein needs vary widely, but 10–20 grams per serving is a good guideline. Advantages of each form:

- * **WHEY PROTEIN**, a by-product of cheese making, is one of the most easily

digested and used forms of protein. Studies suggest whey can aid in weight loss, lower LDL and blood pressure, and reduce inflammation. It's low in lactose, so suitable for most people who are lactose-intolerant.

- * **HEMP PROTEIN** is rich in omega-3 and omega-6 fatty acids, in an ideal ratio of 3:1. It's also rich in gamma-linolenic acid (GLA), a fatty acid that boosts brain and heart health.
- * **RICE PROTEIN** is ideal for people with food allergies. It's low in lysine, so look for it in combination with pea protein to create a full amino acid profile.
- * **PEA PROTEIN**, concentrated from yellow peas, has a smooth texture and an amino acid profile similar to soy. But unlike soy, it's nonallergenic and free of estrogenic compounds.
- * **SOY PROTEIN** has one of the highest rates of absorption and availability, and may also lower cholesterol while protecting against certain cancers. However, it can be allergenic for some, and some studies have suggested that it can adversely impact estrogen levels in women with hormone-sensitive cancers.



Vibrant Health
Maximum Vibrance
Vanilla Bean

DARK CHOCOLATE MOUSSE

Serves 4

Extra-ripe avocados are the base for this creamy, healthy, and very sneaky chocolate mousse. It's loaded with healthy fats and antioxidants from the chocolate. Using melted bakers chocolate gives the mixture more substance when it chills. Use a variety of toppings, and to vary flavors, add a teaspoon of instant espresso during mixing.

- 2 small avocados
- ¼ cup honey (use ½ cup for a sweeter mousse)
- ¼ cup unsweetened cocoa powder
- 4 oz. dark chocolate, melted
- 1 tsp. vanilla extract
- 1 scoop chocolate green foods powder, or to taste
- Toppings (optional):** toasted hazelnuts, shredded coconut, chopped pistachios, fresh mint leaves, raw cacao nibs, whipped coconut cream

1. Halve avocado, remove pit, and scoop flesh into food processor. Discard skin, and pit. Add agave, cocoa powder, chocolate chips, vanilla extract, and green foods powder, and process until very smooth and creamy.
2. Transfer mixture to glass container, cover, and refrigerate to chill, 1–2 hours. Divide between individual serving dishes, sprinkle with toppings of choice, and serve immediately.

per serving: 410 cal; 5g prot; 26g total fat (9g sat fat); 45g carb; 0mg chol; 10mg sod; 12g fiber; 29g sugars

MATCHA & GREENS ICE CREAM

Makes one pint (4 servings)

This frozen treat is healthy enough to eat for breakfast. Ginger and matcha—a finely powdered, high-quality green tea—are the perfect foil for strongly flavored green foods powders. We used vanilla-flavored green foods powder with hemp for an extra boost of protein, but nearly any green foods powder will work.

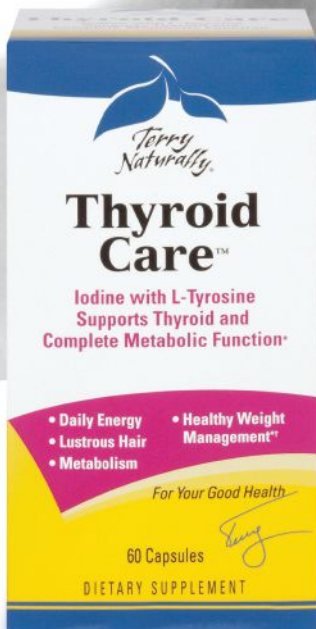
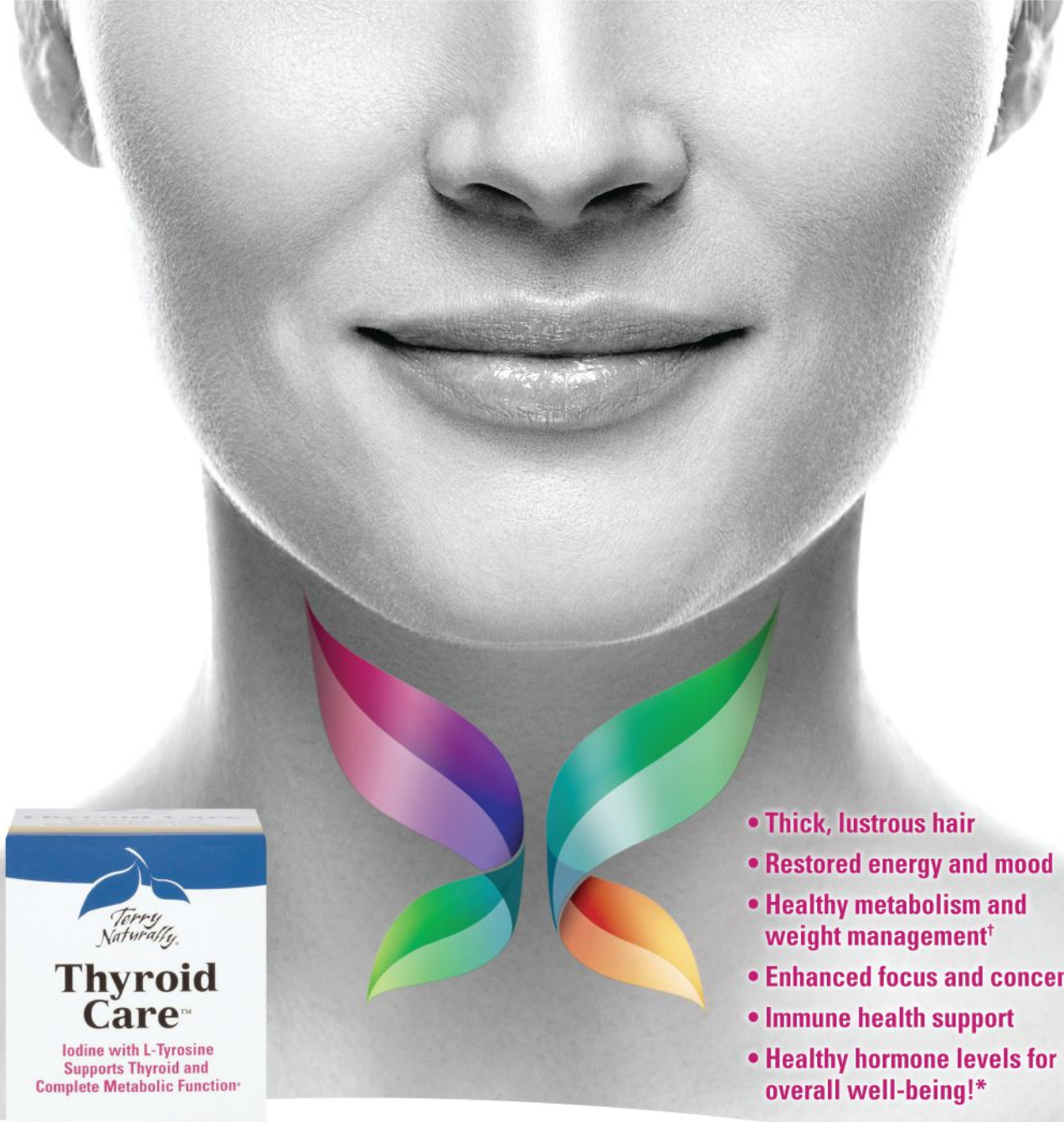
- 1 cup almond milk
- 1 can coconut milk
- ½ cup unrefined cane sugar
- 4 Tbs. grated fresh ginger root
- 3 tsp. matcha green tea powder
- 2 scoops vanilla-flavored green foods protein powder, or other green foods powder

1. Combine almond milk, coconut milk, sugar, ginger, green tea, and green foods powder in blender and process until smooth.
2. Transfer to ice cream maker, and freeze according to manufacturer's directions, about 25 minutes. Divide among small bowls, and serve immediately for soft-serve style, or freeze 2 hours, until firm, before serving.

per serving: 310 cal; 9g prot; 22g total fat (18g sat fat); 25g carb; 0mg chol; 100mg sod; 3g fiber; 18g sugars



Feel Like Yourself Again with Thyroid Care™



- Thick, lustrous hair
- Restored energy and mood
- Healthy metabolism and weight management†
- Enhanced focus and concentration
- Immune health support
- Healthy hormone levels for overall well-being!*

Your thyroid works hard. Give it some extra support with Thyroid Care, a one-of-a-kind formula that provides key nutrients for proper thyroid hormone production. Take it daily to experience added energy, more beautiful hair, and healthy weight management* — **all the things that make you feel like a new YOU.***

† In conjunction with a healthy diet and exercise regimen.

*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.

Terry Naturally
EuroPharma.
Our Passion is Your Health!™

EuroPharmaUSA.com
MONEY-BACK GUARANTEE

3 Fiber. It's essential for heart health, cancer prevention, and maintaining a healthy body weight. In particular, fiber-rich foods stimulate cholecystokinin (CCK), a hormone that sends a message to your brain saying you're full, which discourages overeating. Additionally, fiber helps to block the absorption of calories. In green foods powders, it's usually in the form of seeds, such as chia and flax, but may also be derived from fruits and vegetables. Look for blends that contain somewhere in the range of 5–8 grams per serving.

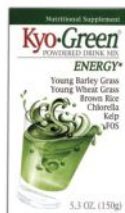
Barlean's Greens
Chocolate Silk



4 Seaweeds and algae. These include spirulina, chlorella, blue-green algae, and sea vegetables such as

dulse, wakame, kombu, and kelp, and are especially dense in nutrients. Chlorella in particular is high in chlorophyll, and can support immune function, protect against cancer and inflammation, and treat fibromyalgia, hypertension, and ulcerative colitis. Spirulina can help protect against neurodegenerative disorders and support immunity. And sea vegetables are rich in iodine, to support thyroid function. Look for blends that include a variety of seaweed and algae, with a total of at least 400 mg per serving.

Kyolic
Kyo-Green
Powdered Drink Mix



5 Superfoods, fruits, and herbs. Because superfoods, fruits (especially berries), and herbs—milk

thistle, astragalus root, and others—have very targeted uses, such as supporting immunity or cleansing the liver, it may be better to buy these in single supplements or condition-specific blends. Still, some—such as mushrooms or matcha—are adaptogens that can support general wellness.

Paradise Herbs
ORAC-Energy Greens



6 Probiotics. These beneficial bacteria support gut health and overall immune function, reduce inflammation, prevent infection, and ease anxiety. Hundreds of species exist; look for a combination of different strains, including *Lactobacillus plantarum*, *Lactobacillus acidophilus*, *Lactobacillus brevis*, *Bifidobacterium lactis* (*B. animalis*), and *Bifidobacterium longum*.

MacroLife Naturals
Macro Greens Superfood



7 Enzymes. Plant-derived digestive enzymes break down food and allow the nutrients to be transported into the bloodstream and converted to energy—especially important when you're including many different combinations of fruits, vegetables, and superfoods in a protein powder. You'll see them listed as amylase, lipase, cellulase, lactase, phytase, and other types.

Nova Forme
CytoGreens for Athletes



So if you're over smoothies, try incorporating green foods powders into your diet in other ways: Stir them into oatmeal or yogurt, sprinkle over cooked grains, or even add them to pancake batter. And try the recipes featured here for sneaky ways to eat more greens.

