

# betternutrition

THE SHOPPING MAGAZINE FOR NATURAL LIVING

JULY 2017 | [betternutrition.com](http://betternutrition.com)

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*(they're made with  
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up your skin

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**BURGERS:**

too good  
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**10** Sun-Protective  
Foods

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NATURAL  
IN 90  
*sweepstakes*

Enter to Win Natural  
Products, Gift Cards,  
& More, p. 45

+ 30 Tips to  
Transform Your  
Health & Life  
p. 35





# Alicia Silverstone

INTRODUCES  
*mykind* ORGANICS GUMMIES



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





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.

In 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.



# WELLNESS

— *is in our nature* —

Introducing a new chapter in holistic wellness—Fermented Booster Powders that bring pure and potent herbs to smoothies and more. Our unique 2-step fermentation method makes the herbs easily digestible and unleashes immune-boosting beta glucans.\* Our science proves what nature always knew—that wellness is in our nature. With New Chapter®, you'll feel it.

“

I'm excited to bring you  
Fermented Booster Powders,  
truly a new chapter in herbal  
holistic health.”



**Paul Schulick**

Founder & Master Herbalist



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NEW



## Boost Your Smoothie, Boost Your Health

Discover the healing wisdom of certified organic Turmeric, Aloe, and Maca Fermented Booster Powders for inflammation, digestive, and energy support.\* What makes our powders so different? Our Fermentation Advantage unlocks multiple health benefits by fermenting with our clinically studied strains of probiotics and whole foods.



## TURMERIC MANGO SMOOTHIE

1. Add to blender  $\frac{3}{4}$  cup orange juice and 1 serving **Fermented Turmeric Booster Powder**.
2. Add  $\frac{1}{2}$  ripe avocado,  $\frac{1}{2}$  cup fresh or frozen mango, and  $\frac{1}{2}$  cup frozen cherries (tart cherries if possible).
3. Blend until smooth.

Find more recipes at [newchapter.com/recipes](http://newchapter.com/recipes)

## FERMENTED BOOSTER POWDERS

### Fermented Turmeric Booster Powder

- ✓ Inflammation Support\*
- ✓ Brain Support\*
- ✓ Heart Support\*



### Fermented Maca Booster Powder

- ✓ Recovery Support\*
- ✓ Energy\*
- ✓ Endurance\*



### Fermented Aloe Booster Powder

- ✓ Digestive Support\*
- ✓ Detox Action\*
- ✓ Calming\*



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Get a healthy dose of skin-saving sun protection with our Broccoli Pomegranate Salad.



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Shape up and win big this summer with our Go Natural in 90 series.

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You don't have to be a body-builder, triathlete, or marathoner to get the awesome benefits of protein powders. In fact, these handy, nutrient-packed formulas are great for everything from quick, healthy breakfasts to on-the-go post-workout snacks. Here are five premium proteins to look for, and seven great ways to use them.

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- ✓ Hot Flashes
- ✓ Night Sweats
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## ThyroSense®

- ✓ Weight Gain
- ✓ Tired
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**natural  
Factors**

# Make That Change

We're starting month two of our three-part summer series "Go Natural in 90," featuring easy ways to improve your life using natural products and simple lifestyle tricks (p. 35). Our theme for the summer is change—how to go about replacing unhealthy habits with healthy ones, and how to make them stick.

I recently talked with someone who embodies the concept of healthy change—Milan Ross, coauthor of *The Change: Transforming Yourself and Your Body into the Person You*



**Milan Ross, before and after his weight loss**

*Want to Be.* As you'll read more about on p. 62, Ross used to be morbidly obese. He had a host of health issues, including high blood pressure and type 2 diabetes.

It wasn't until Ross attended a seven-day immersion program led by Scott Stoll, MD, that his life began to change for the better.

"I ate a rack of ribs at the airport on my way there," says Ross. "It's only a week, I kept telling myself. If something happens, I can always go home." But Ross didn't go home—his seven-day stay was only the beginning

of his staggering physical and mental transformation. He lost 225 lbs. and found passion and purpose in his life.

At the retreat, meals center around greens and other vegetables, beans, nuts, and seeds. "I thought eating plant-based dishes meant eating bland, tasteless food," says Ross. "I had no idea healthy food could be so appetizing."

In addition to helping people transition to a mostly plant-based lifestyle, Stoll's immersion program delves into negative mindsets and unresolved life issues that prevent growth. "I have found that when someone is 'stuck' in regard to a health challenge, many times it is a problematic mindset that prevents recognition of what is actually a very clear solution," says Stoll. "Before anyone can move forward positively, his or her mindset must change."

I highly recommend getting a copy of *The Change*. It tells Ross' incredible story and includes chapters written by Stoll featuring his lecture notes from the retreat. There's also plenty of information on plant-based nutrition, exercise, positive affirmations, and other elements necessary for creating positive changes. To learn more about Ross, visit [fullflavorvegan.com](http://fullflavorvegan.com); for information on Stoll and his immersion retreats, visit [fullyalivetoday.com](http://fullyalivetoday.com).

Nicole

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## WHAT'S NEW AT [betternutrition.com](http://betternutrition.com)

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

### Exclusive Blogs: Aromatherapy Essentials: Weekend Warrior Blends

Essential oils can stimulate pre-workout energy and help you relax after a challenging session.

### Nutrient Quick Guides: Vitamin K

The latest research, plus shopping tips on vitamin K.



### Web Exclusive Recipe! Snow Monkey Super Breakfast Blizzard

Try this nutrition-packed treat featuring Snow Monkey ice cream to kick-start your day or power your workout. Read more about Snow Monkey on p. 16.

## SIGN UP FOR OUR NEWSLETTER!

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

# betternutrition

YOUR GUIDE TO NATURAL LIVING

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



# trendWATCH

///BY VERA TWEED

## Is the Keto Diet Right for You?

The lowest-carb diet of all, the keto diet is surging in popularity for weight loss, drug-free treatment of type 2 diabetes, better athletic performance and recovery, improved alertness and mental function, and overall health. Short for “ketogenic,” its name comes from “ketones,” substances the human body makes when it breaks down fat to generate energy.

“Your body turns into a fat-burning machine,” says Eric Westman, MD, coauthor of *Keto Clarity*, and director of the Duke Lifestyle Medical Clinic in Durham, N.C. Normally, carbs—sugars and starches—are our first source of fuel. If they run out, the body uses both stored fat and fat from food as fuel. The trick for weight-loss is to shift into that fat-burning gear.

### How to Do It

It’s estimated that the average American eats about 250 grams of carbs daily. A low-carb diet could be anything below 100 grams, but for anyone who is over-

weight and inactive, Westman recommends starting at 20 grams, and gradually increasing carbs once you’ve reached your weight goal to find your personal threshold. People who exercise a lot or are young can get away with consuming more carbs.

But how do you get down to consuming only 20 grams of carbs per day? Westman recommends this routine:

- \* **Meat, poultry, fish, seafood, and eggs:** Eat as much per day as you like.
- \* **Vegetables:** Eat 2 cups (about 2 fistfuls) of leafy greens plus 1 cup of other, nonstarchy vegetables per day.
- \* **Other foods:** Up to 4 ounces of cheese and 2 Tbs. (total per day) of added fat, which may include heavy cream, half-and-half, butter, any type of oil, or mayo.

- \* **Snacks:** Anything from the meat group or some cheese.
- \* **Beverages:** Coffee, teas, water, or bone broth, but nothing that contains sugar or zero-calorie sweeteners.
- \* **Don’t cheat.**

If you take medications, work with a health professional, as drug dosages will likely need to be adjusted.

### GET THE FACTS

For more information on the Keto diet, try these Web resources:

[dietdoctor.com](http://dietdoctor.com)  
[healclinics.com](http://healclinics.com)  
[adaptyourlife.com](http://adaptyourlife.com)

Visit [obesitymedicine.org](http://obesitymedicine.org) to find an informed health professional.





# Soothe & Smooth



## NOW® Solutions Nutri-Shave™ Natural Shave Cream

NOW® Solutions Nutri-Shave™ Natural Shave Cream is specially formulated to reduce irritation that shaving can cause, leaving skin smooth, healthy-looking and well nourished. Ideal for both women and men, Nutri-Shave™ provides a close shave that comforts and soothes skin without harsh chemicals. Made with moisturizing natural ingredients including hyaluronic acid, coconut oil, aloe vera, and olive oil, Nutri-Shave™ helps reduce pore-clogging residues and is suitable for almost any skin type.



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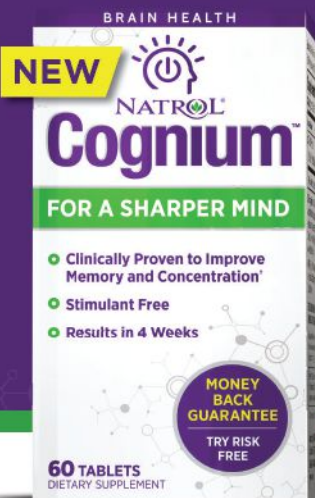
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## ALWAYS SEARCHING FOR YOUR THINGS?

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H B R A M L S  
O L H F P J S  
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E T X E L K S

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- ENERGIZES AND PROTECTS THE BRAIN†
- PROVEN SAFE AND EFFECTIVE IN NINE HUMAN CLINICAL TRIALS

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## trendWATCH



## How Gardening Beats the Gym

Bending, twisting, carrying things, and moving around while gardening is a great way for the whole family to be physically active, and it can produce some tasty fresh food. In addition, it helps kids learn where real food comes from and encourages better eating habits later in life. For older adults, one study found that gardening is a better stress reliever than an indoor exercise class. Other benefits include:

- \* Improved mood
- \* Enhanced mental clarity
- \* Better self-esteem
- \* Stronger hands
- \* Less aggression among people with dementia

For anyone without a backyard, there are community gardens all over the country. They can enhance neighborhoods and enable residents to get to know each other and share common goals. To find a community garden near you, or to learn how to start one, visit [communitygarden.org](http://communitygarden.org).

# 32%

Among 222 new drugs that were FDA-approved between 2001 and 2010, 32 percent required additional safety warnings, and three were withdrawn from the market, according to research at the Yale University School of Medicine in New Haven, Conn.

## 7 KILLER Food Habits

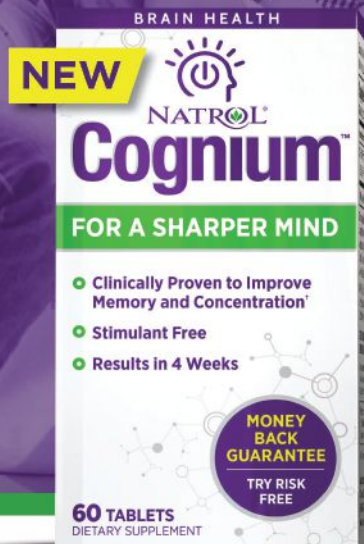
Nearly half of all deaths from stroke, heart disease, and type 2 diabetes can be attributed to seven killer foods and nutrients—either too much or too little of each. According to a study published in *JAMA: The Journal of the American Medical Association*, the seven killers are:

1. HIGH SODIUM
2. LOW NUTS AND SEEDS
3. HIGH PROCESSED MEATS
4. LOW SEAFOOD OMEGA-3 FATS
5. LOW VEGETABLES
6. LOW FRUITS
7. HIGH SUGAR-SWEETENED DRINKS





# CALL YOUR GRANDKIDS BY THEIR RIGHT NAMES. THE FIRST TIME.



**STAY SHARP. STAY YOU.**

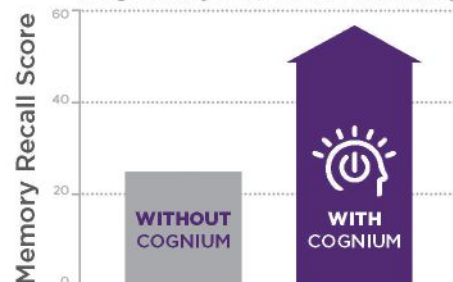
As you get older, staying sharp is more important than ever. Your list of things to remember (like your grandchildren's names) only gets longer. Cognium can help you stay sharp by energizing and protecting the areas of your brain responsible for memory and cognition.\* So you can stop mixing up Jackie, Josie and Jennifer.

● **PROVEN EFFECTIVE AND SAFE IN NINE HUMAN CLINICAL TRIALS**

Get the facts at [CogniumMind.com](http://CogniumMind.com)

## MEMORY AND PERFORMANCE

100mg twice daily for three weeks • Published study



After 21 days, results showed 90% improvement

**NATROL®**  
OWN YOUR HEALTH

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# trendWATCH

## 1 in 3 bites

Of all the food we eat, one in three bites depends upon bees and other insects that pollinate plants, according to Bee City USA, a nonprofit organization dedicated to sustaining bees and other pollinators.



## 3 REASONS to EAT STRAWBERRIES

They're tasty, refreshing, and versatile as a healthy snack, dessert, or side dish. They also add flavor and texture to cereals, smoothies, and salads (pairing especially well with balsamic dressing). As if that weren't enough, one cup of strawberries delivers:

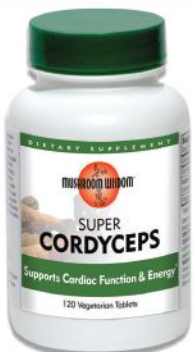
- \* 3 grams of fiber, which most diets lack
- \* 230 mg of potassium, essential for controlling blood pressure and overall health
- \* 90 mg of vitamin C

**BUT BEWARE:** The latest analysis of pesticide tests by the Environmental Working Group found that conventionally grown strawberries have the highest pesticide load of any fruit or vegetable, so it pays to choose organic varieties.

