

improving digestion in **PETS** /// **NIGHTSHADES**: healthy or harmful?

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AUGUST 2017 | betternutrition.com

Sweet Surprise

9 FOODS FOR BLOOD SUGAR BALANCE

Like this Honey-Roasted Plum & Raspberry Chia Pudding! →

MAKING SENSE OF SUPPLEMENTS

TIPS FROM TIERAONA LOW DOG, MD

Quiz:

WATER

Are you dehydrated?

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AMAZING ALOE

Heal stomach issues & more



PART 3
OF OUR
**SUMMER
MAKEOVER
SERIES**



GO
NATURAL
IN 90

sweepstakes

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

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.

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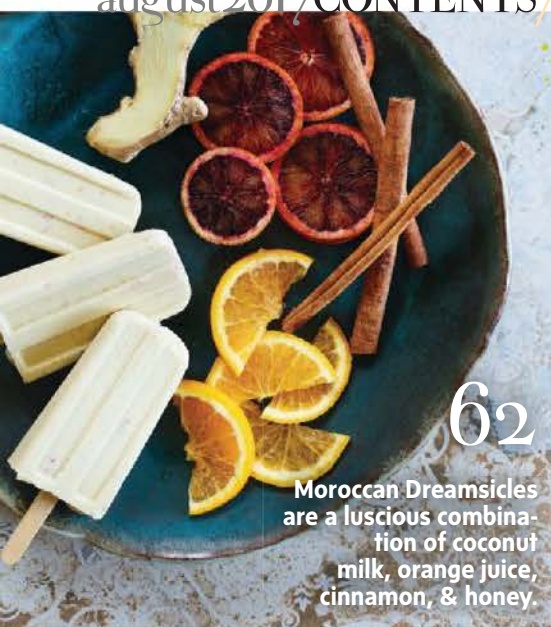
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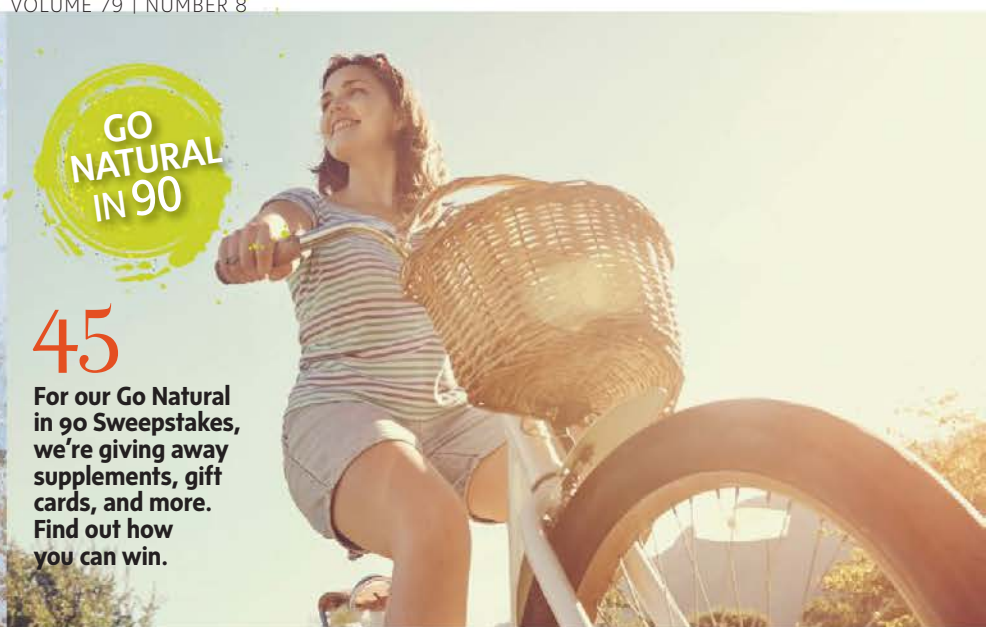
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Moroccan Dreamsicles are a luscious combination of coconut milk, orange juice, cinnamon, & honey.