Lisa Turner has been researching and writing about nutrition for almost 20 years. She's the author of five books on food and nutrition, including *Mostly Macro* and *Meals That Heal*. Visit her online at inspireeating.com.

Protect
your
SKIN
daily.

SKINprotect

Protect your skin from within
against wrinkles and aging
from sun damage with a daily pill.



www.biomed-health.com



© 2016 BioMed Health Inc.

Biomed Health
Live Younger, Longer.™

1-800-355-9969

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.

Discover the Dr. Ohhira Difference!™

Why I Recommend This Whole-Food Probiotic

Superior health requires humans to have the correct balance of vigorous, beneficial bacteria. The same holds true for plants and animals and is a common thread that connects us all. Unfortunately this balance is often disturbed due to modern living, stress, bad food choices and medication. This is where Dr. Ohhira's Probiotics® come in. A 'Whole Food' supplement, it is nurtured through a three-year, natural temperature fermentation process that includes all-natural, seasonally harvested ingredients. It is the only gut health supplement that incorporates **pre**biotics, **pro**biotics and **post**biotics. I take Dr. Ohhira's myself and recommend them to my family and friends. Experience homegrown health with Dr. Ohhira's entire line of probiotic formulations including Propolis PLUS®, and the Kampuku Beauty Bar™.*



Naturally Yours,

Howard Garrett

"The Dirt Doctor"

National Talk Show Host

President of the Texas Organic Research Center



ESSENTIAL FORMULAS®

Find these formulas at better-health food stores nationwide. 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.

A full-page background image of a young couple embracing on a beach. The woman is in the foreground, wearing a pink bikini top, and the man is behind her, shirtless. They are both smiling and looking towards the right. The background is a warm, golden sunset over the ocean.

GO NATURAL IN 90

This is a 3-part series—don't miss our July and August issues for more ways to overhaul your diet, health, beauty routine, and home environment!

WIN BIG THIS SUMMER!

Turn to p. 39 to see all of the healthy goodies we're giving away in partnership with our sponsors—natural products, gift cards, cookbooks, & more!

GO NATURAL IN

90 days

Would you like to have more energy, sleep better, feel less stressed, eliminate annoying aches, pains, and other discomforts, and get on top of your game? Try harnessing the power of nature. /// By Vera Tweed

These days, when we think of nature, we tend to think of idyllic, green landscapes. But historically, nature has been viewed as a powerful restorative force that's present within all of us. Our hectic, 24/7 world can obscure it, but it's there nevertheless—ready to be tapped into for a life-changing experience.

Over the next three months, our “Go Natural in 90” guide will offer simple ways to help you harness the power of nature. To kick it off, we’ve consulted a variety of experts and distilled their knowledge into 30 practical tips that can help you get started. Whether you’re struggling with a soda habit, need to improve your diet, or could just use an energy boost, we invite you to join us on the journey of going natural.

DAY
1

Get Lemons

Start your day with lemon water, recommends Steve Prussack, author of *Juice Guru: Transform Your Life by Adding One Juice a Day*. Squeeze between one-half and one lemon into a glass of water, drink it first thing in the morning on an empty stomach, and wait for 20 minutes before eating. Although lemon tastes acidic, it has an alkalizing effect, which helps detoxify and rejuvenate your system.

DAY
2

Read a Book in Bed

Reading a book at bedtime—the traditional kind, printed on paper—instead of looking at an electronic screen can help you wind down and get a better night's sleep. In contrast, looking at a screen can keep you awake and make it harder to sleep well during the night.

DAY
3

Exercise Gently

Although high-intensity exercise has its place, if you want to de-stress, do it gently, recommends Christine Horner, MD, author of *Radiant Health Ageless Beauty*. When doing aerobic exercise, whether it's walking, jogging, cycling, or using gym equipment, work at 50 percent of what feels like your top capacity. Over time, she says, “That capacity increases in a gentle way.”

DAY
4

Dry Brush

Holly Lucille, ND, recommends dry brushing your skin with a loofah or brush with natural bristles—not synthetic ones. Before you get in the shower, spend five minutes brushing along each part of your body, toward the heart. It improves circulation, helps eliminate toxins, and feels great. Taking a shower after dry brushing will wash off dead skin cells and leave you feeling refreshed and energized.



DAY
5

Eat Asparagus

Asparagus is one of the top prebiotic foods, meaning it nourishes beneficial bacteria in your gut. Feeding those bacteria improves digestion. Try steaming asparagus and, after cooking, season with extra virgin olive oil and natural sea salt.

DAY
6

Drink the Right Coffee

The right kind of coffee is “the healthiest new superfood we have,” says Bob Arnot, MD, author of *The Coffee Lover's Diet*. Coffee grown at high altitudes, lightly roasted, is highest in antioxidants and lower in caffeine than mass-produced, ground coffee on supermarket shelves. A fine grind delivers more concentrated nutrients. Whether you drink it hot or cold, black without sugar is best. Many of these coffees are fair trade, and some are organic.

DAY
7

Replace a Packaged Food

If any packaged food is one of your staples, whether it's a nutrition bar or cereal, check the ingredients for any chemical additives, high fructose corn syrup, partially hydrogenated oils, and refined oils. Soy, cottonseed, and canola oils are most often refined. If you find any of these, look for a different brand without the unnatural ingredients—your local health food store can help.

DAY
8

Take a Multi—Every Day

Studies show that taking a good-quality multivitamin can immediately reduce stress and boost mood, and ongoing use can improve memory and mental performance. In a survey of 10,000 American adults, people taking a multi on most days were more than twice as likely to get recommended amounts of essential nutrients, compared to people who took no supplements.



DAY
9

Get Rid of Toxic Candles

Scented candles most often contain synthetic scents made with hormone-disrupting toxins. Swap them for unscented candles or those scented with nontoxic, natural essential oils—sometimes labeled as aromatherapy candles.

DAY
10

Eat Organic Strawberries

Among all produce commonly sold in the United States, nonorganic strawberries have the highest pesticide levels, according to the 2017 analysis of pesticide levels by the Environmental Working Group. Strawberries are high in vitamin C and other antioxidants, and are good for heart health, so it's worth finding the organic kind.

DAY
11

Take Curcumin Daily

Curcumin, the active ingredient in the curry spice turmeric, can help improve the liver's ability to detoxify on an ongoing basis. Gaetano Morello, ND, recommends taking a patented form, such as BCM-95, Meriva, or Theracurmin, for enhanced detoxification. Turmeric supplements are another way to take curcumin and have been shown to reduce inflammation, enhance mental focus, and more.

DAY
12

Get Herbal Pain Relief

“Prescription and over-the-counter drugs can make chronic pain worse, since many medications are designed to block the transmission of pain from the site to the brain, and over time, nerves send even stronger pain signals,” says Dave Foreman, RPh, ND, aka “The Herbal Pharmacist.” Instead, he recommends supplements with Perluxan, a patented extract of hops that relieves pain by

fighting inflammation. Topical creams containing Celadrin, applied to painful areas, are also high on Foreman's list.

DAY
13

Ditch Diet Soda

Studies show that people who drink diet soda can gain more weight than regular soda drinkers because artificial sweeteners trick the brain into craving more food. Research also shows that diet soda contributes to diabetes, heart disease, and stroke risk just as much as regular soda. And, according to the latest new research, diet soda can even raise the risk of dementia. Take it one day at a time—for today, go without that daily fix of diet soda. And then one day will turn two days and so on. Try natural or organic sodas with a hint of sweetness from fruit or stevia. Or make your own: Combine sparkling water with a splash of pomegranate juice and a squeeze of lime for a refreshing, soda-like beverage.

DAY
14

Switch to Nontoxic Soap

Antibacterial ingredients in soaps can destroy beneficial bacteria without improving cleanliness, and synthetic fragrances can disrupt hormones. Look for a soap that is either unscented or gets its scent from natural essential oils. Tea tree oil is a natural antibacterial ingredient that doesn't destroy beneficial bacteria.

Effective support for heart healthy cholesterol levels.*

Like most of us, you are probably concerned about heart health. You may recognize the role lifestyle choices play in helping to maintain a healthy ratio of good cholesterol (HDL) to bad cholesterol (LDL). But while eating right and exercise are essential to keeping a healthy balance, research shows that additional nutritional support can also play a role in supporting heart health. A pure and highly absorbable form of Pantethine (an active form of Vitamin B5), Pantestin® provides safe and effective support for a healthy heart.* Pantestin® works at the cellular level, enhancing enzyme and metabolic activity to help maintain balanced cholesterol levels.* Look for Pantestin® on the ingredient label of your favorite supplements.



Pantestin®

For more information visit
www.pantestin.com



Follow Pantestin®

*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.

Pantestin® is a registered trademark of
Kyowa Pharma Chemical Co., Ltd.
Copyright ©2017 KYOWA HAKKO U.S.A., INC.
All Rights Reserved.

Look for Pantestin® Pantethine in these fine brands.





DAY
15

Get a Nature Boost

Studies show that spending as little as five minutes being active in nature, whether it's walking in a city park, gardening in your back yard, horseback riding along a local trail, or hiking in the open country, lifts mood and self-esteem. Water, such as a stream or lake, enhances the effect even more. Being in nature also reduces stress and makes people more caring and generous.

DAY
16

Check Your Computer Position

Having your computer in the right position can prevent neck and back problems. "Work in comfort," says Karen Jacobs, EdD, a professor of occupational therapy at Boston University. The top of the monitor should be at or just below eye level. For the right distance, hold your arm straight in front at shoulder height and make a fist. Your knuckles should touch the monitor.

DAY
17

Get Plants

Plants don't just look pretty. Indoor air pollution in offices and homes can emanate from particle board, furniture, window coverings, carpeting, and paper products. Formaldehyde is a major culprit, but indoor plants can absorb and neutralize significant amounts. Korean scientists tested 86 different plants and found that ferns are most effective, the top one being a Japanese royal fern (*Osmunda japonica*).

DAY
18

Exercise Outdoors

Getting out of the gym and taking your exercise routine outdoors can enhance the effects. "It's a different environment for your lungs and makes you work harder," says Lacey Stone, a Los Angeles-based celebrity trainer. The change can improve fitness results by adding variety, which can also be motivating.

DAY
19

Use Aromatherapy for Summer Travel

Pack essential oils in checked baggage, sealed tightly in plastic food storage bags to avoid spills. Include several empty one-ounce plastic spray bottles that you can fill with bottled water and essential oils for blending on the fly. Make your own travel-friendly face mist: Before you take off, create a facial mist for easy access that incorporates balancing geranium, uplifting grapefruit, and calming lavender—key essential oils that will protect skin from airborne germs and stale airplane air. Grapefruit will also help lessen puffiness from dehydration caused by air conditioning. Mist your face regularly to soothe dry, taut skin.

DAY
20

Take Breaks from Sitting

If you sit at work all day, taking short breaks to move around can help protect you against an expanding waistline and greater risk for heart disease and diabetes—two hazards of prolonged sitting. While there is no hard-and-fast rule, consider a move-around break at least once per hour, and do other things that involve moving around. Cleaning out a closet or garage, or even walking around while talking on the phone, are helpful.