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## LONGER LIFE FOR SOME, NOT OTHERS

Between 1980 and 2014, average life expectancy has increased in the U.S.:

- \* From 77.5 to 81.5 years for women
- \* From 70 to 76.7 years for men

However, it varies by as much as 20 years between the worst and best counties around the country, according to research published in *JAMA Internal Medicine*. Several counties in South and North Dakota had some of the shortest lifespans. In contrast, counties in central Colorado, Alaska, and along the East and West coasts, had the biggest increases in life expectancy.



# CLEAN Boost

Introducing new & improved Extreme Edge® with redesigned labels, new tasty flavors and innovative auxiliary support products!

This revolutionary sports nutrition line offers safe, great-tasting formulas to support optimal muscle recharging, rebuilding and recovery. Each formula has achieved the most coveted NSF Certified for Sport® seal, which means rigorous testing for quality assurance has been conducted guaranteeing the highest level of purity and efficacy on the market today. In fact, every batch of Extreme Edge® products is free of more than 200 banned substances. Plus, each formula is free of artificially-derived colors, flavors and sweeteners taking clean performance to the next level! ♦

Available in multiple natural flavors, sizes and single-serving packets.

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- NITRO Powder in Raspberry Flavor
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**Extreme Edge® available at fine natural food and sports nutrition stores**

For additional information on the professional-strength line of Extreme Edge sports nutrition supplements, call 1-800-580-8866 or visit to [www.extremeedgesports.com](http://www.extremeedgesports.com)

**NSF**

Certified for Sport®

**No Banned Substances Detected**

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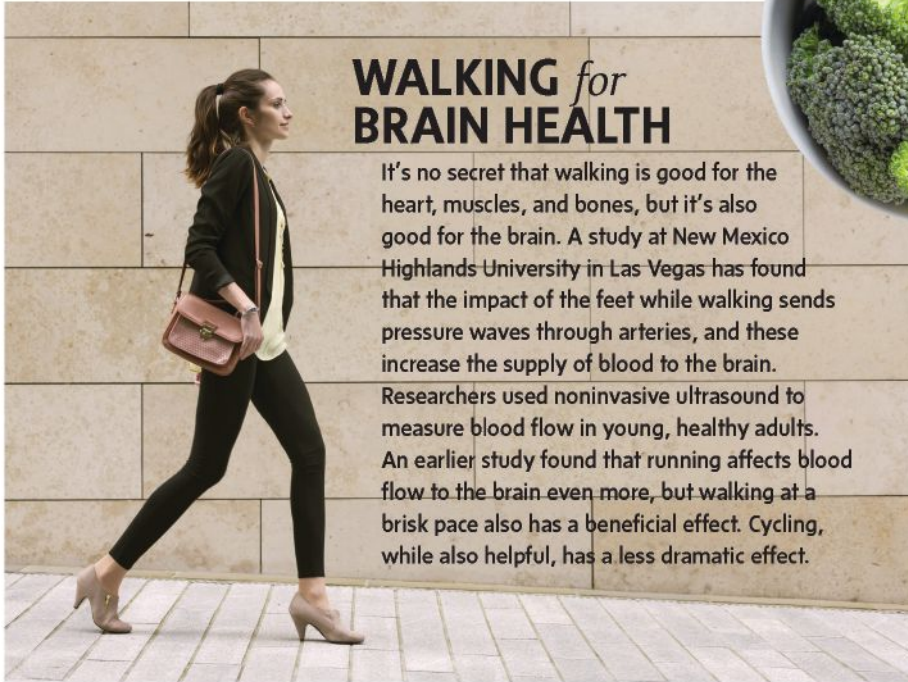


## broccoli enhances gut bacteria

A cruciferous vegetable linked with lower risk of prostate, breast, colorectal, stomach, and lung cancer, broccoli has also been found to change gut bacteria in a beneficial way, according to research funded by the National Cancer Institute and the USDA. The study, led by the University of Illinois at Urbana-Champaign, discovered that eating about 1.25 cups of cooked broccoli daily for 17 days changed the balance of gut bacteria in a way that favors a leaner body and better mental function.

## WALKING for BRAIN HEALTH

It's no secret that walking is good for the heart, muscles, and bones, but it's also good for the brain. A study at New Mexico Highlands University in Las Vegas has found that the impact of the feet while walking sends pressure waves through arteries, and these increase the supply of blood to the brain. Researchers used noninvasive ultrasound to measure blood flow in young, healthy adults. An earlier study found that running affects blood flow to the brain even more, but walking at a brisk pace also has a beneficial effect. Cycling, while also helpful, has a less dramatic effect.



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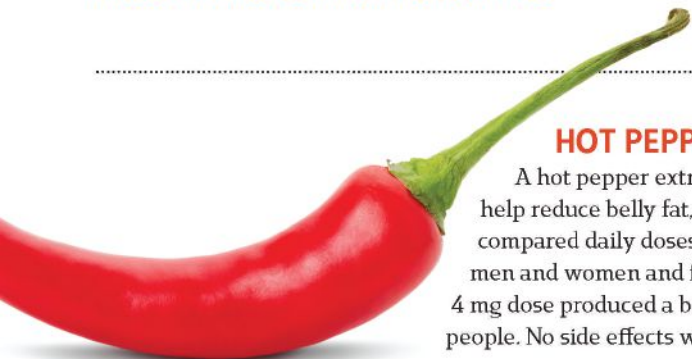
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## curcumin enhances athletes' training

At the Exercise and Sport Performance Lab of Texas Christian University in Fort Worth, researchers found that a curcumin supplement, taken daily for 8 weeks, reduced muscle damage and pain after downhill running, an exercise that damages muscles. The study compared different doses of CurcuWin, a patented form of curcumin found in various supplement brands, and a placebo in a group of 59 young athletes in training. A daily dose of 250 mg of CurcuWin was effective. Reporting on the study in *The FASEB Journal*, the researchers wrote: "The antioxidant curcumin is able to counteract the two leading causes of muscle damage, oxidative stress and inflammation, as it interacts with multiple inflammatory pathways."



## HOT PEPPER EXTRACT REDUCES APPETITE

A hot pepper extract found in many supplements, Capsimax, reduces appetite and may help reduce belly fat, according to a study published in the journal *Appetite*. Researchers compared daily doses of 2 mg and 4 mg with a placebo among 77 healthy but overweight men and women and found that both doses of the supplement were effective. The higher, 4 mg dose produced a bigger effect, but also produced some stomach upset among one in five people. No side effects were reported with the 2 mg dose.

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the **Passion**  
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## Snow Monkey

There are many reasons to fall in love with this sustainably sourced, allergy-friendly ice cream, created by two Boston University grads // By Neil Zevnik

If you love ice cream like I do, you know how hard it is to find a healthy substitute that really satisfies. Enter Snow Monkey Superfood Ice Treat.

With all the sumptuous mouth-feel of premium ice cream, this dairy-free, vegan, paleo, gluten-free, non-GMO revelation really delivers. Featuring 20 grams of protein per pint and packed with fiber and antioxidants, it's also free of all major allergens, including dairy, soy, and nuts.

### The Persons

Rachel Geicke and Mariana Ferraira were roommates at Boston University. Both elite athletes—Mariana a triathlete and Rachel on the rowing team—they were disciplined about the foods they put in their bodies. As business majors with concentrations in marketing and hospitality, they had traditional careers planned for after graduation.

But in the meantime, they craved a little cold creamy goodness as an occasional



College roommates-turned-entrepreneurs Rachel Geicke (with Otto, the company dog) and Mariana Ferraira

treat, and none of the products they found offered acceptable nutrition and suitable satisfaction. So they started playing around in their kitchen, combining various “superfoods” and flavors to create their own elevated versions of ice cream. Using knowledge gleaned from their years of “athlete diets,” they experimented with a medley of ingredients in multiple combinations to achieve their goal.

Soon they had an indulgent-but-healthy treat that they could enjoy with glee. The only problem was, their friends wanted to try it—and try it, and try it. And when everyone clamored for more, the idea of Snow Monkey was born.

### The Passion

Their conversations began to revolve around the dearth of healthy packaged foods in the marketplace, and the need for a wide range of such products. Both Rachel and Mariana were aware of the importance of food education to empower people to make better choices. Mariana's travels had shown her that culture shapes what people eat and how they live, and the roommates agreed that American culture often falls short in that aspect.

That was when it occurred to them that perhaps this was where they could make their mark, with a splendidly

nutritious indulgence to lead the way.

So it was off to Kickstarter for initial funding, and then on to hone their business acumen at the USC Marshall School of Business. Pushing against the headwinds of indifferent perceptions of their “dorm room project” and the reluctance of some to take them seriously as entrepreneurs, they persisted and forged ahead with their revolutionary frozen treats.

And that's just the beginning. Their passion revolves around food education, sustainably sourced ingredients, and female entrepreneurship, and their stated mission is “to change the way people eat by reimagining staple favorites as delicious fuel for a healthy life, sparking a movement where all people have access to affordable food that is great for us and great for the environment.”

So Snow Monkey is just the first salvo in their campaign to make the world a better, more nutritious, place. The payoff? Rachel says it best: “When someone samples Snow Monkey for the first time and excitedly raves about how great it tastes, how healthy it is, and that Snow Monkey is too good to be true—it's gratifying and humbling to witness how happy our creation makes people.”

Flavors include Cacao and Goji Berry. Visit [snow-monkey.com](http://snow-monkey.com) to learn more.

### WEB EXCLUSIVE!

Visit [betternutrition.com](http://betternutrition.com) for a Snow Monkey Super Breakfast Blizzard recipe!



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





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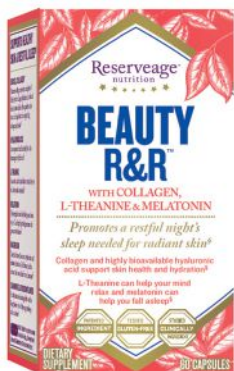
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# Sunny Side Up

Celebrate the sweet days of summer with these cool products



## ◀ Get Your Beauty Sleep

Through the ages, women have known that “beauty sleep” is essential to a more radiant complexion. But slumbering to enhance beauty is not just some antiquated notion. Your body needs deep sleep to repair and heal—and that includes your skin! Make the most of a restorative night’s sleep with **Reserveage Nutrition Beauty R&R**. This breakthrough supplement combines collagen (crucial for plump, youthful skin) and hyaluronic acid (to support skin hydration) with two nutrients to help you fall asleep faster, and stay asleep: L-theanine and melatonin. Smart!

## ▶ Dynamic Duo for Clear Skin

Many adults find that they not only get an occasional breakout, but they also have to contend with wrinkles and other signs of aging. Sound like you? You’ll love **Alaffia Neem & Turmeric face care line**, which includes **Neem Oil, Facial Cleanser, Facial Mist Day Cream, Night Cream, and Skin Treatment**. The magic ingredients are two herbs: neem, a moisturizing herb with strong antioxidant and antibacterial properties, and turmeric, which balances, brightens, de-puffs, and protects skin.

## ➤ Way to B!

It’s mind-blowing how important B vitamins are to overall health. Energy, mental focus, healthy blood pressure and cholesterol, liver function, stress management, cognitive development, athletic endurance, and muscle recovery all rely on B vitamins. The scary part? A lot of people don’t get enough B vitamins from diet alone, especially vegans and vegetarians. And many people have a difficult time converting the B vitamins they do obtain from their diet into a form the body can use. **Terry Naturally Choline with B-Complex** delivers the Bs you need, including choline (not technically a vitamin, but a nutrient related to the B-vitamin family) along with bioactive forms of the full range of B vitamins in a vegetarian capsule.



## ▼ Oral Report

Want to really impress your dentist at your next check-up? **Jarrow Formulas Jarro-Dophilus ORAL Probiotic** are lozenges that support the health of teeth and gums and promote fresh breath. The credit to their effectiveness goes to two unique probiotic strains: *Lactobacillus brevis* CECT 7480 and *Lactobacillus plantarum* CECT 7481, both researched for their benefits in maintaining a healthy balance of oral microflora. These better-than-mints



lozenges come in three great flavors: Natural Pineapple, Natural Fresh Peppermint, and Natural Green Apple.



## ◀ Sprouting Up Everywhere

The process of “sprouting” helps to release nutrients in grains, making them more easily utilized by the body. And what better way to enjoy sprouted grains than in a warm and toasty waffle? **Food for Life Ezekiel 4:9 Sprouted Waffles** are made with organic sprouted wheat, millet, barley, chia, and flax. And these vegan-friendly breakfast superstars boast 9 grams of protein, 8 grams of fiber, and only 3 grams of sugar per two-waffle serving. Available in four yummy natural varieties: Apple Nut, Blueberry, Original, and Golden Flax.





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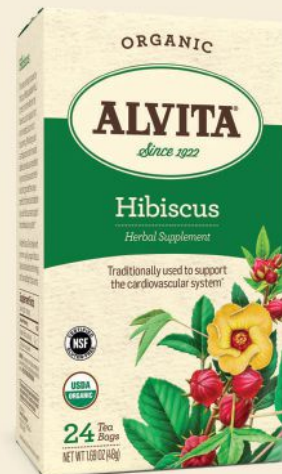
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# What Is Nitric Oxide?