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For our Go Natural in 90 Sweepstakes, we're giving away supplements, gift cards, and more. Find out how you can win.



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35 Go Natural in 90 Days: Part 3

The final installment of our 3-part summer makeover series features 30 more tips to help you overhaul your diet, tune up your supplement regimen, kick the sugar habit, and more. And don't forget to enter our Go Natural in 90 Sweepstakes (see p. 45 for details).

46 Your Supplement Questions, Answered

How do you know that you're buying the best-quality supplements? Are "whole food" vitamins really worth the extra expense? Should you take all of your supplements at the same time? In the morning? With dinner? Integrative medicine expert Tieraona Low Dog, MD, answers these questions and more to help ensure you're getting the most out of your dietary supplements.

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Gummy vitamins are one of the fastest-growing supplement categories.



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The juice of the prickly plant also boasts a host of internal health benefits.

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Eggplant, tomato, and other nightshade vegetables can trigger aches and pains for some people.

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Modern companies are learning what island cultures have known for centuries—the oceans hold an incredible array of skin-saving secrets.

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If your furry friend suffers from vomiting, diarrhea, or other issues, these natural strategies can help.

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Making Sense of Supplements

"You can take out your smart phone right now and access endless amounts of information on nutritional supplements, says supplement expert Tieraona Low Dog, MD, author of *Fortify Your Life: Your Guide to Vitamins, Minerals, and More*. "But the question is: Do you know what to do with that information? Does it leave you feeling overwhelmed and unsure of whether you're getting what your body needs without overdoing it?"

I think a lot of people would answer yes to that second question. The world of dietary supplements is vast and, at times, bewildering. It's hard to know if you're buying the right products for your particular health concerns. Or, you might be taking supplements that you don't need. "I always ask my patients to bring all of their supplements with them to their appointments," says Low Dog. "When I ask why they are taking certain products, many are unable to tell me why. They frequently admit that they're not sure whether a supplement is working for them, or how much they should be taking."

This is one of the reasons Low Dog wrote *Fortify Your Life*—to empower people to take control of their own health and demystify vitamins, minerals, herbs, and other nutrients. It's one of the best books I've seen on the topic. We have an exclusive excerpt of this book on p. 46 in "Your Supplement Questions, Answered," where Low Dog responds to some of the most commonly asked questions about supplements, including how to tell if a supplement is high-quality and how to know which dosage is right for you. Getting educated about supplements is essential to experiencing the full health benefits of them.

To learn more about Tieraona Low Dog, MD, check out drLOWDOG.com. For more supplement tips, including information about the easiest-to-absorb forms of key vitamins and minerals, see "Go Natural in 90" on p. 35.

Nicole
nbrechka@aimmedia.com



You can find the entire Go Natural in 90 series on our website. Two highlights to look for:

Free Recipe E-Book: Summer Eats & Treats
Recipes include Mango Coconut Ice Cream, Bliss Energy Balls, and Cherry Tomato & Orzo with Feta + Homemade Pesto.

Newsletters

These weekly newsletters dive deeper into topics from our Go Natural in 90 series. You can view all of them at betternutrition.com/go-natural.



Web Exclusive Recipe!

Chili & Chocolate-Spiked Cornbread
This sweet and savory cornbread is laced with chili and features Bare Honey's Chocolate Honey Spread and Hot & Spicy Honey.

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3 Hidden Food Sources of Mercury (Besides Fish)

If mercury were listed as an ingredient on a package of food, would you buy it? Probably not, but unless a food is certified organic, you may be doing just that, says Renee Joy Dufault, PhD, a former food investigator for the FDA and author of *Unsafe at Any Meal: What the FDA Does Not Want You to Know About the Foods You Eat* (Square One Publishers).

It turns out that many processed foods contain residues of inorganic mercury. A different form than what's in fish (methyl, or organic, mercury), inorganic mercury is used in manufacturing food ingredients because it extends shelf life. The law doesn't require that it be listed on labels because residues are considered "safe," but research by Dufault and others begs to differ.