DAY
21

Sip Some Magnesium

Lack of magnesium contributes to stress, muscle cramps, poor sleep, and lack of energy, but getting enough can help prevent and relieve these and other problems, including headaches, pain, PMS, and depression. Adequate magnesium also helps lower risk for asthma, type 2 diabetes, high blood pressure, and osteoporosis. Try mixing a powdered magnesium supplement into a water bottle you can sip from during the day.

DAY
22

Balance Hormones with the Sun

"Get some morning sun," says Alan Christianson, NMD, author of *The Adrenal Reset Diet*. It will help balance hormones and improve your mood, energy level, and metabolism. Within an hour of waking up, get 20–30 minutes of sunlight, even if it's cloudy. At the very least, have your morning brew or breakfast near a window or on a sunny porch.

DAY
23

Pep Up with Protein

When afternoon doldrums hit, mix your favorite protein powder with water or a plant milk, such as almond. If you don't have access to a blender, use a shaker cup to mix well and create a bit of froth. "Avoid artificial flavoring and fillers," says Tim McComsey, RD, fitness trainer and founder of TRYM Fit in Dallas, who favors plant proteins. Per serving, look for about 100 calories, 15–20 grams of protein, and no more than 5 grams of sugar.



Feel the **CALM** EXPERIENCE

Did you know...almost HALF the population does not get enough magnesium from food?

Supplementing may be the best way to promote healthy magnesium levels and balance calcium intake.

That's where *Natural Vitality's Calm®* comes in. This best-selling, highly absorbable, water-soluble magnesium helps support a sense of calm, helps support heart and bone health, and helps maintain healthy blood pressure. Natural Vitality's Calm promotes healthy magnesium levels to support hundreds of physical processes.

Of course talking about it is just talk. The only way to *feel the difference* is to try Natural Vitality's Calm. Request a **FREE SAMPLE** so you can. *Feel The Calm Experience.*



For a **FREE** sample & coupon:
visit NaturalVitality.com/BN617





DAY
24

Indulge Your Skin

Instead of using body lotions with synthetic fragrances and other toxins, indulge in naturally moisturizing lotions with shea butter or natural oils such as coconut, vitamin E, almond, argan, or sea buckthorn oil. All have a long history of being used to enhance beauty.

DAY
25

Use a Natural Face Serum

For brightening skin, reducing fine lines, evening out tone, and creating a natural glow, serums deliver concentrated nutrients to skin. Vitamin C brightens and strengthens. Hyaluronic acid nourishes and helps skin retain its natural moisture. Collagen supports structure. Vitamin A targets wrinkles and discoloration. And turmeric helps brighten, lighten, and firm skin. Select a serum for your personal needs and use daily.

DAY
26

Strengthen and Support Muscles

After age 30, the human body begins to lose muscle, which eventually leads to frailty later in life. If you don't already do any resistance-style exercise, squats, lunges, and push-ups can get you started. Push-ups can initially be done against a wall, gradually working toward floor push-ups. Working your muscles improves body shape, helps bones stay strong, and enhances metabolism in a way that reduces risk for diabetes.

DAY
27

Trade Plastic for Glass

Plastic food containers can have BPA (bisphenol-A), a hormone-disrupting chemical that can leach when in contact with acidic food, when heated in a microwave, or as the plastic degrades over time. Although BPA-free containers are now easy to find, glass ones are preferable.

Basic Cheat Sheet

The Natural Resources Defense Council estimates that more than 80,000 different chemicals are used in food and other products that are part of our daily lives. While no one can completely avoid them, there are ways to reduce our exposure, decrease the harmful effects, and enhance our natural detoxification systems.

Two key characteristics can make it easier to identify products with fewer or no added chemicals:



ORGANIC: Foods, beverages, skincare and household products, and even clothing can be organic—and, thus, produced without toxic chemicals. It isn't possible to buy organic versions of everything we use, but these days, there are more organic options than ever. Studies have found that switching to a predominantly organic diet reduces blood levels of pesticides in a matter of days.



NON-GMO: Genetically modified foods or food ingredients, generally referred to as GMOs, are likely to contain more pesticides and herbicides, because GMO plants are designed to withstand stronger agricultural chemicals or to produce pesticides in the plant to resist pests. Although organic foods cannot contain GMOs, those that are labeled or certified "Non-GMO" are a good option when organic versions aren't available or practical.

It wouldn't be fair to say that every organic or non-GMO product is ideal for health. Processed organic foods or beverages can contain added sugar or other problem ingredients, such as gluten. But choosing organic and non-GMO products can help reduce your toxic burden and contribute to an overall natural lifestyle.

DAY
28

Drink Pure Water

Tap water can contain an assortment of contaminants, from lead and other toxic metals to a variety of chemicals. For drinking and cooking, use spring or filtered water from a trusted source. Or, consider installing a filter for all the water in your home. When comparing filters, look for third-party certifications, and check which types of contaminants each filter is designed to trap.

and breathing a bit. That way, the heart works a little harder than normal and gets stronger. And if time is an issue, you can break your 30-minute trek into a series of shorter walks. New research shows that walks boost mood—another reason to get out there and take a summer stroll.

DAY
30

Harness Beauty from Within

Although all nutrients affect our appearance, collagen is the go-to ingredient to plump up and support skin from within. One of the beneficial components of bone broth, collagen is found naturally in gelatinous joint tissue. In supplements, it can be taken in pills, in liquid supplements, or as a powder in smoothies and in a variety of recipes.

DAY
29

Take a Brisk Walk

Walking—30 minutes daily on most days—is the basic recommendation to maintain health and help reduce risks for diabetes and heart disease. To get the full benefits, walk briskly enough to speed up heart rate

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*.

GO NATURAL IN 90 *sweepstakes*

Here Comes SUMMER!

Get on the road to wellness this summer and rediscover your healthiest self. To help you stay on that path, we've partnered with some of today's leading manufacturers—and together, we're giving away *sun-sational* prizes during June, July, and August.

HOW TO ENTER OUR GO NATURAL IN 90 SWEEPSTAKES

Visit betternutrition.com to register.
WIN → high-quality natural products from our featured sponsors + other cool prizes—including gift cards to your favorite health food store, best-selling books on holistic living, beach totes, coffee mugs, and T-shirts!

Other fun perks include:

- Weekly e-newsletter with tips from today's top natural health experts, including a step-by-step guide to removing sugar from your diet.
- Recipe e-book, *Go Natural in 90: Summer Eats & Treats*.
- Interactive posts on our Facebook, Instagram, and Twitter pages.

betternutrition



SUMMER IS THE PERFECT TIME TO GET UP AND GO NATURAL IN 90!

Get *Lucky* Stay Lucky...

Rediscover your passion and vitality with **Lucky 7's** unique blend of natural herbs and nutrients clinically shown to support healthy levels of testosterone, boost energy, enhance mood, heighten desire and increase muscle strength.*



It's your lucky day!
Call 1-800-421-2998 or e-mail
info@kyolic.com for FREE sample packs.
Limited availability, contact us today!

(800) 421-2998 www.kyolic.com

© 2017 Wakunaga of America Co., Ltd., Mission Viejo, CA 92691

*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 FOR MEN

Father's Day GIVEAWAY!

Win an amazing gift basket full of men's health products. Visit betternutrition.com anytime during June to enter. A winner will be chosen at random by June 30, 2017.

Learn about the latest breakthroughs in prostate health from a holistic doctor who specializes in it /// by Isaac Eliaz, MD

Prostate issues are some of the biggest health concerns for men today. In 2017, it is estimated that more than 162,000 men will be diagnosed with prostate cancer, and 26,000 will die. Other prostate problems can't be ignored: Benign prostate hyperplasia (BPH) and prostatitis

(prostate inflammation) result in pain, discomfort, and inconvenience, impacting quality of life. But there is good news. A number of integrative solutions can support prostate health, identify and reduce prostate cancer risks, and even fight aggressive cancer. More importantly, lifestyle

factors, including diet, exercise, and stress relief, can reduce risks of prostate cancer and support prostate and overall health.

It's not just cancer that affects the prostate. BPH, prostatitis, and other prostate issues are increasingly common. Symptoms, such as pain in the groin area

and difficult or frequent urination, often overlap—so getting the right diagnosis is critical. Some of the tests outlined below can help clarify these issues. Prostatitis doesn't necessarily indicate cancer, but it can increase the risks by promoting inflammation, abnormal cellular growth, and other factors.

Clear Detection

For years, men over age 40 were encouraged to get regular prostate specific antigen (PSA) tests to screen for prostate cancer. High PSA levels were once thought to indicate prostate cancer. But large-scale studies now suggest that the PSA test isn't the gold-standard detection method we once thought it was. For example, it doesn't differentiate between aggressive and nonaggressive tumors. This is an important distinction, because many slow-growing prostate cancers might give a high PSA reading, even though they aren't high-risk tumors.

But based on an elevated PSA result, patients often undergo invasive procedures (such as biopsy) that disturb the surrounding tissue. A rare complication of prostate biopsy is the "seeding" of the biopsy needle path with cells from the biopsied tumor. Furthermore, the PSA test often doesn't detect aggressive tumors early enough.

This doesn't mean that PSA is useless. It simply means we need to look at elevated PSA levels together with additional information to determine the best approach for each person. Other tests can help.

Galectin-3: A New Test

Galectin-3 is a protein produced in the body and is known as an important biomarker and driver of many chronic diseases. When present at normal levels, galectin-3 regulates cellular growth and cell-to-cell communication. However, elevated galectin-3 levels fuel inflammation, fibrosis, and tumor development, proliferation, and metastasis, and also suppress immunity. And because galectin-3 aggressively fuels chronic inflammation, it can serve as an active marker for prostatitis and BPH.

A study published in 2009 in *The American Journal of Pathology* showed that reducing levels of galectin-3 inhibited prostate cancer metastasis. And a 2013 study in *Oncotarget* reported galectin-3 to be a useful test for measuring prostate cancer risk and progression, alongside the PSA test. The researchers reported that prostate cancer patients had elevated levels of galectin-3 in the circulation.

What can you do to promote healthy galectin-3 expression in the body?

Modified Citrus Pectin

Modified citrus pectin (MCP) is currently gaining increased recognition in the scientific literature because it is the most-researched galectin-3 blocker, now shown in numerous peer-reviewed studies to bind and block excess galectin-3. Because of this unique ability, MCP can halt and

even reverse the devastating damage caused by galectin-3. Importantly, MCP has also been shown in clinical studies to benefit prostate cancer patients and reduce PSA. For more information about MCP, read *New Twist on Health: Modified Citrus Pectin for Cancer, Heart Disease and More*, by health writer and cancer survivor Karolyn Gazella.

A Proactive Approach to Care

A key principle in integrative approaches to prostate health is "maximum diagnosis, minimum intervention." That means we gather as much information as possible to assess a patient's prostate health, and from there, we start with the least-invasive approaches. From an integrative standpoint, this means adopting habits that reduce prostate risks. While there is no such thing as 100 percent prevention, certain foods, supplements, and lifestyle factors can strengthen defenses against prostate problems, including cancer. This proactive approach differs than the passive, "watch and wait" protocol, because it empowers patients to take control of their prostate issues with solutions that also support overall health.

Why Diet Is So Important

The first step toward preventing and treating prostate cancer is to control diet. Avoid the "Western diet," high in unhealthy fats, sugars, and processed ingredients that promote inflammation, damage DNA, and fuel numerous diseases. Instead, emphasize lean and plant-based proteins, whole grains, and organic fruits and vegetables.