Supplements designed to boost levels of nitric oxide have traditionally been popular among bodybuilders and athletes, but now they're becoming recognized as an important aspect of overall health ///BY VERA TWEED

"Nitric oxide is one of the most important molecules in our body, particularly in cardiovascular medicine," says James Rippe, MD, cardiologist, and founder and director of the Rippe Lifestyle Institute in Celebration, Fla. In fact, the 1998 Nobel Prize in Medicine was awarded to a group of scientists who discovered that nitric oxide plays a pivotal role in heart function, but this role still isn't commonly understood.

Nitric oxide itself can't be put into a supplement. "It's a colorless, odorless gas that has a half-life of milliseconds," says Rippe. Our bodies make it, and

for good health, that process needs to work effectively.

## What It Does

"Nitric oxide relaxes the inner lining of the arteries, the endothelium," says Rippe, "And that's really important for people who have heart disease." When people who have angina (constricted arteries) are suddenly struck with debilitating chest pain, prescription nitroglycerin pills, taken under the tongue, bring relief by triggering the production of nitric oxide, which relaxes and dilates arteries. This enables more

blood to reach the heart, and the chest pain subsides.

Through its dilating mechanism, nitric oxide helps control blood pressure and reduces risks of harmful blood clots that can cause heart attacks. It's also good for the immune system, and further research may discover additional benefits.

Arteries that allow better blood flow make it easier to perform intense physical activity by delivering more oxygen and nutrients to the heart and other muscles—hence the popularity of supplements that promote nitric oxide production among athletes and bodybuilders.

### Did You Know?

Beets and beetroot juice are rich sources of nitrate, a building block of nitric oxide that may also help control blood pressure.





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## How to Boost Levels

In the human body, nitric oxide is made through two different pathways, using different building blocks. One uses the amino acids arginine and citrulline, and the other uses nitrates, which are found in the soil and in many plant foods. When we consume nitrates, some are converted into nitrites and then into nitric oxide.

Nitrates and nitrites are also used as food additives to preserve, flavor, and color processed meats, which can contain multiple unhealthy ingredients and have been linked to digestive cancers. Rippe recommends getting nitrates from vegetables, especially red beets and beet extracts.

Supplements may also be helpful because, as we get older, our ability to convert nitrates into nitric oxide becomes less efficient. Getting regular aerobic exercise helps, as it improves the conversion process and boosts natural nitric oxide production. Spending time outside in the sun can also increase nitric oxide levels and lower blood pressure, according to a British study.

## Supplements to Boost Nitric Oxide

- \* **Arginine and Citrulline:** Studies have found that both these amino acids enhance nitric oxide production. In one British study, published in the *Journal of Applied Physiology*, citrulline was more effective in lowering blood pressure and enhancing exercise performance. Both are available in supplements.
- \* **Setria Performance Blend:** This is a patented combination of citrulline and glutathione. Lab, animal, and human research, published in the *Journal of the International Society*



## LAUGHING GAS IS DIFFERENT

The laughing gas used by dentists as a sedative is nitrous oxide—not nitric oxide. Although both contain nitrogen, they are very different gases. If your body produces more nitric oxide, it won't make you laugh or sedate you.

- of Sports Nutrition*, found that citrulline with glutathione, a major antioxidant, enhanced nitric oxide levels more effectively than citrulline alone. Setria Performance Blend is starting to appear as an ingredient in a few supplement products.
- \* **Beet Extracts:** Studies have found that beets and beet juice improve fitness performance in healthy people of different fitness levels, improve heart function in older people with and without heart disease, lower blood pressure, and improve the function of aging brains. Supplements are available as beet juice or beet powders, or in combination supplements that include a beet extract.



## Food Sources

- \* **Arginine:** Dairy products, meat, poultry, fish, pumpkin seeds, organic soybeans, peanuts, chickpeas, lentils, and spirulina.
- \* **Citrulline:** Watermelon is the richest source. Very small amounts are found in meat, poultry, fish, dairy products, and plant foods.
- \* **Glutathione:** Fresh fruits and vegetables.
- \* **Nitrates:** Red beets, celery, and leafy greens are the top sources. Other good ones include endive, leek, parsley, Chinese cabbage, fennel, and broccoli.



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## NITRATE CAUTION

Anyone who is sensitive to nitrates, and may experience headaches or other unpleasant reactions, should avoid them. Among people who get migraines, nitrates are a common trigger. Some people react only to nitrates in processed foods, but others may also not tolerate high-nitrate vegetables or supplements. Headaches are a known side effect of nitroglycerin medications, which are high in nitrates.

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*.





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

# Bounce Back

The best natural strategies for exercise recovery ///BY EMILY A. KANE, ND, LAc

**Q** : I've heard that it's not ideal to work out extra hard on the weekend. This is the only time I have for prolonged exercise. What's the solution? —Warren L., Coeur d'Alene, Idaho

**A:** For starters, remember that you don't have to go to the gym to exercise. Ideally, you want to mix in some extra movement every day—and there are plenty of things you can incorporate into your normal routine when you're pressed for time.

The 13,000 steps per day idea is a great place to start. Walk everywhere you can. Take the stairs when there is an option. Don't circle around looking for a parking space—park farther away and walk across the parking lot. The more movement you get during the week, the less you'll feel compelled to cram it all into the weekend.

That said, the real issue with strenuous exercise is recovery. And the answer is protein. Postworkout protein helps recovery. This is physiologically undeniable. So instead of snacking on a granola bar after finishing a hike, a bike ride, or a weight-lifting session, mix up a protein powder drink (whey- and pea-based are typically good options, but read the labels: a recovery drink should contain fewer than 10 grams of carbs per serving). A mouthful of free-range grilled chicken, a hard-boiled egg, or, my favorite, some wild smoked salmon are other great choices.

## Awesome Aminos

I'm a big fan of Jade and Keoni Teta, brothers who have published articles on the subject of exercise as medicine (see [jadeteta.com](http://jadeteta.com)). I learned about branched chain amino acids (BCAAs)—leucine, valine, and isoleucine—from

**Did You Know?**

Stretching 5 minutes for every 55 minutes of exercise can help minimize muscle pain.



them. These are ideally consumed in a 3:1:1 ratio after working out to maximize muscle mass maintenance and stabilize blood sugar, which tends to drop after a workout. This blood sugar dip increases the odds that you'll grab something full of carbs—which is a bad idea. Best of all, BCAAs promote fat loss because they help maintain metabolically active tissue.

## Ease the Aches

If you push yourself hard with strenuous exercise over the weekend and typically feel sore on Monday, consider three simple strategies to minimize the pain. First, you need to stretch at least 5 minutes for every 55 minutes that you spend working out, which is especially important immediately after strenuous

exercise. Muscles become contracted when they've been worked out, and they need to be stretched back out afterward. Allocate time for stretching into your workout schedule. In fact, it's a good idea to devote two of your daily workouts per week to deep, prolonged stretching sessions. Yoga is ideal.

Second, consider magnesium for displacing the by-products of anaerobic respiration. Your muscles have a certain amount of oxygen reserve. But after about 20–40 seconds of intense working out (depending on conditioning), you begin to run out of stored oxygen and start to burn glycogen, which creates pyruvate and hydrogen by-products. In turn, this causes a post-workout “burn.” You can rub a topical magnesium lotion



into your skin (focus on the big muscles of the thighs and shoulders) after a shower. Or take an Epsom salt bath if you have the time and inclination. Epsom salts are made with magnesium sulfate, and they are widely available and inexpensive. Put 2 cups into a not-too-hot tub of water and enjoy.

Third, take digestive enzymes *without* food. When taken between meals, enzymes are absorbed intact, and then can help “digest” any tissue debris of the micro-injury caused by hard physical activity. Use 500–1,000 mg of bromelain at bedtime for a few nights after strenuous physical activity. It’s great combined with turmeric, a bioflavonoid with potent anti-inflammatory benefits.

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

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## WEIGHTY MATTERS

For many of us, exercise goes hand-in-hand with trying to maintain an ideal weight, best measured by Body Mass Index (BMI). Ideally, you want a BMI between 18 (very lean) and 25. In the U.S., doctors consider anyone with a BMI of 30 or above obese. A BMI of 40 or higher is classified as morbidly obese. However, BMIs inching above 25 are not optimal.

To calculate your BMI, take your height in inches and square it, then multiply your weight in pounds by 703. This will give you a larger number, which you divide by the smaller number—that’s your BMI.

There is some latitude for bone structure. Take the thumb and ring finger of the left hand and encircle them around your right wrist: If your fingers don’t touch, your bone structure is relatively large; if they just touch, you have a medium frame; and if they overlap, you have a smaller bone structure. If you have a smaller frame, your BMI would ideally be on the lower side of 19–25; conversely, being toward the higher side with a large frame is fine.

The bottom line for maintaining lean muscle mass is to get your body to burn fat, not carbs, as the primary fuel. That means, in addition to a consistent exercise program, it’s important to feed your body protein and good fats, along with high-fiber, nutrient-dense vegetables. Reserve carbs (grains, squashes, beans) as condiments to complement a meal or snack that is predominantly clean protein, aboveground veggies, and healthy fat (e.g., avocado, salmon, coconut butter, nuts).

And try not to eat sugar. If you want to have dessert from time to time, fine. But directly after exercise, consume protein, ideally along with BCAAs. The best time to eat dessert is right before exercise, but definitely not after dinner, when your calorie burning is winding down for the day.

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# A Sip of Summer

Hibiscus tea supports the body's cooling mechanisms naturally, which makes it one of the best caffeine-free drinks for warm-weather days /// BY MICHELLE

BURKLAND, ND, AND HELEN GRAY

Drinking hibiscus iced tea or adding a hint of hibiscus to your favorite tea is a great way to create a sweet-yet-fruity flavor to cool off on a hot summer day. It has been noted that even the pharaohs drank this tea in the ancient Nile Valley, and it was regarded as the primary beverage for royalty as their secret to youth.

This refreshing beverage is great to sip in hot weather because it supports the body's cooling mechanisms and aids in relaxation by lowering blood pressure. A recent study published in the *Journal of Pharmaceutical Biology* even found that hibiscus can help prevent oxidative stress caused by UV light due to its strong antioxidant capacity.

Not only does hibiscus tea taste great, but it also helps to cool and relax the body while providing nourishing vitamins and potent antioxidants. There are countless studies linking this beautiful medicinal flower to beneficial health effects, including easing excess water weight, lowering cholesterol, decreasing inflammation, balancing blood sugar, improving blood pressure, and supporting the immune system. On the next hot summer's day, infuse some tart, ruby red flavor into your drink and embrace the amazing health benefits as you relax under the sun.

Did You Know?

Hibiscus is made from the roselle flower.



## BERRY SUN TEA

Makes 8 servings

You can start this tea in the morning and have it ready to go by midday. Recipe excerpted with permission from *Herbal Healing* by Sarah Farr.

2 cups fresh berries, mixed  
1 handful fresh mint leaves  
1 oz. dried hibiscus  
1 lemon, sliced  
Honey to taste

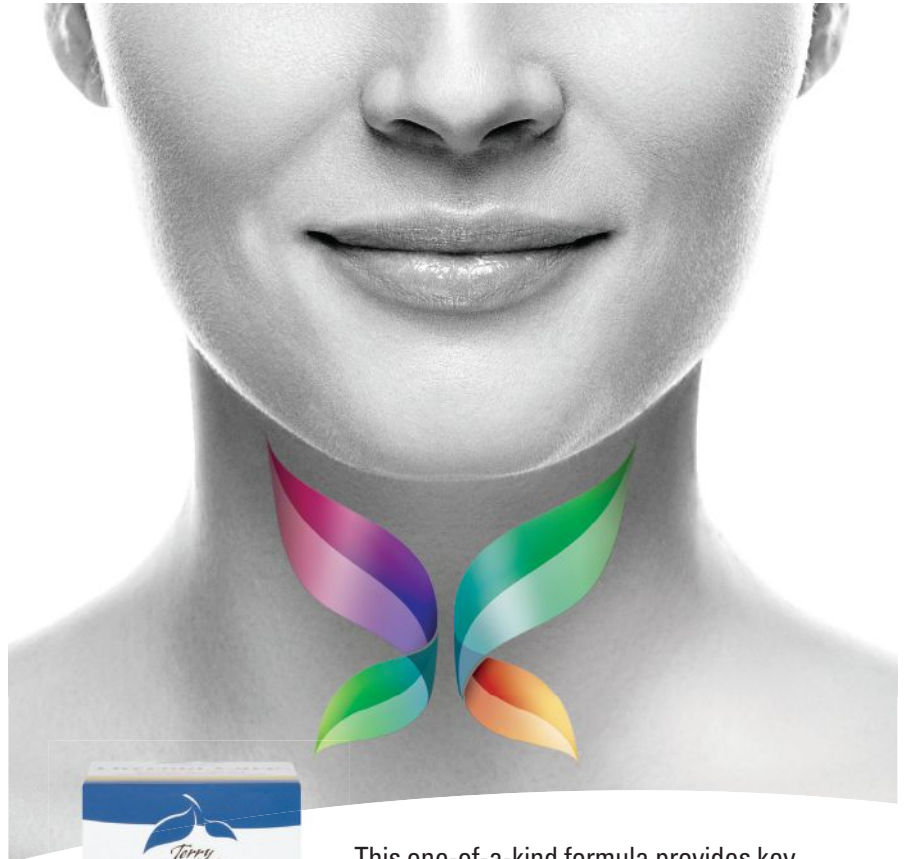
1. Combine all ingredients with 2 quarts water in a lidded jar. Place in the sun 1–3 hours, and shake vigorously any time you walk by.
2. Strain, and add raw honey (for sweetness) and ice if desired.