Several studies have linked high-fat diets to cancer progression. A study published in *Integrative Cancer Therapies* showed that men with recurrent prostate cancer could lower (or slow down) their PSA levels by switching to a plant-based diet.

Follow a low-glycemic (low-sugar) diet of nutrient dense, anti-inflammatory foods that don't spike blood sugar, such as low-starch vegetables, plant protein, and lots of fiber. Emphasize cruciferous vegetables, such as broccoli, kale, cauliflower, and cabbage, which have high levels of the phytonutrients associated with

High PSA levels were once thought to indicate prostate cancer. But studies now suggest that the PSA test isn't the gold standard we once thought it was.



GOT PAIN?^{*†}

Stop Pain Like Never Before!^{*†}

SAFE • EFFECTIVE • NON-ADDICTIVE



Voted #1 for Pain Relief^{*†}

Curamin® is the award-winning pain relief^{*†} product with clinically studied ingredients that provides life-changing benefits. Curamin doesn't just mask occasional pain—it gets to the source and stops it.^{*†}

- Safe, effective relief^{*†}
- Winner of 28 national awards
- No stomach, liver, or kidney damage



Curamin is amazing!

"This is the first sustained relief I've had in 59 years. Amazing!" —Carol S, Cushing, OK

Curamin has changed my life around! *"Curamin has changed my life around. I heard about Curamin and I thought I would try it. Thank you to the makers of Curamin. I highly recommend this product." —Deb B, Fremont, NE*



Our Passion is Your Health!

EuroPharmaUSA.com
MONEY-BACK GUARANTEE

[†]Occasional muscle pain due to exercise or overuse. [†]SPINSScan Other Herbal Formula Subcategory Brand Rank, data ending 2/19/17.

*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.

prostate cancer prevention. Cruciferous vegetables also detoxify cancer-causing compounds from the body and help metabolize hormones.

Stress Plays a Role in Cancer

The relationship between stress and cancer growth is well supported by research. For example, a recent study in the *Journal of Clinical Investigation* found a direct link between chronic stress and prostate cancer progression.

There are a variety of nonpharmaceutical ways to alleviate stress, such as yoga, Tai Chi, and meditation. These mind-body practices have the added advantage of improving immunity, reducing inflammation, and increasing overall health. One recent study showed that yoga practice improves immune cell function at the genetic level. Meditation is also shown to improve quality of life in patients with prostate and other cancers.

Exercise is essential in reducing risks of prostate cancer. Numerous studies have compared activity levels with prostate cancer risk and found a direct link. In addition to reducing stress, regular exercise helps balance hormones, enhances immunity, and boosts vital energy—all critical for supporting prostate health and fighting prostate cancer.

Prostate Health Supplements

A supplement program for prostate cancer or other prostate issues should emphasize ingredients that promote prostate health, reduce inflammation, detoxify the body, balance hormones, and provide antioxidant support. Such a program can address prostate issues from multiple angles while supporting the overall health of the patient—a key strategy in integrative medicine.

Some of my top recommendations for

prostate health are medicinal mushrooms, which offer remarkable benefits on multiple levels. Medicinal mushrooms optimize immune function, control inflammation, and provide antioxidant support. They also detoxify the body. But most importantly, mushrooms have been specifically shown to fight cancer, including prostate cancer. Top varieties include maitake, mesima, reishi, and turkey tail.

Quercetin is another key supplement for prostate health. Part of the flavonoid family, quercetin is a powerful antioxidant found in fruits, vegetables, tea, and even red wine. Apples are an excellent food source. A number of studies have shown that quercetin inhibits cancer cell growth in different types of cancer, including prostate cancer. There is also research showing that quercetin can help with prostatitis, perhaps due to its immune-supporting, anti-inflammatory benefits.

A clinical study presented at the 2013 American Society of Clinical Oncology annual meeting showed that a combination of pomegranate, green tea, broccoli, and turmeric (in supplement form) slowed the rise of PSA in men with prostate cancer.

The data is impressive: Numerous supplements are shown to support prostate health. In my practice, I recommend a botanical blend that includes ingredients mentioned above, along with other important herbs and nutrients such as saw palmetto and stinging nettle.

It's also important to take a multivitamin daily. Minerals such as zinc and magnesium play a role in maintaining prostate and immune health. Look for multis that contain a full-spectrum of minerals.

Prostate health is not something to seek out only when symptoms arise. It should be a way of life. Smart choices such as packing a nutritious lunch, following a targeted supplement plan, taking a long walk, or enjoying more time with friends and family don't just support prostate health. These small decisions have a cumulative impact on overall well-being.

HIGH-QUALITY SUPPLEMENT OPTIONS FOR PROSTATE HEALTH



FREE REPORT

Drinking Water Scams Exposed!

Shocking truth revealed about:

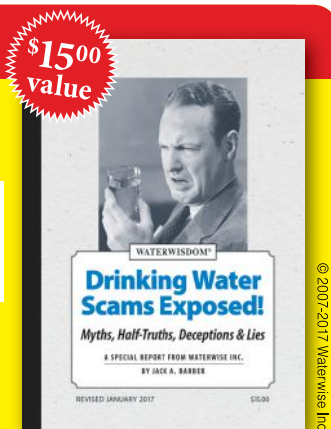
- well
- bottled
- filtered
- mineral
- spring
- alkalized
- energized
- reverse osmosis
- distilled
- and more...



Call or visit www.water-scams.net for **FREE Report & Catalog!**

800-874-9028 Ext 714

Waterwise Inc
PO Box 494000
Leesburg FL 34749-4000



© 2007-2017 Waterwise Inc

Isaac Eliaz, MD, LAc, MS, is an integrative physician, and founder and medical director of Amitabha Medical Clinic in Santa Rosa, Calif. Visit dreliaz.org to learn more.

Black Seed Oil

Premium Quality

**Hot Item
Alert**



For centuries **Black Seed Oil** has been revered by the people of the middle east and northern Africa. **Black Seed Oil** is also known for its unique flavor and health promoting properties.*

Bio Nutrition uses Premium quality cold pressed **Black Seed Oil** (*Nigella Sativa*) naturally containing Thymoquinone and essential fatty acids.

**MADE IN
USA**



Bio Nutrition, Inc.
Oceanside, NY 11572 U.S.A.
www.bionutritioninc.com 516-432-1590

*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.

A close-up photograph of a woman with blonde hair, smiling and holding two slices of orange over her eyes. She is wearing a yellow top. The background is a solid pink color.

CAN NUTRITION CHANGE YOUR PERSONALITY?

Research suggests it's possible to reduce anger, anxiety, depression, addictive behaviors, and more with foods and supplements /// By Kat James

We've all heard the expression "You are what you eat." But if emerging research is any indication, it might be more accurate to say, "Who we are is what we eat." It turns out, what we take in—whether food, liquid, or supplement—is a factor in both our moment-to-moment moods and even our long-term self-perceptions and relationships with others. It can encourage (or prevent) the playing-out of inherited predispositions such as motivation, outgoingness, over-sensitivity, and compulsiveness. Because nutrition dominates neurological and hormonal influences on the brain, it can affect countless behavior patterns that most view as character-driven.



Is Your Personality Under Siege?

Life is full of emotional responses to real circumstances. But if feelings or behaviors such as low moods or negative reactions to stress become increasingly common, prolonged, or magnified, there may be more at play. Over time, poor nutrition can cause emotional and physical changes that can come to define your personality and even your success in life.

I remember living under a constant black cloud of debilitating mood swings that started in my teens, soon after I began restricting calories in response to weight gain at puberty. This led to my first binge, and what I thought was purely “emotional eating.” But no matter how much progress I made with my “emotional triggers,” my desire to binge overpowered my willpower each day for the next 12 years—until my liver began to fail. The reason I’m alive today and have been completely free of this unhealthy cycle of behavior for 25 years is not because I finally mustered eternal willpower and completely conquered my past “issues” (and there were many). It was conquering my biochemistry by adopting a diet that restored my inner peace after all else failed. I now teach clients the nutrition protocol that helped me get my life back.

You needn’t have an addiction like mine to experience freedom from countless other forms of mood and behavior “imposters” posing as who you are. These imposters may include feeling more chronically stressed, distracted, obsessed, or bored than in the past, or thoughts that are more focused on food, drink, drugs, shopping, or gambling for

a “lift” or to relax or sleep. Could preventing unwelcome behaviors be as simple as changing your diet and taking strategic supplements?

Nutrition and Neurochemicals

Every mood—even if it’s in response to a real situation—is moderated by neurotransmitters including epinephrine, norepinephrine, serotonin, and dopamine. All are profoundly influenced by nutrition.

In the 1980s, neuroscientist Kenneth Blum and his research team identified what they called reward deficiency syndrome (RDS). In RDS, low levels of “pleasure” neurotransmitters such as dopamine drive compulsive behaviors, depression, anxiety, sleeplessness, and antisocial, addictive, and even criminal behaviors—and can influence food, drink, and other choices. RDS is genetically influenced, but Blum’s studies found that nutrition is also a factor. Blum identified amino acids, B vitamins, and other nutrients that help restore “short circuits” in brain function, often normalizing mood and cognitive issues, and relieving the drive to use sugar, alcohol, caffeine, painkillers, or other Band-aid fixes. It was a stroke of luck 25 years ago when I picked up the amino acid L-tyrosine to help my thyroid, along with some probiotics and fish oil for my eczema (not knowing they would also help heal my own RDS and transform my moods).

Sugar and Mood

Sugar is everywhere. It’s a legal drug that can create lifelong addicts out of healthy children and cause myriad behavioral issues (not to mention equally distressing health decline).

Reactive hypoglycemia refers to the classic “sugar crash” (low blood sugar that occurs after a “sugar high”). This reaction has been correlated with low serotonin (a key neurotransmitter linked to well-being), and shown to bring on symptoms including depression, anxiety, irritability, confusion, and exhaustion.

On the more serious end of the spectrum, hypoglycemia has been linked to phobias, self-isolation, suicidal thoughts, rage, and violence.

Alcohol can have the same effect. Low blood sugar following alcohol consumption has been correlated with violent crimes. Many addicts are hypoglycemic. Interestingly, when hypoglycemia was treated nutritionally in one study, 71 percent of alcoholics became sober.

The Microbiome and Mood

The microbiome is the inner bacterial ecosystem within each of us. Our bacteria outnumber our own human cells nearly tenfold. In addition to the well-known digestive and immune-stabilizing impacts of healthy gut flora balance, we’re just beginning to understand its effects on mood and behavior. The National Institutes of Health’s Human Microbiome Project, launched in 2007, has resulted in game-changing findings about bacterial impacts on human psychology. Most incredibly, it was discovered that bacteria not only synthesize the same neurochemicals that drive our thoughts and behaviors, such as serotonin and dopamine, but they also communicate with the brain via those chemicals.

A recent flurry of studies, mostly on rodents, show beneficial bacteria’s therapeutic effects on depression, autism, repetitive behaviors, anxiety, and more. One of the most fascinating of these studies showed that calm mice that were fed fecally-derived bacteria from anxious mice became anxious. Want to guess what happened when anxious mice were fed bacteria from calm mice? You guessed it: they turned into calm mice. A bit surreal isn’t it?

There are already powerful therapies for our microbiome on health food store

SUPPLEMENTAL SUPPORT

The following are a few supplements known to support common nutrient deficiencies that can influence mood and behavior that I often recommend to my clients.

Editor’s Note: Consult your doctor before taking supplements if you’re pregnant or being medically treated, and never discontinue medication without your doctor’s supervision. For guidance on nutritional treatments for specific mood issues, visit alternativementalhealth.com. Other recommended reading: *Depression-Free Naturally* and *Seven Weeks to Sobriety* by Joan Mathews Larson, PhD. Stick with the recommended dosages unless otherwise directed by your health practitioner.

- **B-Complex Vitamins** // Niacin has shown benefit in some types of schizophrenia, alcoholism, and severe depression. Thiamine (vitamin B₁) deficiencies correlate with depression, poor memory, and insomnia.
- **Blood-Sugar-Stabilizing Nutrients** // These include chromium, vanadyl sulfate, zinc, and alpha-lipoic acid.
- **DHA Omega-3 Fish Oil** // Boosts dopamine, and improves cognition and mood. Often depleted in postpartum depression, ADHD, and many other cognitive disorders. DHA has been shown to raise dopamine levels.
- **D-Phenylalanine** // Inhibits an enzyme that reduces endorphin, a pain-relieving, comforting neurotransmitter that can help many sleep.
- **Free-Form Amino Acids** // Shown to reduce depression, anxiety, addictions, and many other mood disorders by nourishing neurotransmitter synthesis and function; more readily absorbed than long-chain protein sources.
- **Holy Basil** // Reduces anxiety and the stress hormone cortisol.
- **Iodine** // Needed for thyroid and brain health. Depleted by the prescription antidepressant Prozac.
- **L-Theanine** // Encourages calm focus.
- **Magnesium Threonate** // Increases the number of functioning neurotransmitter release sites. Deficiencies can decrease dopamine levels. Helps inflammation and blood sugar metabolism, and calms anxiety.
- **N-Acetylcysteine (NAC)** // Supports liver health and neurotransmitter activity in certain addictions and compulsive gamblers in some studies.
- **Probiotics** // Fortify beneficial bacteria in the gut.
- **P-5-P** // This more absorbable form of B₆ helps convert amino acids into neurotransmitters.
- **Selenium** // Critical for thyroid function.
- **Taurine** // A calming amino acid that can benefit hypoglycemia and related shakiness (even in alcoholics); assists mineral absorption. Interestingly, a 2015 study showed that taurine helped preserve the actions of the hormone leptin in mice fed a high-fat diet. Deficiency is widespread in addicts and older people.
- **Tyrosine** // Key thyroid hormone and dopamine function building block. Improves focus, energy, and depression. It can be stimulating, so use earlier in the day, and under a doctor’s supervision if you’re being treated for heart or hypertensive issues.
- **Zinc** // Zinc deficiency is linked to a wide array of mood and cognitive problems. Look for ionic zinc, which is better absorbed.
- **5-HTP** // Helps boost serotonin. May lift mood and deepen sleep.

shelves—pre- and probiotics. Fermented foods are also a source of good bacteria. Interestingly, the bacteria from sauerkraut have been found to produce the relaxing neurotransmitter GABA.

Even those mood-destabilizing blood sugar swings can be influenced by our microbiome, according to nutritionist Martie Whittekin, CCN, who cites in her new book, *The Probiotic Cure*, that

a recent review of 12 studies found that the use of multistrain probiotics may help glycemic control.

The Right Kinds of Fat

Fat makes up 60 percent of our brains, and omega-3 fats, cholesterol, and saturated fats are key brain builders. DHA and EPA fatty acid deficiencies cause brain cell communication failures and inflammation,

YEAST
can be a real "V"
PAIN IN THE V

OK GIRLFRIENDS!

Let's not beat around the bush. Yeast doesn't belong in your panties. But life happens and things "down there" can get a little off balance. We all know that too many yeastie beasts can be a real pain in the "V"...the itching, the burning...you get the picture. This is where Super 8 Probiotic comes in...we're talking 8 strains of probiotic goodness and 42 billion cells of yeast-balancing genius. Those yeastie beasts don't stand a chance when you've got Super 8 Probiotic on your side. Healthy yeast balance girlfriends, now that's what we're talking about.



GLUTEN-FREE | VEGETARIAN | CONDITION-SPECIFIC | SCIENCE-BASED

WWW.FLORAHEALTH.COM

PERSONALITY MAKEOVER



Cathy's "before" (above) reminded me of my "before" 30 years ago (below, now and then).



other. Now I can say that I'm actually far more real and down to earth, and our relationships are much richer. At work, I'm not a control freak or micro manager anymore. I'm so much more laid back. I laugh much more. And the physical changes such as weight loss and better skin health have improved my self-image. I can't believe the difference!"

I've seen countless examples of nutrition profoundly changing people emotionally as well as physically in my workshops. I've heard everything from "My kids tell me they can't push my buttons anymore" to "I no longer get angry when cars cut me off in traffic." One example is my client Cathy Froncek, 57, of San Francisco, who recently completed one of my workshops. Cathy had this to say about her emotional experience: "After several days of changing my diet—including some rough initial 'sugar detox' days during which I felt particularly emotionally vulnerable—I experienced a sudden calm like I had never felt. Then over the next weeks, I started seeing things about myself that I didn't like that became glaring. I began to just say what I was feeling or needing to my husband and kids instead of manipulating or being passive aggressive. It was so new (and at times, uncomfortable) that we had to relearn how to relate to each

affecting virtually all mood disorders. Low-saturated-fat and low-cholesterol diets are linked with higher rates of depression, infertility, and dementia.

Think of this before ordering your next egg white omelet: cholesterol is the raw material, not only for the body's production of vitamin D, but for our sex hormones, bolstering libido and fertility.

Another important brain nutrient for memory and cognition, also found in egg yolk, is choline. So you might be crazy to keep ordering egg white omelets. Literally.

Why Leptin Is Key

One of the unexpected side benefits of the low-sugar, high-fat diet I advocate is restored leptin sensitivity. The proper functioning of the hormone leptin is known to influence satiety signals in the body. Personally, leptin balance has been my greatest key to escaping my "mood and food prison." Beyond increasing feelings of satisfaction after eating, leptin affects personality in myriad ways.

This hormone has been shown to heal dopamine pathways (often resolving addiction); balance the sympathetic and parasympathetic nervous systems (restoring calmness, clear thinking, deep sleep, and digestion); restore thyroid, adrenal, and sex hormone function (reviving energy, libido, and countless other happiness-boosters); reduce body-wide inflammation (reducing a known contributor to depression as well as all kinds of pain); and actually grow the cerebral cortex (our self-control center).

And interestingly, leptin was recently shown to have a direct influence on the composition of gut bacteria.

So do I believe mood and behaviors—in essence, your personality—can really be altered by changing your diet and taking certain supplements? My own transformational experience—and the ones that I have observed in my clients over nearly two decades—have convinced me that it

SUPPLEMENTS FOR MOOD SUPPORT & MORE



1

Country Life
Max-Amino Caps

2

Dr. Mercola
Magnesium
L-Threonate

3

Essential Formulas
Dr. Ohhira's
Probiotics Original
Formula

4

MegaFood
Adult
B-Centered

5

Nordic Naturals
DHA XTRA

Nutrition expert **Kat James** is founder of the Total Transformation Program and author of the award-winning book *The Truth About Beauty*. To learn more about her nutrition programs, including her Total Transformation retreats and her TeleProgram, go to informed-beauty.com.

Allergies?

"I couldn't be happier"

"I changed to this from a popular saline-only rinse and I couldn't be happier. It works so much better with the xylitol which adds to the cleansing and healing qualities of saline." - SATISFIED XLEAR CUSTOMER



Xlear Sinus Rinse

Easy-to-use ergonomic bottle

Pre-measured packets with xylitol

GO WASH YOUR NOSE



XLEAR

SAVE \$3	XLEAR ANY ONE (1) XLEAR® SINUS RINSE OR XLEAR® 1.5 NASAL SPRAY	0700596-009335
<small>MANUFACTURER'S COUPON EXPIRES 8/31/2017 CUSTOMER: REDEEM 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, MANDLIK & RHODES, PO BOX 490 DEPT. #1112, TECATE, CA 91980 CASH VALUE: 1/100 CENT. XLEAR.COM</small>		

Stop Wrestling with Your Razor

If you take a few extra steps each morning, shaving will be a lot less irritating /// BY SHERRIE STRAUSFOGEL

Red bumps, raw skin, and rashes can be the result of wrestling with your razor in the daily fight of man against beard. Here are 6 ways to achieve the perfect shave:

① Ditch your old bar soap if it contains harsh synthetic detergents and fragrances.

Detergents strip away the skin's mantle and loosen its keratin proteins, making it vulnerable to irritation and infection. Not only are fragrances totally unnecessary, they cause dry skin, redness, and rashes. Switch to a cleanser with a base of coconut oil that breaks down oils from the sebaceous glands, lathers easily, and helps retain moisture.

② On tough beard days, or at least twice a week, work a granular facial scrub into the skin in circular

motions for a few minutes to prevent ingrown hairs. Scrubs lift the hair shaft and exfoliate the dead skin that blocks the hair follicles. Scrubs also gently buff away dead skin cells, pollutants, and other buildup that causes razor drag.

③ While skin is still wet, apply a gentle shaving cream or oil that

moisturizes the skin while helping the razor glide. Again, use small circular motions. Hair grows cross-directionally, and this motion will ensure complete coverage while lifting the whiskers. Beware of shaving foams from aerosol cans—they're propelled by chemicals that dry your skin.

④ Look for a pH-balanced shaving cream or oil. Skin is naturally acidic, with a pH in the range of 4.2–5.6. Conventional shaving creams can be very alkaline, with a pH level of 10 or 11, which can inhibit the skin's natural acid protection.

⑤ Splash on a skin toner as an after-shave to help restore pH balance and invigorate your skin.

Look for a toner that contains witch hazel rather than alcohol, which is too drying. The toner may also contain lavender or tea tree essential oils, both natural antiseptics.

⑥ Hydrate your skin with a moisturizer and protect it with a sunscreen. The thin layer of skin you scraped off during shaving tends to leave

your face particularly vulnerable to the sun and wind. Beware moisturizing creams that rely on skin barriers, such as mineral oil and lanolin, which are harsh and known to cause swelling and itching. Instead, look for any combination of soothing aloe vera, chamomile, calendula, and comfrey with healing vitamin E on the ingredients label.



For a smoother, closer shave, try **Van Der Hagen Natural & Organic Shave Oil**. More than 20 natural and organic oils soften the beard and provide a protective barrier that increases razor glide, reducing bumps and irritation. The transparent oil lets you see where you're shaving, and it can also be used as a pre-shave under shaving soaps, gels, or lotions.

Prep your face with **Every Man Jack Face Scrub and Pre-Shave**. Coconut-derived cleansers and jojoba beads remove dry and dead skin. Marine extracts and vitamin E soothe and moisturize. Peppermint extract leaves skin with a clean, fresh scent. Use two or three times per week to unclog pores.