**Per serving:** 45 cal; 1g prot; 0g total fat (0g sat fat); 9g carb; 0mg chol; 0mg sod; 3g fiber; 2g sugars





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## BREW IT RIGHT

**COLD/ICED:** Use 1 tea bag for every 8 oz. of water to a glass container. (If you are using loose leaf tea, use 1½ teaspoons per cup.) Cover and place in the refrigerator. Wait 5 hours (more if you like it stronger, less if you want it weaker). Discard the tea bags, and your tea is ready to enjoy cold or over ice. For extra flavor, add fresh mint, lemon, lime, and/or a little honey. Store leftover tea in the fridge for up to three days. Or if you want, freeze the leftover tea in silicone ice cube trays and add them to your favorite drink.

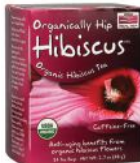
**HOT:** Pour 8 oz. of boiled water over 1 tea bag, cover and steep 10 minutes. Squeeze the tea bag to enjoy the most flavor. For extra flavor add lemon, lime, or a little honey.



**Alvita**  
Hibiscus Tea

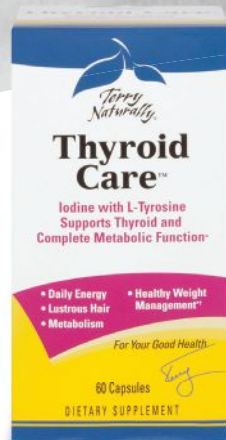


**Gaia Herbs**  
Organic Hibiscus Tea



**NOW Real Tea**  
Organically Hip Hibiscus Tea

**Michele Burkland, ND**, is a practicing physician specializing in holistic health and preventive medicine. Visit [healthyfashionista.com](http://healthyfashionista.com) to learn more. **Helen Gray** has a passion for helping people design healthy lifestyles. Visit her blog [helpfulhelen.com](http://helpfulhelen.com) to learn more about her work.



This one-of-a-kind formula provides key nutrients for proper thyroid hormone production. Take it daily for:

- **Thick, lustrous hair**
- **Restored energy and mood**
- **Weight management†**
- **Focus and concentration**
- **Cellular defense**
- **Healthy hormone levels**
- **Overall well-being\***



*Our Passion is Your Health!™*

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**MONEY-BACK GUARANTEE**

†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.

# 5 Ways to Use Charcoal

This coal-black powder holds inside-out beauty benefits—from whitening your teeth to clearing acne

/// BY LISA TURNER



Activated charcoal is nothing new on the health scene. Ancient Egyptians used it as early as 1,500 BC (Cleopatra reportedly lined her eyes with charcoal), and women around the world have used it for teeth whitening, skin care, and natural cleansing. In modern medicine, it's used in emergency rooms to treat drug overdoses and poisoning by attaching to toxins and preventing their absorption. The theory in beauty products is the same: activated charcoal attracts and binds to toxins, bacteria, dirt, and oil, preventing them from causing harm.

But when we say “charcoal,” we’re not talking about the stuff in the bottom of your grill left over from your last barbecue. Never use that; it’s filled with harmful chemicals. Activated charcoal is derived from wood or coconut husks, and then treated to increase its ability to bind to toxins. The result is a coal-black powder that’s available in several forms, including powders, capsules, soaps, and tooth products.

If you take it internally, drink plenty of water; it can cause dehydration without adequate fluid intake. Because activated charcoal can interact with supplements and medications, check with your health care provider before taking. And try these five ways to include charcoal in your life:

**1 Improve skin from within.** Used in hospitals and emergency rooms to counteract drug overdoses, alcohol overdose, and poisoning, activated charcoal binds to toxins and escorts them from the body. It can also be used to remove pesticides, chemicals, and other food and environmental toxins from the body, reducing inflammation and making skin clear and bright. Recommended dosages range from 1 to 3 grams before meals to much higher doses. It can be taken in capsule form, or the powder (choose one designed for internal use) can be added to cleansing smoothies,



green drinks, or pineapple juice for extra detox action.

**2 Banish blemishes.** Activated charcoal is thought to bind with excess sebum, bacteria, and toxins on the skin that can exacerbate acne and breakouts. To banish your blemishes, use an activated charcoal soap on a regular basis; you'll find bars combined with hemp oil, jojoba beads for exfoliating, sea salt, salicylic acid, essential oils, and other ingredients designed to combat blemishes. After washing, use an activated charcoal mask to purify skin, draw out dirt and toxins, and balance oily skin. You'll find masks that combine charcoal with aloe vera, bentonite clay, sea vegetables, salicylic acid, green tea, and other blemish-calming botanicals.

**3 Make teeth gleam.** Activated charcoal has long been used to prevent cavities and gum disease, ward off bad breath, and whiten teeth. It's thought to bind to tannins—tooth-staining compounds in red wine and tea—and lift them from the teeth. To keep your mouth healthy and bright, try a charcoal tooth powder; they're often combined with bentonite clay—used to increase remineralization of the teeth—and may be sweetened with xylitol and flavored with essential oils. Or for an easy, mess-free solution, look for an activated charcoal toothpaste. You'll find them combined with bentonite clay, antibacterial coconut oil, and essential oils for complete oral health.

**4 Soothe stings and rashes.** Applied topically, activated charcoal has long been used to treat bug bites and stings, rashes, and skin irritation, all of which can destroy your summer-sexy skin. To treat bites or stings, wash first with activated charcoal soap to remove any surface toxins, then combine a quarter teaspoon of activated charcoal powder with two teaspoons of



olive, sesame, or coconut oil and apply liberally to affected areas. Cover with a cloth bandage to prevent staining, and reapply every 30 minutes. For skin redness, rashes, and irritation, make a soothing mask from 2 tablespoons coconut oil, 2 tablespoons aloe vera, and 2 teaspoons charcoal powder. Apply to skin and leave on for 15 minutes, then rinse and pat dry.

**5 Make locks lustrous.** In the summer, a buildup of chlorine, salt water, and styling products can weigh down hair and decrease shine. A charcoal hair treatment can remove dirt and toxins from hair and scalp, allowing them to be easily rinsed away. (Bonus: it's great for treating scalp conditions such as dandruff, eczema, and psoriasis.) To remove buildup, combine 1 teaspoon activated charcoal powder, 2 tablespoons natural shampoo, and 1/2 cup warm water; apply to wet hair and shampoo as usual. For a concentrated scalp-healing mask, combine 1 teaspoon activated charcoal with 1/4 cup almond oil. Rub into scalp and hair, cover hair with an old towel or shower cap, and let it soak in for 15 minutes. Shampoo and condition as usual for a clean, itch-free scalp and lustrous locks.

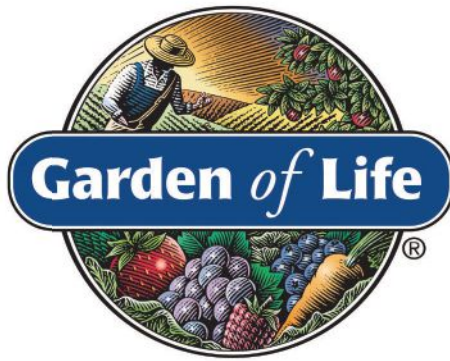


**Derma E**  
Purifying 2-in-1  
Charcoal Mask

**My Magic Mud**  
Whitening  
Tooth Powder



**Nature's Answer**  
CocoNutz  
Activated  
Coconut  
Charcoal



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Active, health conscience people looking to lose weight and burn fat†

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People looking for a convenient combination of protein & greens/veggies

**20G**  
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Calories

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Protein

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Athletes seeking grass-fed Non-GMO Project Verified Whey

**24G**  
Protein

**120**  
Calories

Athletes seeking optimum performance and tested/proven clean formulation

**30G**  
Protein

**170**  
Calories

People seeking a delicious, creamy protein smoothie without grains

**15G**  
Protein

**90**  
Calories



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# GOT PAIN?<sup>\*†</sup>

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Curamin® is the award-winning pain relief<sup>\*†</sup> 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.<sup>\*†</sup>

- Safe, effective relief<sup>\*†</sup>
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*"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



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<sup>†</sup>Occasional muscle pain due to exercise or overuse. <sup>‡</sup>SPINSScan Other Herbal Formula Subcategory Brand Rank, data ending 4/16/17.

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GO  
NATURAL  
IN 90

GO  
NATURAL  
IN 90  
days

Want to live more naturally and feel better? In this second of our three-part series, here are 30 more ways to overhaul your diet, beauty routine, home environment, and lifestyle. If you missed the first installment in our June issue, visit [betternutrition.com](http://betternutrition.com).

**WIN BIG  
THIS  
SUMMER!**

Turn to p. 45 to see all of the healthy goodies we're giving away in partnership with our sponsors—natural products, gift cards, cookbooks, & more!



DAY  
1

## Slay Your Sugar Dragon

If you've ever tried to cut back on sugar, you know how incredibly difficult it is. Turns out, there's a reason. According to researchers at Princeton University, sugar hijacks your brain, affecting the natural reward centers and making it just as addictive as cocaine and heroin. Start gradually—going “cold turkey” can result in cravings and binges. Also, know all of the names for sugar (at right):

### FORMS OF SUGAR

Brown sugar	Fruit juice concentrate	Honey*	Mannitol	Sorghum*
Corn syrup	High-fructose corn syrup	Hydrogenated starch	Maple syrup*	Sucrose
Dextrin	Galactose	Invert sugar	Molasses*	Sorbitol
Dextrose	Glucose	maltose	Polyols	Turbinado
Fructose		Lactose	Raw sugar	

\*These forms of sugar are naturally rich in minerals and vitamins, so many health experts believe their benefits outweigh any drawbacks when used in moderation.

**bonus tip!** To reduce sugar cravings, try L-glutamine. You can safely take 500 mg three or four times per day.

DAY  
2

## Make Your Own Chia Pudding

“Chia pudding is packed with nutrients, has the texture of pudding (yes, please!), and is totally customizable to whatever flavor you are in the mood for,” says Alexis Kornblum Davidson, author of *Lexi's Clean Kitchen* and creator of the blog [lexiscleankitchen.com](http://lexiscleankitchen.com). Here's her basic chia pudding recipe:

1 cup nondairy milk  
of your choice

¼ cup chia seeds  
2 tsp. honey or pure  
maple syrup

1 cup diced or sliced  
fresh fruit of choice

Combine milk, chia seeds, and honey in a container, and refrigerate for a minimum three hours and up to 24 hours. Remove from fridge and add fruit topping or layer pudding and fruit in a serving jar or glass.



DAY  
4

## Eat More Salt for Sexual Health & Fertility

Yes, you read that right—more salt. “One of salt's most intriguing properties is its importance for many facets of reproduction—from sexual desire and procreation to gestation and lactation—and this connection has been known at least since the time of the ancient Greeks,” says James DiNicolantonio, PharmD, author of *The Salt Fix: Why the Experts Got It All Wrong—and How Eating More Might Save Your Life*. How should you eat more salt? Start eating real food and salt it to taste, says DiNicolantonio.

DAY  
3

## Show Yourself Some Love

Many of us walk through life a prisoner of our inner critic (e.g., “I hate my body,” “My thighs are too big”). A constant barrage of negative thoughts can affect mental and even physical health. How can you start being kinder to yourself? According to Shannon Kaiser, author of *The Self-Love Experiment* ([playwiththeworld.com](http://playwiththeworld.com)), most adults don't know how to love themselves. Based on her own journey, Kaiser started the Self-Love Experiment, which “involves agreeing in your heart and in your actions to following new ways of being in the world.” Here are a few thought-provoking tenants of Kaiser's approach to consider when it comes to accepting and loving yourself:

*I will speak kindly to myself, no more criticism.  
I will stop judging myself, no more complaining.  
I will stop feeling guilty for just doing things I really want to do.  
I will start to care for myself in ways that cherish and appreciate my being.  
I will show up for myself.  
I will express myself and say what I need to say.  
I will let go of the habits, fears, and beliefs blocking me from feeling content.*

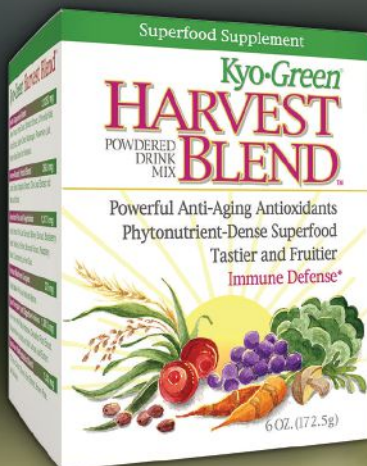
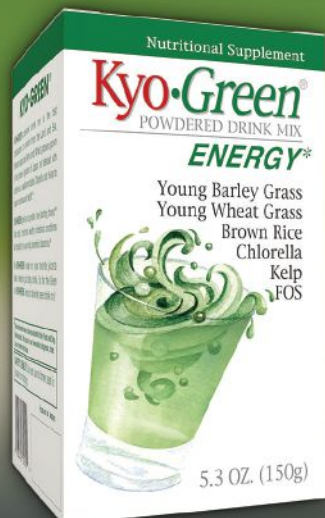
DAY  
5

## Combat Hypertension with Celery

Have high blood pressure? Here's a remedy you may not know about—celery seed extract. This small but mighty seed contains an important compound known as 3-n-butylphthalide (3nB). A human study looked at the ability of 3nB in celery seed extract to decrease blood pressure in 30 patients with mild-to-moderate hypertension. The results showed that those taking the extract experienced an 8.2 mmHg drop in their systolic pressure and an 8.5 mmHg decline in their diastolic blood pressure after six weeks of supplementation. Other research suggests that 3nB also helps to minimize the flow of calcium into the muscle cells that line blood vessels.



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DAY  
6

## Get Vitamin D Naturally

"I encourage sensible sun exposure," says Michael Holick, PhD, MD, professor at Boston University School of Medicine, author of *The Vitamin D Solution*, and a leading international expert on vitamin D. He recommends 1,500–2,000 IU daily of vitamin D, year-round, and getting some sun—not enough to get a burn—for additional benefits. Sun triggers production of beta-endorphins (natural feel-good chemicals), relaxes blood vessels, and may help to reduce blood pressure.

### bonus tip!

To calculate your optimum sun time anywhere in the world, check out the vitamin D app at [dminder.ontometrics.com](http://dminder.ontometrics.com).

studies have found that supplements of astaxanthin, Pycnogenol, and Lyc-O-Mato (a patented tomato extract) can help reduce UV damage to skin if taken daily for at least a few weeks. However, they don't replace the need for sunscreen.

DAY  
11

## Discover an Easy Way to Sleep Better

"We get more restorative sleep in cooler environments," says Joe Colella, MD, author of *The Appetite Solution*. He recommends turning down the thermostat to keep your bedroom temperature no warmer than 69 degrees.

### bonus tip!

Need help falling or staying asleep? If melatonin is too strong for you, try passionflower.

This beautiful herb has been shown to induce sleep while also improving sleep quality.



DAY  
7

## Refresh with an Easy Desk Stretch

"You're only as young as your spine is flexible and your mind is open," says Christopher Harrison, founder of AntiGravity Fitness. For a quick stretch at your desk, he recommends a spinal twist: Cross your right leg over your left. Twist your chest to the right so that your left elbow is above your right knee, and reach your right arm behind your chair. Look over your right shoulder and take three deep breaths. Repeat on the other side.

DAY  
9

## Let Your Brain Fire on all Cylinders

Sharpening your mental power requires giving your brain what it needs nutrient-wise. There are several herbs, vitamins, and minerals that help boost blood flow and antioxidant levels in the brain while protecting it from inflammation. This translates to better mental clarity, memory, focus, information retention, and mood. Not sure which smart supplement to take? Start with ginkgo—it's one herb that lives up to the hype. There are a multitude of studies showing that ginkgo is effective for improving cognition and memory. It works by improving blood flow to the brain. Many herbalists also prescribe ginkgo for patients with depression and tinnitus.

DAY  
8

## Get on the Bone Broth Bandwagon

If you haven't taken part yet in the bone broth craze, it's time. "Simmering causes the bones and ligaments [in meats and poultry] to release healing compounds like collagen, proline, glycine, and glutamine that have the power to transform your health," says Josh Axe, DNM, DC, CNS, who recommends daily consumption of bone broths. Bone broth offers inside-out health benefits, including healthier hair, skin, and nails, less joint pain, stronger immune function, and better gut health.

DAY  
10

## Find the Most Natural Sunscreen

Titanium dioxide and zinc oxide are two nontoxic ingredients in many natural sunscreens that block both UVA and UVB rays. But of the two, zinc oxide is the more natural ingredient, and many personal care companies are now making products with zinc oxide as the sole ingredient. For protection from within,

DAY  
12

## Think Beyond Just Calcium for Strong Bones

While calcium plays an important role in bone health, it's not everything. Vitamins D and K and the mineral magnesium are also important, working with calcium to strengthen bones. For example, vitamin D is key to healthy calcium absorption. Supplementing with a combination of calcium and vitamin D can reduce the risk of falling by 49 percent. Vitamin K plays a critical role in maintaining bone density by helping shuttle calcium from the bloodstream into the bone. Magnesium is necessary for the conversion of vitamin D into its active form, and low levels can result in the formation of abnormal bone crystals. Even a mild deficiency of magnesium is reported to be a leading risk factor for osteoporosis.

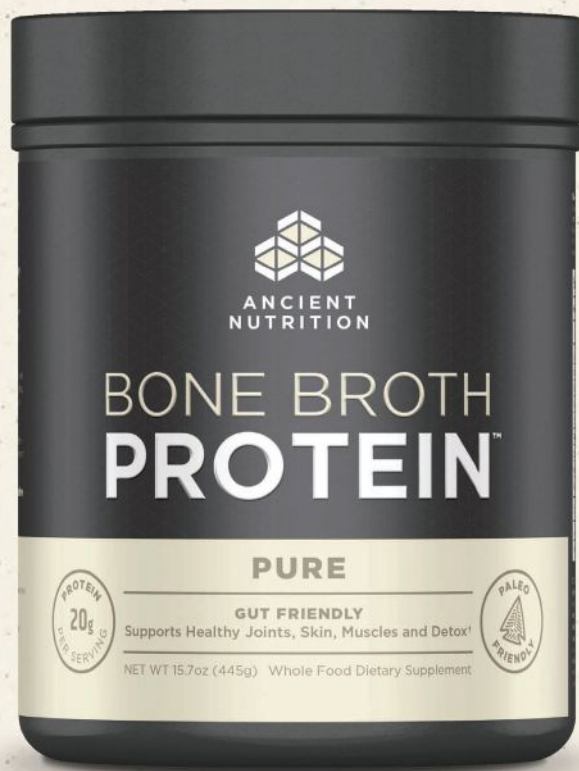
Visit [better-nutrition.com](http://better-nutrition.com) for a Roasted Bone Broth recipe.





# BONE BROTH<sup>TM</sup> 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 Protein<sup>TM</sup>** – 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<sup>†</sup>
- ▶ Healthy joints and lean muscle mass<sup>†</sup>
- ▶ Healthy and vibrant skin, hair and nails<sup>†</sup>
- ▶ Healthy detoxification, gut and immune system<sup>†</sup>

## 5 BIG BENEFITS

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

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DAY 13

## Promote Whole-Body Healing with Garlic

Most of us know that garlic supports heart health in a variety of ways, including lowering blood pressure and improving artery health. But you might not realize the many other health-giving attributes of the stinking rose. For example, Aged Garlic Extract (AGE), a proprietary supplement form of garlic, has been shown to enhance memory retention and improve learning deficits. It's also been shown to fortify liver function and protect against drug and chemical toxicity. You can turn to garlic year-round for immune support—the herb has broad antibacterial, antiviral, antifungal, and other antimicrobial actions. Increase the dose if you've got a cold or the flu to speed recovery.

DAY 14

## Brighten Up Your Skin with a Coconut Oil Mask

Lucy Bee, author of *Natural Beauty with Coconut Oil*, has developed endless beauty recipes using coconut oil. Most of them sound good enough to eat. Here's one to try from Bee's collection:

### Maca and Cacao Brightening Face Mask

- 2 tsp. coconut oil, melted
- 1 tsp. maca powder
- 1 tsp. cacao powder
- 1 tsp. bentonite clay powder

Pour coconut oil into a small mixing bowl. Stir in all other ingredients until a paste forms. Spread mask onto face, and let it sit for 15–20 minutes. Rinse with warm water.

DAY 15

## Pick the Right Probiotic

When it comes to probiotics, each group of bacteria has different species, and each species has different strains. Researchers are still studying which strains should be used for which health conditions, but a handful have been demonstrated to help with the following

WHEN YOU HAVE ...	THEN TAKE ...
A prescription for antibiotics	<i>Lactobacillus rhamnosus</i> GG and/or <i>Saccharomyces boulardii</i>
International travel plans	<i>Saccharomyces boulardii</i> and/or <i>Bifidobacterium longum</i>
Lactose intolerance	<i>Lactobacillus bulgaricus</i> , <i>Lactobacillus acidophilus</i> , and <i>Streptococcus thermophilus</i>
Irritable bowel syndrome	<i>Bifidobacterium infantis</i> , <i>Lactobacillus plantarum</i> 288V, or <i>Bifidobacterium bifidum</i>
Impaired digestive immunity	<i>Enterococcus faecalis</i> TH10 or <i>Bifidobacterium longum</i>
A vaginal infection	<i>Lactobacillus acidophilus</i> , <i>Lactobacillus rhamnosus</i> GG, and <i>Lactobacillus reuteri</i>
A cold	<i>Lactobacillus acidophilus</i> and <i>Bifidobacterium animalis</i>

DAY 16

## Always Keep Apple Cider Vinegar on Hand

Apple cider vinegar is a healing elixir that has been used for centuries to cure a host of ailments. Benefits include digestive health, weight loss, blood sugar regulation, energy, detox and cleansing, and enhanced immune function. This panacea-like remedy can be used internally and topically. Here are two popular uses for apple cider vinegar: For weight loss, add 1–2 Tbs. to a glass of water and drink daily in the morning. For sunburn, mix ¼ cup vinegar with 1 cup water, dip a cotton pad or cloth in mixture, and apply to affected areas. Always use raw, unfiltered apple cider vinegar.

DAY 17

## Take a Quick Heart Test

Studies following more than 1.2 million people show that resting heart rate, meaning beats per minute when you're just sitting around, is a good

indicator of heart health. The best time to test is in the evening. Take your pulse for 60 seconds, or count for 10 seconds and multiply by 6 to get beats per minute. Heart risk is higher for resting rates above 90 beats per minute; 60 or less is best. If your heart rate is high, start an exercise program—with your doctor's permission.

DAY 18

## Go Grassfed for Beef

Beef that comes from cattle that eat grass (instead of grain) is leaner and richer in some beneficial nutrients, such as:

- ▶ Healthy omega-3 fats
- ▶ Conjugated linoleic acid, another healthy fat that supports heart health and protects against cancer
- ▶ Vitamin E and other antioxidants

Visit [betternutrition.com](http://betternutrition.com) to browse our collection of grass-fed meat recipes, including one of our favorites: *Greek-Style Grass-Fed Lamb Shanks*.





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M E D I C A L



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This product is not intended to diagnose, treat, cure, or prevent any disease.



DAY  
19

## Make Your Own Air Freshener

It's time to ditch your conventional air freshener. Many contain chemical fragrances that can irritate air passages and throw hormones out of whack. **Here's a DIY home mist blend from Georgia-based aromatherapist Cheryl Cromer:** Mix 12 drops each of peppermint, rosemary, and lavender essential oils in a spray bottle filled with 6 oz. distilled water. "Spray often to freshen the air and combat airborne germs and bothersome pollen," says Cromer.

**bonus tip!** Always use glass containers for your aromatherapy blends—plastic ones may absorb the oils, and some metals can react with essential oils, tainting the blend.

DAY  
23

## Avoid the Top GMO Foods

- 】 **Soy:** soybeans, soy protein, and other soy ingredients in many foods
  - 】 **Canola oil:** cooking oil, in many salad dressings and other packaged foods
  - 】 **Corn:** corn syrup, high fructose corn syrup, corn-based cereals, and other corn ingredients
  - 】 **Cottonseed oil:** in many baked and processed foods
  - 】 **Sugar beets:** unless cane sugar is listed specifically on the label, any sugar likely comes from sugar beets
- Organic versions of all of these foods are free of GMOs, as organic foods do not contain GMOs.

DAY  
20

## Be Good to Your Thyroid

Iodine is a key nutrient for thyroid health, but anyone who doesn't eat iodized salt—commercial table salt—may not get enough. Symptoms of low thyroid can include low energy, morning stiffness, sore soles of the feet, weight gain, and depression. In addition, says Nancy Evans, ND, at Holtorf Medical Group, "Achiness is one of the main symptoms of low thyroid." She recommends taking a multivitamin with iodine and selenium, another nutrient that will help keep your thyroid happy. Sea vegetables, such as kelp, are rich food sources of iodine. Other important nutrients for thyroid health: L-tyrosine, selenium, zinc, and copper.

DAY  
22

## Learn How EPA and DHA Differ

The two most studied omega-3 fatty acids are EPA and DHA. According to Daniel G. Amen, noted psychiatrist and author *Change Your Brain, Change Your Life*, DHA makes up a large portion of the gray matter of the brain. The fat in your brain forms cell membranes and plays a vital role in how our cells function. It's especially important for optimal brain, mood, and nervous system health. EPA improves blood flow, which boosts overall brain function. EPA is associated with cardiovascular health, joint mobility, proper immune function, and gastrointestinal health.

DAY  
24

## Give Your Brows some TLC

Years of enthusiastic tweezing, threading, and waxing can leave once-full eyebrows thin and ragged; additionally, lightening or even graying of the eyebrow hairs makes brows look that much sparser. And brow hair tends to thin with age. Very sparse outer edges of the brows can also be caused by hormonal shifts and a decrease in thyroid function, also common with age. The result: eyes look tired, old, and droopy. Here are a few youthful solutions: Use a natural pencil, brush, or liner to fill in brows, matching color as closely as possible to your natural hair color or going slightly darker. And try a supplement designed to promote hair health—iron, zinc, silica, and biotin all help strengthen hair follicles and can help prevent brows from getting thinner.

DAY  
21

## Eat Jicama

Jicama is one of the top sources of prebiotics, food for beneficial gut bacteria. "Prebiotic fibers will nurture the good bacteria to grow in your gut," says David Perlmutter, MD, author of *The Grain Brain Whole Life Plan*. "Jicama has a fairly neutral taste and goes well with a lot of stuff," he adds. It works in coleslaw and salads, and in place of chips with yogurt-based dips.

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*Jicama 'Waldorf'  
Salad with Yogurt  
Dressing* recipe at  
[betternutrition.com](http://betternutrition.com).