Pamper your skin while you shave with **NOW Solutions Nutri-Shave Natural Shave Cream**. Skin soothing and protecting allantoin is combined with anti-aging, moisturizing hyaluronic acid, coconut oil, aloe, olive oil, and calendula for a smooth, close shave that nourishes your skin and reduces irritation.



Get razor lift and glide with **Avalon Organics Moisturizing Cream Shave**. A replenishing blend of aloe vera, beta-glucan, and plant extracts soothes and helps speed repair of nicks and irritation. Skin feels soft and smooth after shaving. Choose from Aloe Unscented, Nourishing Lavender, and Revitalizing Peppermint.

Cool and tighten your skin with **Badger Navigator Class Bracing After Shave Face Tonic**. This light witch hazel-based aftershave also contains cooling menthol, hydrating aloe, and uplifting bergamot essential oil to invigorate your skin.



Sherrie Strausfogel is the author of *Hawaii's Spa Experience: Rejuvenating Secrets of the Islands* (the first book to feature aromatherapy in its pages). Based in Honolulu, she writes about beauty, spas, health, cuisine, and travel. Her work has appeared in more than 100 magazines, newspapers, guidebooks, and websites.



ACHES. PAIN. SORENESS. BLOOD CONTAMINANTS.* DON'T JUST WISH FOR GOOD HEALTH.

Neprinol is a blend of all-natural systemic enzymes formulated by a team of experts. Simply put, it's created to work. An abundance of contaminants in the bloodstream can lead to a wide range of symptoms including pain, sore joints, tissue damage, and other undesirable states of health. Neprinol's superior enzymatic potency can help cleanse your blood of these contaminants and support your body's natural inflammatory response and repair processes*. By helping cleanse your blood, Neprinol also serves to increase and maintain healthy cardiovascular and liver function.

*From everyday activity

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** or call **(800) 490-1566**.

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.

It's a Guy Thing

The best foods for supporting prostate health and boosting testosterone // BY LISA TURNER

Men have some special needs when it comes to diet, and many studies suggest that eating the right foods can keep the prostate healthy and testosterone levels balanced. If you're a man, try these guy-friendly foods:



① **Oysters** are the number-one food source of zinc, which blocks the enzyme that converts testosterone to estrogen. Deficiencies are linked to low testosterone, and boosting zinc leads to a significant increase in testosterone levels. Zinc is especially important if you train hard, since intense exercise can deplete testosterone. In one study, elite wrestlers who took zinc daily maintained testosterone levels after a month of high-intensity training. Other good sources: red meat, chicken, crab, lobster, beans, nuts, and organ meats.



② **Mackerel**, a fatty fish like tuna, salmon, and sardines, is one of the best food sources of vitamin D. Studies have shown that vitamin D can increase testosterone levels, often dramatically. In one study, people who spent more time in the sun showed increased vitamin D levels, and testosterone levels increased as well. In another study, men who took vitamin D daily increased testosterone levels by almost 25 percent. The sun is still the best source of vitamin D, but if you don't get out much—or can't tolerate fatty fish—you'll also find D in raw milk, caviar, and eggs.



③ **Tomatoes** are loaded with lycopene, an antioxidant that's been shown to reduce the risk of prostate cancer. Better than raw: cook them with olive oil (as in pasta sauce); most research shows that lycopene is better absorbed when tomatoes are cooked with olive oil. That effect was not found when tomatoes were cooked with sunflower oil or other kinds of oil. And add some chopped broccoli to your sauce. In one study, a combination of tomato and broccoli was more effective at slowing tumor growth than either tomato or broccoli alone.



④ **Spinach** is rich in magnesium, which can lower the body's levels of sex hormone-binding globulin (SHBG), a compound that binds to free testosterone and makes it inactive. In one study, boosting magnesium intake resulted in a 24 percent increase in free testosterone levels. Optimal magnesium status has also been linked with higher testosterone levels in observational studies. Other foods rich in magnesium include pumpkin seeds, sesame seeds, chard, halibut, and almonds.



⑤ **Pomegranate**. Prostate specific antigen (PSA) is a blood marker for prostate cancer. Men whose PSA levels double in a short period of time have a higher risk of death from prostate cancer, and pomegranate appears to slow PSA increases. In one study, a cup of pomegranate juice per day significantly reduced PSA doubling time. Studies show that pomegranate extract can slow the growth of prostate cancer cells, and may lead to apoptosis—cell death—in cancer cells. As a bonus, another study found that 47 percent of impotent men improved after drinking a glass of pomegranate juice daily.



⑥ **Collard greens** are one of the best dietary sources of vitamin K, which protects against prostate cancer. In one study of 11,000 men, high intake of vitamin K₂ was linked to a 63 percent lower risk of prostate cancer. Collards are also high in vitamin C, which may work with vitamin K to protect the prostate. In another study, a group of prostate cancer patients showed tumor cell destruction after supplementation with vitamins C and K. Other good sources of vitamin K: spinach, kale, broccoli, Brussels sprouts, salad greens, cabbage, green beans, and lentils.

THE #1 SELLING CURCUMIN PRODUCT!^{††}

Stronger, More Effective Curcumin

1 CuraMed®
Softgel 750mg

= **Up to 500
CAPSULES
of Turmeric[^]**



- ✓ 30 groundbreaking, scientific studies
- ✓ Up to 500 times stronger than turmeric[^]
- ✓ 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® products*



Absorbs Better • Works Longer • More Effective • Clinically Proven Results

When it's your health, count on CuraMed®!



Our Passion is Your Health!™

EuroPharmaUSA.com

MONEY-BACK GUARANTEE

†Occasional inflammation due to exercise or overuse. ††SPINScan Other Herbal Formula Subcategory Product Item Rank, data ending 2/19/17.
[^]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.



7 Pumpkin seeds can help prevent benign prostatic hyperplasia (BPH), a common condition that enlarges the prostate gland and can cause problems with urination and, occasionally, sexual function. In several studies, pumpkin seed oil reduced symptoms of BPH, improved urinary function in men with overactive bladders, and improved quality of life. Studies also suggest that pumpkin seeds can slow the growth of prostate cancer cells.



8 Tuna is high in omega-3 fats, which have powerful immune-enhancing and anti-inflammatory effects and can reduce the risk of prostate cancer. (Though one study suggested that omega-3 fats increased prostate cancer risk, that research has been largely discredited.) Eat tuna sandwiches with a slice of avocado, and you'll increase your prostate protection: avocados are rich in vitamin E and lutein, and have been shown to inhibit the growth of prostate cancer cells.



9 Ginger, in addition to reducing inflammation, may also increase testosterone levels and improve sexual function. In one study, infertile men took ginger daily, and after three months, they showed a 17 percent increase in testosterone levels. Other studies have found testosterone levels nearly doubled after ginger intake—as the amount of ginger increased, so did testosterone levels.



Did You Know?

In addition to omega-3s, tuna is a good dietary source of zinc.

GRILLED TUNA WITH GARLIC CHILI AIOLI

Serves 8

Those crossed grill marks that decorate restaurant steaks are known as "quadrillage," and they're easier to achieve than you think.

GARLIC CHILI AIOLI

4 cloves roasted garlic

1 whole egg

1 Tbs. fresh lemon juice

¼ tsp. salt

1 cup organic canola oil

2 Tbs. chili sauce with garlic

2 Tbs. rice vinegar

2 Tbs. honey

2 serrano chiles, minced

GRILLED TUNA

¼ cup soy sauce

3 Tbs. brown sugar

2 Tbs. rice vinegar

1 Tbs. fresh ginger, peeled and grated

1 tsp. toasted sesame oil

1 serrano chile, minced

Juice from one lime

8 1¼-inch thick fresh tuna steaks, (about 4 oz. each)

- 1. To make aioli:** Combine garlic, egg, lemon juice, and salt in food processor. Add canola oil in steady stream, then stir in chili sauce, vinegar, honey, and chiles.
- 2. To make tuna:** Combine ingredients from soy sauce through lime juice in large bowl or resealable plastic bag. Add tuna steaks, and coat with marinade. Allow to marinate at least 15 minutes.
- 3.** Heat grill to 400°F. Remove tuna from marinade and liberally spray both sides of steaks with nonstick spray.
- 4.** To quadrillage, pretend grill is the face of a clock, and place "tail" of each steak pointing at the "4 o'clock" position. After 1½ minutes, gently lift each steak, rotate tail to the 8 o'clock position (do not flip), and cook 1½ minutes more.
- 5.** Flip steaks, place tails at 8 o'clock position, and cook 1½ minutes. Rotate tails to 4 o'clock position (do not flip), and cook 1½ minutes more. Remove steaks from grill, and serve with Garlic Chili Aioli.

Per serving: 425 cal; 27g prot; 30g total fat (2.5g sat fat); 12g carb; 78mg chol; 685mg sod; 0.5g fiber; 10g sugars

Lisa Turner has been researching and writing about nutrition, and cooking great natural meals, for almost 20 years. She's the author of five books on food and nutrition, including *Mostly Macro* and *Meals That Heal*. She has appeared on national television and radio shows, taught cooking classes, and lectured across the United States on food, health, and nutrition. Visit her online at inspiredeating.com.

Kashi

do
~~Chew~~
something
awesome.

**Your new favorite snack
isn't just delicious; it helps
increase organic farmland.**

Introducing new Kashi Chewy Nut Butter Bars made with creamy almond butter and chocolate chunks. But that's not all — they're also Certified Transitional. That means they are made with ingredients from farms in the process of transitioning to organic — no easy task. In fact, less than 1% of farmland in the U.S. is certified organic.

So let's do something about it. Every time you enjoy a product with the Certified Transitional seal, you're not only supporting farmers in transition, you're also helping to increase that 1%.



Learn more at Kashi.com/Transitional

©, TM, © 2017 Kashi Co.





Melissa Diane Smith is an internationally known journalist and holistic nutritionist who has more than 20 years of clinical nutrition experience and specializes in using food as medicine. She is the cutting-edge author of *Going Against GMOs*, *Going Against the Grain*, and *Gluten Free Throughout the Year*, and the coauthor of *Syndrome X*. To learn about her books, long-distance consultations, nutrition coaching programs, or speaking, visit her websites: melissadianesmith.com and againstthegrainnutrition.com.

Snacks for Your Summer Travels

Eight sugar-free products with minimal ingredients that are perfect for summertime excursions //BY MELISSA DIANE SMITH

Q: My kids, who don't eat much sugar, are going on two different camp retreats this summer. I'm looking for nutritious and tasty, sugar-free travel foods that have a short list of ingredients. Are there any foods that fill all those bills? —Janet W., Erie, Pa.

a: Yes, fortunately, there are. Consumers are increasingly demanding foods based on simple, tasty, nutritious ingredients, so it's actually getting much easier to find those kinds of products.

Try the following eight foods—they're perfect for camping, flights, hikes, or wherever your summer adventures take you.

Go Raw Sprouted Watermelon Seeds

Many people think of spitting out or avoiding the seeds when they eat watermelon, but the seeds are a surprisingly nutritious part of the fruit, and sprouting the seeds improves their digestibility and activates the powerful nutrients inside. Sprouted watermelon seeds are an excellent source not only of magnesium and zinc, but also of protein—one ounce of sprouted watermelon supplies a whopping 10 grams! And the seeds are quite low in carbs, too. Seasoned with Celtic sea salt, **Go Raw's**

Sprouted Watermelon

Seeds make a very tasty snack.