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## 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,

A handwritten signature in black ink.

Howard Garrett

"The Dirt Doctor"

National Talk Show Host

President of the Texas Organic Research Center



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\* 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.

DAY  
25

## Meet Nattokinase

Nattokinase is an enzyme from fermented soybeans that has clot-busting properties, making it extremely beneficial if you are at high risk of heart attack or stroke. Early trials suggest that nattokinase can help lower systolic blood pressure by up to 10.9 percent and diastolic blood pressure by 9.7 percent. But since this unique enzyme acts like a blood thinner, check with your doctor if you are taking an anticoagulant like warfarin or aspirin.

DAY  
26

## Take a Closer Look at Casein

Lactose is well known to cause digestive distress in those with lactase deficiencies. But a dairy protein called casein can often cause similar digestive upsets. So your real digestive culprit could be casein intolerance. The symptoms are similar to lactose intolerance—occasional gas, bloating, indigestion, and diarrhea are very common. Casein is found in dairy products that have a higher protein content, such as milk, yogurt, milk kefir, cheese, and ice cream. Other dairy products that are low in protein, such as butter and cream, contain only small

amounts of casein. Elimination diets can be hard because so many foods contain dairy. One option is using an enzyme supplement daily. Lactase supports digestion of lactose, and protease helps break down casein.

**bonus tip!** Use a formula with a blend of enzymes to cover many digestive issues, and avoid brands that contain unneeded fillers such as magnesium stearate.

DAY  
27

## Use Green Drinks for Optimum Healing

Green drinks contain a healthy mix of nutrient-filled algae such as chlorella and grasses like barley or wheat grass that offer detoxifying amino acids, minerals, and antioxidants. These alkalizing formulas also encourage a healthy pH balance in the body. Taken daily, green drinks can also support immune health, energy, and other aspects of total body wellness. A good green drink supplement should clearly list each ingredient and the amount it contains per serving. There are numerous ways to enjoy green drink powders—visit [betternutrition.com](http://betternutrition.com) to try our Matcha & Greens Ice Cream.

DAY  
29

## Get Fiber in a New Way

Soluble prebiotic fiber is one of the best fiber supplements, says Jonny Bowden, PhD, CNS, coauthor of *Smart Fat* and other books. “Soluble prebiotic fiber can be added to a host of foods and beverages. I put a scoop in my shakes—its odorless, tasteless, and mixes well,” he says. One of the most impressive studies involving the relationship between fiber intake and health followed 2,900 healthy subjects for 10 years and looked at the relationship between fiber, cardiovascular disease, weight, and insulin. The results showed that fiber was inversely associated with insulin levels, and weight and low fiber intake turned out to be a better predictor of heart disease than saturated-fat consumption.

DAY  
30

## Ease into a Fitness Program

If you don't already have an effective fitness routine, walking can be a great start. Here's one way to ease into a fitness program, from the American Council on Exercise:

**STAGE 1:** On 5 days per week, walk each day for:

**Week 1:** 20 minutes

**Week 2:** 22 minutes

**Week 3:** 24 minutes

**Week 4:** 26 minutes

After that, keep increasing the daily time by 2 minutes each week until you reach 40 minutes per day, and the following week, increase it to 50 minutes a day.

**STAGE 2:** In the next week, after each 5 minutes of walking, jog or run for one minute. Depending upon your own fitness level, you can shorten the daily time by doing higher-intensity spurts more often.

DAY  
28

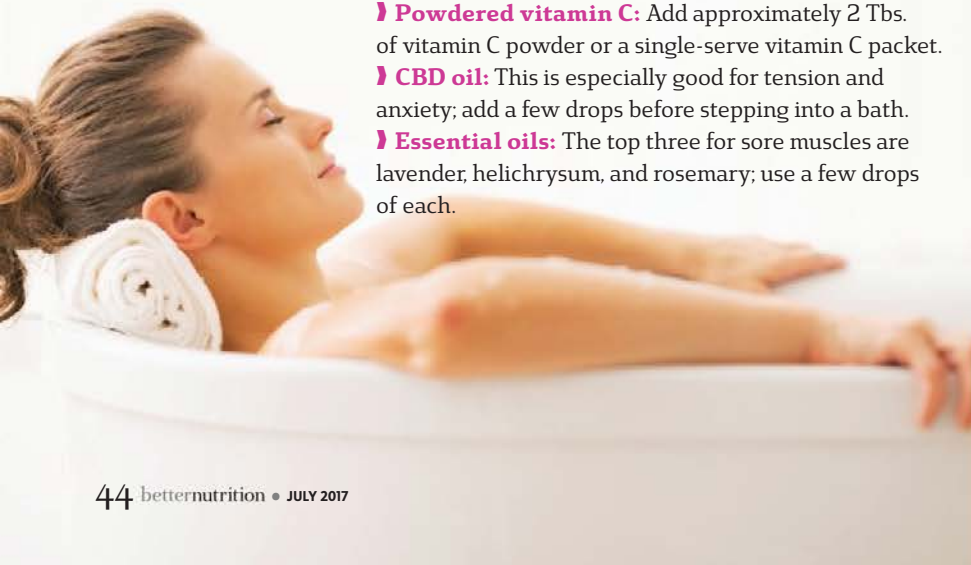
## Soak Away Soreness and Stress

Soaking in Epsom salts (magnesium) is one of the best-known ways to ease muscle soreness, tension, and stress. But there are more natural ways to infuse a bath with healing and pain-relieving powers:

】 **Powdered vitamin C:** Add approximately 2 Tbs. of vitamin C powder or a single-serve vitamin C packet.

】 **CBD oil:** This is especially good for tension and anxiety; add a few drops before stepping into a bath.

】 **Essential oils:** The top three for sore muscles are lavender, helichrysum, and rosemary; use a few drops of each.





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# PROTEIN POWDERS

## FOR EVERYDAY PEOPLE

**5** POTENT BLENDS and **7** GREAT WAYS TO USE THEM by Lisa Turner

**L**et's get real. If you're reading this, it's not likely that you're an Olympic athlete or hardcore lifter who simply can't consume enough protein and calories in a 24-hour period. But there's a very good chance that your busy (meeting-packed, kid-filled, errand-heavy) schedule makes it hard to sit down for the wholly nutritious meals your body needs. The good news is that today's premium protein powders can help fill in those gaps. Try these seven great uses for everyday people.

### **1** Breakfast for Picky Kids

Rare is the child who asks for greens for breakfast. You can change that with sneaky fruit-and-greens protein powder blends.

➤ **Try this:** Add vanilla-and-greens protein powder to pancakes or waffles; stir chocolate-and-greens protein powders into oatmeal and top with sliced bananas; freeze vanilla-and-fruit protein powder into ice pops, and let kids eat "ice cream" for breakfast. (See recipe, p. 48.)

Paradise Herbs  
ORAC-Energy  
Protein & Greens  
Vanilla



Ancient  
Nutrition  
Bone Broth  
Protein Pure

### **2** To-go Lunches for Busy Bees

Grab a sandwich or slice of pizza for 500 low-protein (and high-sodium) calories—or plan ahead and pack a protein-rich lunch you can eat at your desk or on the go.

➤ **Try this:** Stir unsweetened protein powder into hummus; make an easy, savory muffin with eggs and protein powder for a power-packed, one-handed meal. (See recipe, p. 50.)







### 3 Afternoon Slump Busters

Keep the snack bar and coffee shop scones at bay with protein-fortified snacks that feature lots of fiber and natural sugars to boost energy and keep you satisfied until dinner.

➤ **Try this:** Combine chocolate protein powder, flax seeds, chia seeds, nuts, and dates in a food processor to make a paste,

then roll into balls; dredge the balls in cocoa powder or shredded coconut for more fun.



Garden of Life RAW Organic Fit Chocolate

### 4 Early-bird Yoga Fuel

A full stomach makes it hard to twist and bend, but if you're doing morning yoga (or any other workout) you've gotta have a little fuel to get you going.

➤ **Try this:** Blend a small scoop of easy-to-digest protein powder, a small handful of berries, and a half cup of skim milk or almond milk, and sip 45 minutes before class to sustain you.



Kashi GOLEAN Plant Powered Shake Vanilla Vinyasa

### 5 Post-Weekend Warrior Workouts

You've scaled that mountain, cycled those 40 miles or run that marathon; now, replenish and rebuild muscles.

➤ **Try this:** Add chocolate protein powder to healthy brownie mix; combine almond butter, oatmeal, and protein powder, and shape into squares. (For more tips on exercise recovery, see Ask the Naturopath, p. 26).



NOW SPORTS Grass-Fed Whey Protein Concentrate Creamy Vanilla

## Red, White, & Blue Firecracker Pops

Makes 10 pops

*These protein-rich frozen pops are reminiscent of a childhood favorite, and they're perfectly festive for the Fourth of July. This recipe makes use of summer's fresh berries, but frozen berries work just as well. We used lightly sweetened vanilla protein powder, but you can substitute an unsweetened protein powder and a sweetener of your choice. For a more vibrant presentation, add a few drops of natural food coloring to the blueberry and strawberry mixtures before freezing.*

- 1½ cups milk, almond milk, or coconut milk
- 2–3 Tbs. sugar (optional)
- 2 scoops vanilla protein powder
- ½ lb. fresh strawberries, stems removed
- Red food coloring or beet powder (optional)
- ½ lb. fresh blueberries
- Blue food coloring (optional)

1. In blender, combine milk, sugar if using, and protein powder. Purée until smooth. Pour about ⅔ of mixture into bowl, and set aside.
2. Add strawberries to blender mixture, and purée until smooth. Add a few drops of natural red food coloring or 1 Tbs. beet powder, if desired. Pour strawberry mixture into frozen pop mold, and freeze 20 minutes.
3. While strawberry mixture is freezing, rinse out blender and pour half of reserved vanilla mixture into blender. Add blueberries, and purée until smooth. Add a few drops of natural blue food coloring, if desired.
4. Remove pops from freezer and carefully pour remaining vanilla mixture into pops over strawberry layer. Freeze 25 minutes. Carefully pour blueberry mixture over vanilla mixture, insert ice-pop sticks, and freeze until solid, about 3 hours.



**Per serving:** 50 cal; 4g prot; 1g total fat (0g sat fat); 7g carb; 10mg chol; 30mg sod; 1g fiber; 5g sugars



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## 6 Sneaky Slimming Desserts

A sugar-filled dessert close to bedtime is a dieting disaster. Instead, indulge your after-dinner sweet tooth with a protein-rich treat that balances blood sugar and makes midnight munchies less likely.



Vibrant Health Pro Matcha Protein + Matcha Vanilla Crème

**Try this:** Purée strawberries, vanilla-matcha protein powder, and low-fat yogurt, and freeze for 20 minutes;

microwave bittersweet chocolate until melted, stir in chocolate protein powder and a small amount of milk, and chill until it's the consistency of mousse; beat egg whites till stiff, fold in vanilla protein powder, and bake at 200°F, then serve with fresh raspberries.

## 7 Rich Coffee Treats

Love iced coffee drinks? Most are off the charts when it comes to calories and sugar—for example, a Starbucks Grande Java Chip Frappuccino Blended Coffee made with nonfat milk and whipped cream has 440 calories



Genectic Naturals Plant Head Protein Chocolate

and 67 grams of sugar. Protein powders pair especially well with coffee and give you that coffee shop-style flavor without the obscene amount of sugar and calories.

**Try this:** Blend

chocolate protein powder with coffee, unsweetened almond milk, ice, and 1 banana; stir protein powder and cream into a cup of hot coffee; add protein powder and coffee into gluten-free brownie mix.



## Savory Pizza Protein Muffins

Makes 12 muffins

*These eat-with-one-hand muffins make lunch easy! They're low in carbs and packed with protein, for a fast, filling meal and no afternoon sugar crashes. We used spinach, onions, and olives in our version, but you could also add mushrooms, pepperoni, or any other pizza topping—even anchovies. Make two batches and freeze in individual Ziploc bags; grab one or two in the morning, and they'll thaw by lunch. Serve at room temperature, or pop into the microwave for 1 minute to warm.*

**¾ cup almond flour**  
**¼ cup unsweetened protein powder**  
**1 tsp. baking powder**  
**1 tsp. dried oregano**  
**½ tsp. garlic powder**  
**¼ tsp. salt**  
**¼ tsp. black pepper**  
**6 eggs**

**1 cup finely chopped spinach**  
**½ cup finely chopped onions**  
**¼ cup chopped fresh basil**  
**¼ cup chopped olives**  
**2 Tbs. chopped sundried tomatoes**  
**1 cup grated mozzarella cheese**  
**½ cup grated Asiago or other sharp cheese, divided**

1. Preheat oven to 375°F. Lightly grease 12-cup silicon muffin mold.
2. In large bowl, whisk together almond flour, protein powder, baking powder, oregano, garlic powder, salt, and pepper.
3. In separate bowl, whisk eggs, and stir in spinach, onions, basil, olives, and tomatoes. Mix well. Pour wet ingredients into dry, and stir to mix.
4. Stir in mozzarella and half of Asiago. Transfer mixture to muffin pan and sprinkle remaining Asiago on top. Bake 20 minutes on middle oven rack, until tops of muffins are slightly puffed and golden.
5. Remove from oven, and let cool 10 minutes before removing from pan. Serve immediately, or let cool completely and refrigerate for up to 5 days.

**Per serving:** 140 cal; 10g prot; 10g total fat (3g sat fat); 4g carb; 100mg chol; 270mg sod; 1g fiber; 1g sugars



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## HOW TO CHOOSE THE PERFECT POWDER

When it comes to protein powders, there are dozens of different choices. Which is right for you? In general, you'll want a powder that's low in sugar, high in protein, free from additives, and reasonably priced. Other healthful additions include green foods, fruit powders, extra fiber, and probiotics. You'll also find dozens of varieties that feature added herbs and supplements, which may be better targeted to your individual needs.

Flavors are fun, but plain, unsweetened protein powders are the most versatile (and usually lower in sugar). Sweeten them with honey, stevia, or fresh fruit. Look for a complete protein, one that contains all the essential amino acids. It needn't be of animal origin; blends that combine pea, rice, and/or seed proteins contain complementary amino acids that make the final mixture a complete protein.

Check out these five main varieties, and choose the one that's best for you:

**pea protein** is a concentrated protein extracted from peas. The amino acid profile is similar to soy, but unlike soy, it's hypoallergenic and good for people with food sensitivities. Like rice protein, it's a good choice for vegans and forms a complete protein when combined with rice or other grains. It also has many health benefits: studies show that it can increase muscle gain, lower blood pressure, and reduce cholesterol.

**whey** is made from dairy, and was originally the byproduct of the cheese-making process. It's mild in flavor and smooth in texture. If you eat dairy, it's one of the most versatile and easy to use varieties. Whey increases the body's levels of glutathione, a powerful antioxidant, and it contains other proteins that support immune function. Studies suggest whey can lower LDL, reduce blood pressure, combat inflammation, and protect against cancer. Whey protein concentrates contain small amounts of fat and sugar; isolates are more concentrated sources of protein, and tend to be easier to digest. Either way, always choose organic or grass-fed whey.

**soy protein** is a low-cost, versatile option for many people, and it may help lower LDL cholesterol and triglycerides, while raising HDL. Other studies suggest that soy protein can reduce menopausal discomfort and protect against osteoporosis and prostate cancer. However, soy can be hard to digest and is likely to contain genetically modified organisms. Look for non-GMO, organic varieties.

**rice protein** is made by concentrating the proteins from brown rice grains. It has a mild flavor and is great for vegans or people with food allergies or intolerances. In studies, rice protein is as effective as whey protein in terms of exercise performance, post-workout recovery, fat reduction, and muscle building. Combined with pea protein, it becomes a complete protein—look for combined formulas, or mix them yourself.

**hemp protein** is made from a variety of hemp (*Cannabis sativa*) plant that's low in THC (tetrahydrocannabinol, the intoxicating agent in marijuana) and doesn't have psychoactive properties. It's high in fiber and essential fatty acids, with an optimally balanced ratio of 1:3 omega-3 and omega-6 fats. Studies suggest that it may protect against high blood pressure. It's more expensive, but a great vegan option.







# Allergy Sufferers

## Irrigate before you medicate.

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**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](http://melissadianesmith.com) and [againstthegrainnutrition.com](http://againstthegrainnutrition.com).

# How to Avoid Glyphosate

Glyphosate, a toxic herbicide sprayed on hundreds of U.S. agricultural crops, cannot be removed through washing or cooking. But you can steer clear of it by knowing what to look for on food labels **/// BY MELISSA DIANE SMITH**

**Q: I've seen a lot about the dangers of the herbicide Roundup (glyphosate) on social media. What's the scoop? How worried should I be? —Helena J., Salt Lake City**

**a:** Although few people realize it, one of the most disturbing issues concerning our food right now is the widespread use of glyphosate, the active ingredient in Monsanto's flagship weed killer Roundup. Glyphosate is the most heavily used chemical herbicide in human agricultural history. Its use has increased 300-fold since it was introduced in 1974, particularly skyrocketing after the introduction of herbicide-resistant, Roundup Ready genetically modified organisms (GMOs) in 1996. It is also used as a pre-harvest drying agent on non-GMO crops such as wheat, barley, and oats.

The FDA and USDA do not test food for glyphosate; however, independent, FDA-registered lab tests have found extremely high levels of glyphosate in some of our most iconic food products.

## Why Be Concerned About Glyphosate?

Glyphosate, which is patented as a chelating agent, can bind with nutrients in the soil, preventing plants from absorbing them. The chelating action may negatively affect the nutritional value of food.

Glyphosate also acts as an antibiotic that can kill bacteria, and emerging scientific evidence suggests that it may lead to a harmful imbalance in bacteria in soil and in human and animal intestinal flora. Researchers also believe the herbicide may act as a hormone disruptor.

Glyphosate has been associated with a host of health issues such as kidney disease, reproductive problems, and birth defects. Exposure to glyphosate is also linked to liver damage. In a 2016 study, researchers concluded that even

in "extremely low doses," rats exposed to Roundup developed nonalcoholic fatty liver disease, or NAFLD, over a two-year period. The dose of glyphosate used in the study was thousands of times below what is permitted by regulators worldwide.

## Labeling and the Law

The label on Roundup states that glyphosate targets an enzyme "found in plants but not in people or animals." But studies show that the enzyme *is* found in people and pets, say both the Organic Consumers Association and Beyond Pesticides.

The link between glyphosate and cancer is particularly unsettling. In 2015, the International Agency for Research on Cancer (IARC), part of the World Health Organization, declared glyphosate a "probable human carcinogen." The decision was reached by a group of 17 reviewers from around the world and was based on evidence indicating that the popular weed killer can cause non-Hodgkin's lymphoma and lung cancer in humans; can cause cancer in animals; and can induce DNA and chromosomal damage in mammals and in human and animal cell studies.

Based on the IARC's declaration, the state of California is taking action to require companies like Monsanto to label products that contain glyphosate with a cancer warning. More than 800 people have filed lawsuits alleging that they, or a family member, developed non-Hodgkin's lymphoma because of exposure to Roundup.

**Glyphosate is the most heavily used chemical herbicide in human agricultural history.**



## Steering Clear of Glyphosate

In 2016, Food Democracy Now! and The Detox Project commissioned tests that found high levels of glyphosate in many American foods, including some products that are certified organic or non-GMO.

It's important to understand that glyphosate isn't just on the outside of plants—it is absorbed into plants. Glyphosate contamination cannot be removed by washing, and it isn't broken down by cooking or baking. Here's a rundown on what you need to know to avoid glyphosate-sprayed food shopping:

- \* **The Non-GMO Project Verified label** means that a product doesn't contain GMOs, which is helpful information to know, but won't tell you whether the product is free of glyphosate.



- \* The best way to steer clear of glyphosate-sprayed food is to seek out products that bear the **USDA Organic label**. In order to receive organic certification, food producers cannot knowingly spray food with synthetic chemical pesticides such as glyphosate. Unfortunately, glyphosate use is so rampant that the herbicide may contaminate food that isn't directly sprayed, including organic crops.
- \* The Detox Project, a research and certification platform that uses an FDA-registered food-testing lab to test for toxic chemicals, has launched the **"Glyphosate Residue Free" label**, which offers more transparency and provides extra assurance



against glyphosate exposure. The Detox Project is working with food manufacturers and grocery chains to get this label on more products so that consumers can more easily avoid glyphosate in their food.

- \* The first product to be verified "Glyphosate Residue Free" is Leaf & Love Organic Lemonade, with more to follow soon. To help the "Glyphosate Residue Free" label be successful and increase the likelihood of creating a safer food system for everyone, contact your favorite food companies by email or through social media and ask them to get verified by The Detox Project. You can find out more about the program by visiting [detoxproject.org/glyphosate-residue-free/](http://detoxproject.org/glyphosate-residue-free/).

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# Peanut Butter Power Snack Dip

This recipe tastes just like peanut butter cookie dough, but it's made with fiber-rich garbanzo beans instead of flour /// BY JONNY BOWDEN, PHD, CNS, AND JEANNETTE BESSINGER, CHHC



How do you turn indulgent cookie dough into a healthy and delicious treat? That's Chef Jeannette's genius. This recipe makes two scant cups, and each one contains more than 9 grams of fiber. And that's important, because most people just don't get enough of this key nutrient in their diets.

The National Cancer Institute recommends at least 25 grams of dietary fiber per day. But the average daily intake in America is a paltry 11 grams. Fiber protects health by slowing the entrance of food into the bloodstream, thus helping prevent blood sugar spikes. And in dozens of epidemiological studies, higher-fiber diets are associated with lower risks of cancer, heart disease, and obesity.

Emerging research also shows that fiber keeps the friendly microbes in your gut healthy and in balance, contributing to both gut health (by providing energy for the cells in the colon), and overall health in ways that are just now being uncovered. Recent studies, for instance, have linked poor microbiome health with schizophrenia, depression, and obesity.

The fiber in this "faux" cookie dough comes from garbanzo beans. In this case, coupling the beans (for fiber) with the peanut butter (for flavor, texture, and good-for-you fat) produces a high-protein, high-fiber snack—the daily double when it comes to foods in this category. (Protein never comes with fiber in food, so you have to combine them to get both; most high-fiber snacks have almost no protein, while many high-protein snacks have almost no fiber.) Plus, if you use the rice syrup or inulin as a sweetener, you have a truly low-glycemic snack, to boot. And unlike the junk-food cookie dough it replaces, this tasty dip has an energy-stabilizing effect when you eat it—no uncontrollable cravings for "more!"

This recipe comes together very quickly, requires no baking, and is really easy to make—which checks three important boxes in my house, especially in the summer! Put it in the fridge in the hot months and serve it nice and chilly. —Dr. Jonny

## PEANUT BUTTER COOKIE DOUGH HUMMUS

Makes 2 scant cups (about 8 servings)

*This dish works as a healthy snack or a wholesome dessert. Just experiment with different dippers or toppings to find combinations you love.*

- 1 15-oz. can garbanzo beans (chickpeas), drained and rinsed
- ⅓ cup unsalted, smooth natural peanut butter (no added sugar)
- ⅓ cup rice syrup or raw honey (or liquid inulin for sugar-free)
- 3 Tbs. powdered peanut butter
- 2 tsp. alcohol-free vanilla extract (or 1 tsp. vanilla extract)
- ¼ tsp. salt
- Few drops vanilla stevia, optional, to taste

Combine all ingredients in food processor, and process until completely smooth and creamy, scraping down the sides as necessary, about 4 minutes. Taste and adjust for sweetness, if necessary. Store in refrigerator.

**Per serving:** 160 cal; 6g prot; 6g total fat (0.5g sat fat); 22g carb; 0mg chol; 160mg sod; 1g fiber; 12g sugars



## NOTES FROM THE CLEAN FOOD COACH

This hummus is so tasty you'll want to eat it with a spoon! You can also use it as a more traditional dip with crisp apple slices, or as a spread over banana spears with a little sprinkle of cinnamon. To make it into a fun dessert, scoop a few tablespoons into individual shot glasses, and provide a selection of toppings for a DIY cookie dough "sundae" bar. Try mini chocolate chips, sliced fresh berries, juice-sweetened grape or strawberry jam, or chocolate syrup.

**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](http://thecleanfoodcoach.com) and [jonnybowden.com](http://jonnybowden.com).



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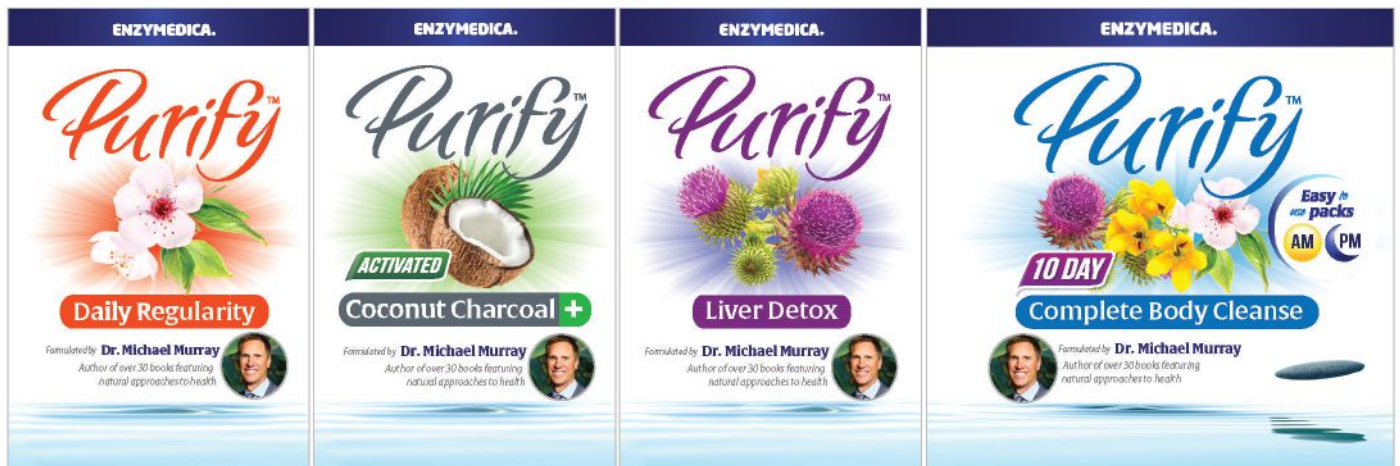
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# Foodie Fun in the Sun

Let food be your medicine when it comes to protecting your skin against the sun's harmful rays //BY LISA TURNER



**1 Tea**, both green and black, contains catechins, which help prevent and repair skin damage, help reduce inflammation, and protect against UV-induced skin cancers. Tea also contains tannic acid and theobromine, which, applied topically, can soothe sunburn and repair damage. **Eat this:** Purée matcha green tea powder with grated ginger, honey, and coconut milk, then freeze in an ice cream maker; steep lapsang souchong tea in hot water to make a strong, smoky stock to use for cooking rice; combine cooled green tea with grapefruit juice concentrate, pomegranate juice, and sparkling water.