INGREDIENTS:

Sprouted organic watermelon seeds, Celtic sea salt.



Royal Hawaiian Sea Salt Macadamias

All nuts are easy-to-transport, nutrient-packed morsels that are great for trips, and macadamia nuts make an especially

decadent-feeling on-the-go treat. They're rich in monounsaturated fat, which can stabilize blood sugar levels. You can take a small amount in your bag, plop a few in your mouth when you need them, savor them slowly, and relish their mouthfeel and richness.

INGREDIENTS:

Macadamia nuts, sea salt, macadamia nut oil.



Thrive Tribe Toasted Onion Coconut Chips

Nix potato and corn chips that leave you wanting steady energy an hour after you eat them. Snack instead on **Thrive Tribe Toasted Onion Coconut Chips**. These savory, Paleo-friendly chips are nutrient-packed and rich in easy-to-digest, good fat from coconut.

INGREDIENTS:

Coconut chips, onion powder, garlic powder, sea salt.



Wild Planet Wild Pink Salmon

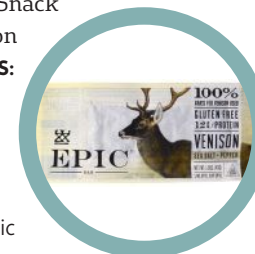
Skinless and boneless salmon is cooked just once to retain its nutritional potency and natural juices. The fish tastes great, and it's sustainably caught. A 2-oz. serv-

ing contains an average of 340 mg of anti-inflammatory EPA and DHA omega-3 fatty acids. **INGREDIENTS:** Skinless, boneless wild pink salmon and sea salt.



Epic Provisions Venison Sea Salt + Pepper Bar

Unsweetened meat jerky promotes steady, long-term energy while traveling, but finding a jerky without sweeteners isn't easy. Enter **EPIC Provisions Venison Sea Salt + Pepper Bar**, which is made from 100 percent grass-fed venison. The bar provides 12 grams of protein and only 2 grams of carbs. You can find the same venison jerky in smaller portions as EPIC Venison Snack Strips and Venison Bites. **INGREDIENTS:** Grass fed venison, lactic acid, sea salt, celery powder, cracked pepper, onion powder, garlic powder.



Jilz Original Gluten-Free Crackerz

For crackers with crunch and a great savory taste, try **Jilz Original Gluten-Free Crackerz**. Made from organic seeds, seed flours, almond flour, and tapioca flour,

these handcrafted crackers—which were voted favorite gluten-free cracker on the market by *The Los Angeles Times*—provide nutrient-packed fuel that gives you far longer staying power than flour-based crackers. **INGREDIENTS:** Organic sesame seeds, organic tapioca flour, organic almond flour, organic sunflower seed flour, organic chia seeds, organic flax seeds, organic apple cider vinegar, sea salt, coarse ground peppercorns.



Julian Bakery Sunflower Butter Paleo Protein Bar

With four simple ingredients, **Julian Bakery Sunflower Butter Paleo Protein Bar** is a godsend for people who want a peanut-

tasting—yet peanut-free—protein bar without whey or milk protein isolate, sugar, or sugar alcohols. This bar has only 150 calories, and it's sweetened with monk fruit. It also contains organic prebiotic fiber from tapioca, which helps improve digestion and curb appetite.

INGREDIENTS: Egg whites (from cage-free chickens), organic sunflower butter, organic prebiotic tapioca fiber, monk fruit.



Rx Protein Bar—Peanut Butter, Blueberry, or Apple Cinnamon

For a stabilizing mini-meal, give **Rx Protein Bars** a try. These bars have such simple basic ingredients, they're actually listed

on the front of the package:

3 egg whites, 6 almonds, 4 cashews, and 2 dates. While many flavors are available, the varieties with the fewest ingredients are Peanut Butter, Blueberry, and Apple Cinnamon.

INGREDIENTS: Egg whites, almonds, cashews, dates. (The Peanut Butter bar also contains peanuts, while the Blueberry has blueberries and natural blueberry flavor, and the Apple Cinnamon has apples, natural apple flavor, and cinnamon.)



Do you have a question for the nutritionist? We would love to hear from you. Please email your questions to bnaskthenutritionist@gmail.com.



PROTEIN ABSORPTION. DIGESTION. QUICK RECOVERY. DON'T LEAVE BOWEL COMFORT TO CHANCE.

Aminolase is a highly specialized protein digesting enzyme blend formulated by a team of experts to work. When dietary protein isn't broken down into its smallest components, large peptides are created that can cause bloating, nausea and cramping. Generally, the underlying cause of protein-induced stomach discomfort is peptide sensitivity, not food intolerances. Aminolase breaks down these large peptides, reducing the potential for discomfort. The effectiveness of Aminolase has also been the subject of a recent study performed by biochemists and PHDs showing higher protein and amino-acid blood levels when ingested protein is supplemented with Aminolase.

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 or call **(800) 490-1566**.

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.

Portable & Affordable Vegan

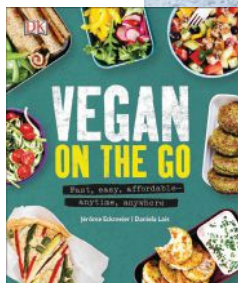
A new cookbook shows how to make budget-friendly vegan recipes for on-the-go lifestyles

Did you know there are more than 16 million people in the U.S. who are vegan or follow a mostly vegan lifestyle? If you're part of this growing health-conscious movement—or even if you're not but simply want to eat more plant-based meals—a new cookbook can help you create portable vegan recipes that are full of fresh flavors and easy on your wallet. *Vegan On the Go: Fast, Easy, Affordable—Anytime, Anywhere* by Jérôme Eckmeier and Daniela Lais (DK Publishing) features recipes made with easy-to-find ingredients that are designed to go anyplace, including lunches, snacks, salads, main dishes, and desserts. Here's a sample recipe to try: Chia and Almond Pizza. This unexpected combination (which is also gluten-free) was an instant hit at the *Better Nutrition* office.

CHIA AND ALMOND PIZZA

Makes 2 Small Pizzas (Serves 2)

The little superfood seeds used in this recipe guarantee a real treat for your taste buds. Instead of cheese, we use almond butter with yeast flakes, which is beautifully creamy and also incredibly healthy. This gluten-free pizza with almonds will elicit a chorus of "Mmmmm!" and surpass everything you would expect from a really good pizza.



2 Tbs. ground chia seeds
1¼ cups ground almonds
½ tsp. salt
gluten-free flour for dusting
⅓ cup tomato sauce
2 Tbs. tomato purée
½ tsp. olive oil
sea salt
freshly ground white pepper
½ tsp. pizza seasoning
1 small onion
½ small zucchini
1 small red pepper
1½ Tbs. almond butter
1½ tsp. yeast flakes
2½ cups arugula

1. Stir chia seeds together with 4 Tbs. water and let soak 20 minutes. Preheat oven to 400°F, and line baking sheet with parchment paper.
2. Combine almonds and salt, and knead together with soaked chia seeds to create smooth dough. Divide dough in half, and roll out each piece on floured work surface. Lay disks of dough onto prepared baking sheet, and bake in center of oven 12–15 minutes, or until golden.
3. While dough cooks, stir together tomato sauce, tomato purée, and olive oil, and

season with salt, pepper, and pizza seasoning. Peel onion, and thinly slice onion and zucchini. Quarter pepper, remove seeds, and chop into thin strips. Combine almond butter, yeast flakes, and 3 Tbs. water, and stir until smooth.

4. Spread pizza sauce onto cooked dough, and top with vegetables. Dollop almond butter mixture on top, and bake 5–7 minutes more, until done. Top with arugula, and serve.

Per serving: 530 cal; 20g prot; 41g total fat (3.5g sat fat); 31g carb; 0mg chol; 900mg sod; 15g fiber; 10g sugars

Your beautiful daughter

fills your heart with endless love. Now, let her know just how infinite your love for her truly is with an exquisite new jewelry creation she will always treasure. Introducing the "Forever My Daughter" Diamond Pendant, available only from The Bradford Exchange.

Exquisitely designed, this exclusive heirloom quality pendant is finely hand-crafted in solid sterling silver. It features a unique heart-shaped bail that gracefully twists into a symbolic infinity design for a stunning representation of a mother's forever love for her daughter. The twisting strand of precious sterling silver showcases a dozen sparkling diamonds! Plus, the reverse side of the pendant is elegantly engraved with the tender sentiment, "I love you forever." The pendant suspends from an 18" solid sterling silver chain.

A REMARKABLE VALUE... AVAILABLE FOR A LIMITED TIME

Available at the exceptional price of just \$99*, you can pay in 4 easy installments of just \$24.75 each. It arrives with a Certificate of Authenticity in a velvet jewelry pouch and gift box that includes a lovely sentiment card. To reserve a pendant, backed by our 120-day guarantee; mail the Priority Reservation now. This pendant is not available in stores. Order today!



ARRIVES IN
A CUSTOM
PRESENTATION
CASE ALONG
WITH A TOUCHING
SENTIMENT CARD

ALSO AVAILABLE FOR GRANDDAUGHTERS!

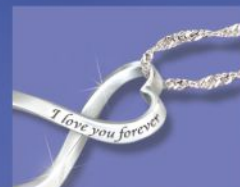
A Daughter Shines

IN HER MOTHER'S HEART
TODAY, TOMORROW AND FOREVER

A DOZEN GENUINE
DIAMONDS

SOLID STERLING
SILVER

BEAUTIFULLY
ENGRAVED
WITH: "I LOVE YOU
FOREVER" ON THE
REVERSE SIDE



UNIQUE HEART-SHAPED
BAIL GRACEFULLY
TWISTS INTO A
SYMBOLIC INFINITY
DESIGN WHICH HOLDS
A DOZEN DIAMONDS!

Forever
MY DAUGHTER
DIAMOND PENDANT

©2017 The Bradford Exchange
01-20220-001-BIB

LIMITED-TIME OFFER

Reservations will be accepted on a
first-come, first-served basis. Respond
as soon as possible to reserve your pendant.



Shown
actual size

THE
BRADFORD EXCHANGE
JEWELRY

PRIORITY RESERVATION

9345 Milwaukee Avenue · Niles, IL 60714-1393

SEND NO MONEY NOW

YES. Please reserve the "Forever My Daughter" Diamond Pendant for me as described in this announcement, in the quantity checked below.

Daughter, 01-20220-001

☐ 1 Pendant ☐ 2 Pendants
☐ 3 Pendants ☐ 4 Pendants

Granddaughter, 01-20897-001

☐ 1 Pendant ☐ 2 Pendants
☐ 3 Pendants ☐ 4 Pendants

Mrs. Mr. Ms.

Name (Please Print Clearly)

Address

City

State

Zip

E-Mail (Optional)

*Plus \$9.98 shipping and service.
Please allow 4-6 weeks after initial payment for delivery. Sales subject to product availability and order acceptance.

01-20220-001-E96031

Eat-The-Bowl Summer Salad

This high-protein, low-cal combo is a snap to make and a treat to eat /// BY JONNY BOWDEN, PHD, CNS, AND JEANNETTE BESSINGER, CHHC

Every so often Chef Jeannette comes up with ideas to put some of my favorite foods together in a way I'd never think of doing—and the sheer magic of the result blows my mind. And this recipe is definitely one of those times.