**2 Strawberries** are rich in vitamin C, a powerful skin-protective antioxidant that reduces sun damage, wrinkles, and dry skin. In combination with beta-carotene and vitamin E, it can protect against skin cancer and reduce sunburns. Other good sources of vitamin C include broccoli, peppers, grapefruit, oranges, and kiwi. **Eat this:** Drizzle fresh strawberries with balsamic vinegar, sprinkle with minced basil, and top with a dollop of vanilla yogurt; dip strawberries in extra-dark chocolate; add sliced strawberries to a salad of arugula, spinach, and pine nuts.



**3 Avocados** are rich in fats that protect the skin cells from UV damage and inflammation, repair DNA, and enhance availability

of sun-protective nutrients from other fruits and vegetables. **Eat this:** Add avocados to smoothies; purée avocados with lemon juice and olive oil for a healthy salad dressing; combine avocado chunks with corn kernels, diced peppers, onions, and lime juice for an easy salsa.



**4 Olive oil** contains oleuropein, the compound that gives extra-virgin olive oil its pungent taste. It also protects

against UV-induced wrinkling, skin damage, cancer, and tumor growth. Whole olives are also rich in oleuropein. **Eat this:** Combine olive oil and rosemary in a glass jar and let steep for a fragrant, herb-scented oil; mix olive oil with softened pasture butter and minced chives for a smooth, buttery spread.



**5 Eggplant** contains anthocyanidins, potent antioxidants that inhibit skin cancer and damage caused by

UV exposure. Other good sources include blueberries, red onions, red cabbage, and black rice. **Eat this:** Cut eggplant into strips, toss with garlic, thyme, and olive oil, and roast until tender; halve and roast eggplants, then scoop the flesh into a food processor and purée with olive oil, tahini, lemon juice, and garlic; cut crosswise into 1/4-inch slices and grill over hot coals, then sprinkle with minced rosemary.



**6 Cacao nibs** are exceptionally rich in flavanols, antioxidants that protect skin from sun damage, increase

blood circulation to the skin, improve hydration, and reduce signs of aging. Commercial processing dramatically reduces levels of antioxidants, so unprocessed chocolate is best. **Eat this:** Grind cacao nibs in a coffee grinder and add to ground coffee beans before brewing; stir cacao nibs and fresh raspberries into vanilla Greek yogurt; combine cacao nibs, whole oats, walnuts, pumpkin seeds, and coconut oil, and bake until crunchy for granola.



**7 Carrots** are high in beta-carotene, an antioxidant that can protect skin cells from UV damage and improve the health

and appearance of skin. Sweet potatoes, winter squash, mango, and dark leafy greens are other good sources. **Eat this:** Use a vegetable peeler to make long ribbons from carrots, then toss with olive oil, balsamic vinegar, and pistachios; stem carrots and purée with cooked white beans and garlic for an easy dip; grate carrots and add to pancake batter, along with cinnamon, cardamom, and nutmeg.



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## BROCCOLI POMEGRANATE SALAD

Serves 6

*This super-simple salad comes together in minutes and stores well in the refrigerator.*

- 2 large heads organic broccoli, florets cut to bite size (about 8 cups broccoli florets)
- ¼ cup plus 2 Tbs. raisins, divided
- ¼ cup raw sunflower seeds
- ¼ cup chopped onion
- ¾ cup pomegranate juice
- ½ cup raw cashew butter
- 3 Tbs. pomegranate seeds, for garnish (optional)

1. Combine broccoli, ¼ cup raisins, sunflower seeds, and onion in large bowl.
2. For dressing, combine pomegranate juice, remaining 2 Tbs. raisins, and cashew butter in a high-powered blender, and blend until smooth, but not too thin.
3. Pour dressing over broccoli mixture and toss to combine. Chill, and serve cold. Sprinkle pomegranate seeds over top, if desired.

*Recipe excerpted with permission from Eat to Live Quick & Easy Cookbook by Joel Fuhrman, MD*

**Per serving:** 210 cal; 7g prot; 13g total fat (2.5g sat fat); 21g carb; 0mg chol; 20mg sod; 3g fiber; 10g sugars



**8 Tempeh** contains isoflavones that can reduce inflammation, help inhibit skin cancer, and reduce sun damage and

signs of skin aging. **Eat this:** Crumble tempeh and add to chili instead of beef; stir-fry tempeh cubes with bell peppers in a ginger, soy, and honey sauce; brush tempeh cakes with oil and garlic powder, grill until golden brown, and shower with minced chives.



**9 Broccoli** is high in sulforaphane, a class of compounds found in cruciferous vegetables that were found in a petri dish

study to prevent oxidative damage to the skin from sun exposure. Other sources include cabbage, kale, Brussels sprouts, radishes, and arugula. **Eat this:** Combine finely chopped broccoli with green onions, almonds, and a honey vinaigrette for a summery slaw; serve steamed and chilled broccoli spears with red pepper hummus for dipping; toss broccoli florets with olive oil, garlic, and red pepper flakes, and roast until tender.



**10 Red grapes** are rich in resveratrol, a type of polyphenol antioxidant that reduces inflammation and protects

against skin cancer from UV exposure. Other sources of resveratrol are red wine, cranberries, and peanuts. **Eat this:** Freeze red grape juice in ice cube trays, then add to glasses of sparkling water for a refreshing summer beverage; braise whole red grapes, sliced fennel, and Brussels sprouts in olive oil until tender; add halved red grapes to a salad of endive, blue cheese, and toasted walnuts.

*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 at [inspiredeating.com](http://inspiredeating.com).*

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# Transform Yourself

Milan Ross embraced a plant-based diet—and in the process, he lost more than 200 lbs. and found a passion for helping others ///BY NICOLE BRECHKA

When Milan Ross couldn't fit on a Harry Potter ride with his 7-year-old son, he knew he had to make some significant changes in his life. He weighed 480 lbs. and struggled to walk and stand. But things were about to shift for Ross—he decided to take part in a seven-day immersion program designed to help people transition to a natural, plant-based diet. That fateful week ended up transforming his body and his life. Today, Ross is almost unrecognizable after shedding 225 lbs. He follows a vegan diet and lectures across the country about his journey to health and happiness. He's also coauthored two books with Scott Stoll, MD, who created the seven-day immersion program that Ross attended: *The Change: Transforming Yourself and Your Body into the Person You Want to Be* and *The Change Cookbook*. Here, he shares a favorite recipe from the new cookbook.

## FULL-FLAVOR SMOKEHOUSE BURGERS

Makes 8 burgers

*Smoked pepper, BBQ sauce, and a few minutes on the grill impart a wonderful smokiness to these burgers, while mushrooms lend a satisfying meaty flavor. And because these burgers contain grated beets, they even look like beef burgers.*

### BURGER MIXTURE

- 1 cup unsalted raw walnuts
- ½ cup uncooked quick-cooking oats
- 1 medium white onion, finely chopped
- 4 cloves roasted garlic
- 1 Portobello mushroom, stemmed and finely chopped
- 1 tsp. chopped fresh thyme
- ½ medium beet, grated
- 15-ounce can kidney beans, rinsed and drained
- ¼ tsp. smoked salt
- ½ cup cooked brown rice
- 3 Tbs. commercial smoky BBQ sauce
- ¼ tsp. smoked pepper
- ⅛ tsp. oregano
- ⅛ tsp. garlic powder

8 whole-grain hamburger buns, split and toasted

8 thin slices tomato

8 thin slices red onion

1. Place the walnuts in a dry skillet, and cook over medium heat, stirring frequently, until the nuts are fragrant and golden. Transfer to a food processor.
2. Place the oats in the skillet, and toast over medium heat for 3 to 5 minutes. Add to the food processor, and pulse the mixture until you have a fine meal. Set aside.

3. Lightly spray a large skillet with nonstick cooking spray, and heat to medium heat. Add the onion and sauté, stirring frequently, until translucent. Add the roasted garlic, mushrooms, and thyme, and cook until the mushrooms are soft. Remove from the heat, and stir in the grated beet until it releases its color. Set aside.

4. Place the kidney beans and smoked salt in a large mixing bowl, and mash until only a few beans remain whole. Add the cooked brown rice, reserved walnut mixture, reserved mushroom mixture, BBQ sauce, and spices, and mix thoroughly until you've formed a moldable dough.
5. Preheat an outdoor grill or grill pan to medium.
6. Divide the burger mixture into 8 equal portions, and mold into patties. Arrange the patties on the outdoor grill or grill pan, and cook for 3 to 4 minutes on each side, searing grill marks into each side.
7. For each burger, place a cooked patty on the bottom of a bun, and add a slice of tomato and a slice of onion. Place the top of the bun on the sandwich, and serve immediately.





# Product Spotlights

## Bluebonnet Targeted Choice Stress Relief

Bluebonnet's whole food-based Targeted Choice Stress Relief vegetable capsules provide a scientifically substantiated formula that helps the body effectively cope with emotional and physical stress while also improving cognitive performance and memory.



## Essential Formulas Reg'Activ Detox & Liver Health

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## Flora FloraSil

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## Irwin Naturals Quick-Energy RED Liquid-Gel Multi

Quick Energy RED Liquid-Gel Multi supplies comprehensive nutritional support in a liquid softgel. This multi-pronged multivitamin includes nutrient-dense superfoods and beneficial oils (maca root, beet root, turmeric, MCT oil, and flaxseed oil) with a nitric oxide boost, which helps blood vessels relax and dilate for increased blood flow, a key role in cardiovascular health.

## Enzymedica Purify

Purify is an easy-to-use, whole-body approach to natural cleansing and detoxification. With comprehensive formulas that include an enzyme blend, a probiotic blend, mixed ascorbates with MSM, and a cruciferous detox blend, as well as supplements to support liver function and regularity.



## Twinlab Ocuguard Blutein Protection

Blutein Protection is designed to help protect us from the blue light emitted by our digital devices. This high-energy light can harm the macula. Blutein Protection is formulated to provide maximum protection, designed to target and support the macula. It effectively creates a "nutritional shield" against eyestrain and fatigue.

# Sunscreen Smarts

Clothing is the most surefire protection against sun damage, and sunscreen is the next best. Just be sure not to overlook any exposed areas such as your ears. If you do get a burn, it's important to drink lots of water, as burns draw moisture to the skin, away from other areas, and can lead to dehydration. To prevent burns and other damage while enjoying the sun, test your sunscreen smarts here. //BY VERA TWEED

Check  
Out Your  
Sunscreen

To check your sunscreen for toxins and effectiveness, visit [ewg.org/sunscreen](http://ewg.org/sunscreen)

**1. Using sunscreen can block natural production of vitamin D from sun exposure.**

- a) True
- b) False

**2. There are two types of rays from the sun, UVA and UVB. Which ones produce a sunburn?**

- a) UVA
- b) UVB
- c) Both

**3. The SPF (sun protection factor) rating on sunscreens indicates its level of protection against:**

- a) UVA rays
- b) UVB rays
- c) Both

**4. Which of these sunscreen ingredients is most likely to cause allergic reactions?**

- a) Avobenzone
- b) Zinc oxide
- c) Mexoryl SX
- d) Oxybenzone

**5. All lipsticks and lip balms protect lips from the sun by providing a barrier.**

- a) True
- b) False

**6. Antioxidant vitamin A (retinyl palmitate) can help protect skin or lips from the sun.**

- a) True
- b) False

**7. Natural sunscreens often contain zinc dioxide, titanium dioxide, or both. Which of these is most effective at protecting against both UVA and UVB rays?**

- a) Zinc dioxide
- b) Titanium dioxide
- c) Both

**8. How often should sunscreen be applied?**

- a) Every half hour
- b) Every hour
- c) Every 2 hours
- d) Every 3 hours
- e) Every 4 hours

## ANSWERS

**1. a)** Using sunscreen can decrease the amount of vitamin D your body produces from being in the sun. Supplements and fortified foods can provide additional vitamin D.

**2. b)** UVB rays produce a sunburn, but UVA rays penetrate deeper layers of skin and cause wrinkles, premature skin aging, and age spots. Too much exposure to both types of rays increases risk for skin cancers.

**3. b)** SPF refers only to UVB rays and does not indicate level of protection from UVA. A higher SPF indicates protection for a longer period. If a sunscreen is not labelled as "broad spectrum" or does not specifically state that it protects against both UVA and UVB rays, it may filter out only UVB.

**4. d)** Research shows that oxybenzone can cause allergic reactions and, in lab studies, had a weak estrogenic effect, which may disrupt hormones.

**5. b)** Lip balms and lipsticks will protect lips only if they contain sunscreen, which should have an SPF of 30 or higher.

**6. b)** Vitamin A in skincare products can be beneficial, but when it is exposed to the sun, it may trigger development of skin tumors or lesions, according to an analysis of studies by the Environmental Working Group, which cautions against using sunscreens that contain vitamin A. The ingredient is also called retinyl acetate, retinyl linoleate, or retinol.

**7. a)** Zinc dioxide provides the most protection against both UVA and UVB rays.

**8. c)** The American Academy of Dermatology recommends applying sunscreen to dry skin about 15 minutes before going outdoors, then reapplying every two hours. You should also reapply sunscreen after swimming or sweating, as moisture can wash it away.



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