If you've seen the cover of my book *Smart Fat*, you already know what I think of avocados. They're one of the greatest foods on the planet. Most people know that avocados are rich in healthy monounsaturated fat, but you might not know that they're also fiber heavyweights (9 grams in a single California avocado, and a whopping 15 grams in a cup of purée).

The fresh crabmeat in this lovely "Crabacado" summer salad recipe is high-protein and low-calorie. It's further enhanced by the addition of creamy avocado and Greek yogurt, not to mention a pinch of fresh herbs—try tarragon, dill, or cilantro. It's an all-around winning combo! —Dr. Jonny



NOTES FROM JEANNETTE BESSINGER, CLEAN FOOD COACH

You can speed the ripening time somewhat by enclosing your avocado with a banana or an apple in a brown paper bag and leaving it in a sunny indoor spot for 24–48 hours. The heat of the sunlight and the ethylene gas emitted by the fruit will work together to cut your ripening time, but you're still going to have a wait.

If you're lucky enough to find a basket of avocados that are already tender to the squeeze at the market, you can avoid the overripe options by lifting the stem and taking a peek at the flesh underneath. If it's brown and not green, the avocado is past its prime and you should take a pass.

FEATURED NUTRIENT: Avocado Oil

The oil that comes from avocados is very high in monounsaturated fat, which has been linked to a reduced risk of cancer and diabetes. Research published in the *Archives of Internal Medicine* found that people following a "Modified Low Carb Diet" high in monounsaturated fat lost more weight than a matched group of people following a standard low-fat diet. Avocado oil has also been shown to help increase the so-called "good" cholesterol, HDL. And in another study, the oil was found to help reduce blood triglycerides and LDL levels, as well as lower blood pressure.

Avocados also contain lutein, a natural antioxidant that supports eye and skin health. According to David Herber, MD, director of the Center for Human Nutrition at the University of California Los Angeles, "California avocados rank highest in lutein, which acts as an antioxidant, and beta-sitosterol, which blocks cholesterol absorption, compared ounce-per-ounce to other fruits. These attributes make the avocado an important fruit to choose to protect your heart."

CRABACADO

Serves 4

Cold, fresh, and delicious, this dish requires zero cooking. And even cooler—it comes in its very own bowl. The perfect meal for summer, it's light and refreshing, and comes together in a flash!

- 2 Tbs. plain organic Greek yogurt
- 2 Tbs. natural mayonnaise (or more yogurt)
- 1 Tbs. fresh-squeezed lemon juice plus extra for the avocados
- Pinch sea salt
- 1 Tbs. finely chopped fresh dill, tarragon or cilantro, optional
- 2 green onions, thinly sliced
- 12 oz. lump crabmeat (or ¾ of a 16-oz. can blue crab claw meat, drained)
- 2 large ripe Hass avocados, carefully peeled, pitted, and halved

1. In a large bowl, whisk together yogurt, mayonnaise, 1 Tbs. lemon juice, salt, and herb of choice until well combined. Gently stir in green onions and crabmeat until evenly coated.
2. Sprinkle extra lemon juice on avocado halves, and lightly coat using your fingers. (Lemon juice will slow the browning of the avocado flesh.)
3. Mound crab salad evenly onto avocado halves to serve.

Per serving: 290 cal; 18g prot; 21g total fat (3g sat fat); 10g carb; 85mg chol; 460mg sod; 7g fiber; 1g sugars

Jeannette Bessinger, CHHC, is a certified holistic health counselor and recipe developer. **Jonny Bowden, PhD, CNS**, is a nationally known health, nutrition, and weight-loss expert. Bessinger and Bowden have collaborated on numerous cookbooks, including *The 150 Healthiest Slow Cooker Recipes*. Visit them online at thecleanfoodcoach.com and jonnybowden.com.

Product Spotlights



Arthur Andrew Medical Neprinol AFD

Neprinol supports the body's ability to naturally purify the blood of decayed cells, fibrin, fatty proteins, and other toxic materials. Neprinol is recommended for everyday aches and pains (due to overexertion from exercise), and complete cardiovascular health.*



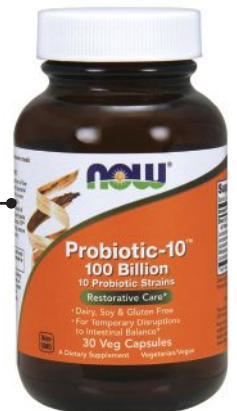
Nature's Answer Plant Based Cal-Mag

Marine vegetation is richer in minerals than vegetation from the land. A porous, honey-combed cell structure gives marine vegetables a number of significant benefits, including a unique trace mineral profile and chemical behavior, and better absorption. These elements are at trace quantities within a multimineral matrix, working synergistically to deliver a powerful boost to the action of calcium and magnesium.*



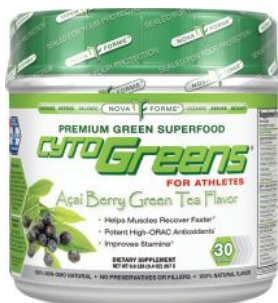
Nature's Way Alive! Gummy Vitamins

Own the morning with Alive! Alive! complete multivitamin gummies include orchard fruits and garden veggies, and a full B-vitamin complex to support metabolism and energy. Available in Women's, Women's 50+, Men's, Men's 50+, and Children's formulas.*



NOW Probiotic-10 100 Billion Restorative Care

NOW Probiotic-10 100 Billion Restorative Care is a potent probiotic supplement with a balanced spectrum of live organisms consisting of acid-resistant probiotic bacterial strains. Probiotic-10 can help to restore healthy gut flora following temporary disruptions to intestinal balance.*



Nova Forme CytoGreens for Athletes

CytoGreens is a lecithin-free premium green superfood. An ultra-potent antioxidant performance and recovery matrix with 21 times the detoxifying chlorophyll as a serving of dark leafy greens.*



American Health Enzyme Probiotic Complex

When it comes to healthy digestion, sometimes one approach isn't enough. Enzyme Probiotic Complex gives you the best of both worlds—enzymes and probiotics all in one formula. Supports all dietary plans. Vegetarian and non-GMO.*

*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Lyme Disease Facts

Named after the town where it was first discovered—Lyme, Conn.—Lyme disease strikes at least 300,000 Americans each year, and is often undiagnosed because symptoms can mimic other illnesses. Knowing how it's transmitted and what to look for can help you stay safe. Take our quiz to see how well you know your Lyme facts. //BY VERA TWEED

1. Lyme disease is transmitted by:

- a) Deer ticks
- b) Black-legged ticks
- c) Both

2. A rash shaped like a bull's eye is the telltale sign of Lyme disease.

- a) Sometimes
- b) Always
- c) Never

3. Every tick bite will infect you.

- a) True
- b) False

4. Lyme disease is:

- a) A bacterial infection
- b) A viral infection
- c) A combination of the two

5. Which of these may be symptoms of Lyme disease?

- a) Flu-like symptoms
- b) Joint pain
- c) Both

6. Symptoms of Lyme disease typically appear within an hour or two after a tick bite.

- a) True
- b) False

7. If you see a tick attached to your skin, the best way to get rid of it is to:

- a) Squish it
- b) Pull it off gently with your fingernails
- c) Remove it with tweezers
- d) Any of the above

8. If left untreated, Lyme disease may lead to:

- a) Depression
- b) Knee arthritis
- c) Tingling or numbness
- d) All of the above

LYME RELIEF RESOURCES

Lyme disease can lead to chronic conditions that defy medical diagnosis and treatment. To learn more and find knowledgeable health professionals, visit LymeDisease.org.



ANSWERS

- 1. c)** Both types of ticks can transmit Lyme disease. Deer ticks are common in the northeastern and mid-Atlantic regions, and black-legged ticks in the western United States.
- 2. a)** The bull's-eye-shaped rash is often considered the hallmark of Lyme disease, but it's estimated that it occurs in 30–80 percent of cases. There may be a different type of rash or no rash at all.
- 3. b)** Not all ticks carry Lyme disease, but there's no way of knowing which tick is infected.
- 4. a)** A bacterial infection.
- 5. c)** Symptoms may include fever, chills, sweats, muscle aches, fatigue, nausea, and joint pain.
- 6. b)** Ticks can attach themselves to any part of the body, and most often, need to be attached for 36–48 hours, or even longer, before transmitting the Lyme disease bacterium.
- 7. c)** Never squish a tick. Grasp it close to the skin with fine-tipped tweezers and pull upward without twisting to avoid part of it breaking off and remaining in the skin. Clean the bite area and your hands with rubbing alcohol or soap and water, and flush the tick down the toilet.
- 8. d)** Longer-term, untreated Lyme disease can lead to depression, arthritis, and nerve problems that cause tingling or numbness in extremities. It can also lead to fibromyalgia, chronic fatigue syndrome, and neurological disorders.

HEALTH LOGICS™

Discover your natural potential™



CLINICALLY SHOWN TO:

- ✿ Promote Joint Comfort & Mobility*
- ✿ Reduce Fine Lines and Wrinkles*
- ✿ Boost Skin and Joint Collagens (types I, II & III)*
- ✿ Reduce Skin Dryness by 76%*



NOW AVAILABLE at Health Food & Vitamin Stores **NATIONWIDE**



THE PROOF IS IN THE RESULTS

CONTAINS A NATURAL MATRIX OF:

- ✿ Hydrolyzed Collagen Type II
- ✿ Chondroitin Sulfate
- ✿ Hyaluronic Acid

FREE OF:

- ✿ GMO's, gluten, soy, shellfish, fish, egg, milk, peanuts, & sugar.

AWARDS:

- ✿ Better Nutrition's *Best of Supplements 2014*
- ✿ Frost & Sullivan's *Best Joint Health Ingredient*

www.HEALTH-LOGICS.com | 1 (888) 402-1600

© Copyright 2014 Health Logics Laboratories, Inc. All Rights Reserved.

*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.

BioCell Collagen is a registered trademark of BioCell Technology LLC, Newport Beach, California USA (US Patents 6,025,327; 6,323,319; 6,780,841; 7,091,180; 7,799,348 other US and foreign patents pending.)

Now, Solgar unlocks
the power of curcumin like never before.

More active.
185 times
better
bioavailability.
Faster
absorbed.*



©2017 Solgar, Inc.



That's the difference with Solgar® Full Spectrum Curcumin.

For the first time, Solgar transforms poorly absorbed curcumin from a fat-soluble to a water-soluble phytonutrient... making it immediately body-ready, faster absorbed, more active, and more bioavailable than ever before.◇ Solgar® Full Spectrum Curcumin is so advanced, just 40 mg of curcumin in one softgel delivers the equivalency of nearly 75 (100 mg) capsules of standardized curcumin extract. Even more, in a recent clinical study, Solgar® Full Spectrum Curcumin was shown to be longer lasting so it stays in your system for a full 24 hours.◇ Now, for brain, joint, and immune health – Solgar changes what you believed was possible from curcumin... forever. Solgar® Full Spectrum Curcumin... one softgel, once a day–185X better.*



The complete line of Solgar nutritional supplements is available at fine health food retailers worldwide. For store locations and additional information, visit solgar.com or call 1.800.645.2246

*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.

◇ Compared to native curcumin extract.

Live Vibrantly.