Alarming Findings

One of Dufault's studies, published in the journal *Integrative Molecular Medicine*, found that people

who ate more processed food had higher blood levels of mercury and higher levels of blood sugar, which raises risks for diabetes and heart disease. And, she says, "The inorganic mercury in the food supply makes us more susceptible to the adverse effects of organophosphate pesticide exposures, so there's a cascading effect."

How to Avoid Hidden Mercury

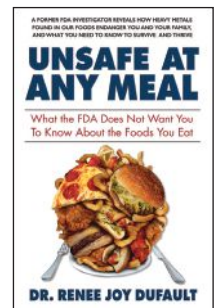
Dufault recommends avoiding all processed food, in supermarkets and restaurants, but at the very least, skipping these common mercury sources:

1. **Corn sweeteners**, including corn syrup and high fructose corn syrup
2. **Sodium benzoate**, a widely used preservative
3. **Artificial food coloring**

PROTECTIVE MINERALS

Studies show that magnesium and selenium protect against damage from mercury and may help to eliminate the metal. Both minerals can be found in many multivitamins, and integrative physicians generally recommend taking extra magnesium.

Fortunately, mercury isn't used in making certified organic ingredients. Go to foodingredient.info to learn more.



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Curry Spice Extract Reverses Bone Loss

Curcumin, the active ingredient in turmeric, the yellow spice used in curry, is known as an anti-inflammatory for pain control and prevention of age-related inflammatory diseases. And now, an Italian study has found that it may also help reverse bone loss. Researchers compared the effects of a curcumin supplement with no supplement in a group of 57 people with osteopenia, the medical term for low bone density. To monitor effects, they tested bone in the heel, a finger, and the upper jaw, and found that daily curcumin supplements increased bone density in all three areas after 12 weeks, without any side effects. The study, published in the *European Review for Medical and Pharmacological Sciences*, used Meriva, a patented form of curcumin found in a variety of supplement brands.



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10 Healthy Reasons TO PLAY TENNIS

A friendly game of tennis isn't just an enjoyable way to spend time with friends and make new acquaintances. Studies show that a weekly or more frequent game delivers significant health benefits, including:

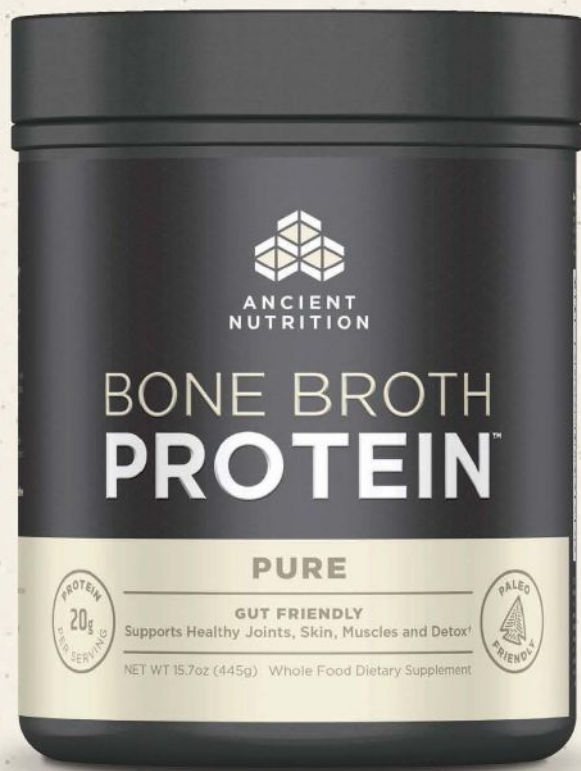
1. A healthier heart
2. Lower body fat
3. Stronger bones
4. Less stress
5. Less anxiety
6. Less depression
7. Better coordination
8. Improved agility
9. Healthier cholesterol
10. Improved brain power

If there's a racket in the back of your closet, maybe it's time to dust it off and start polishing your swing.



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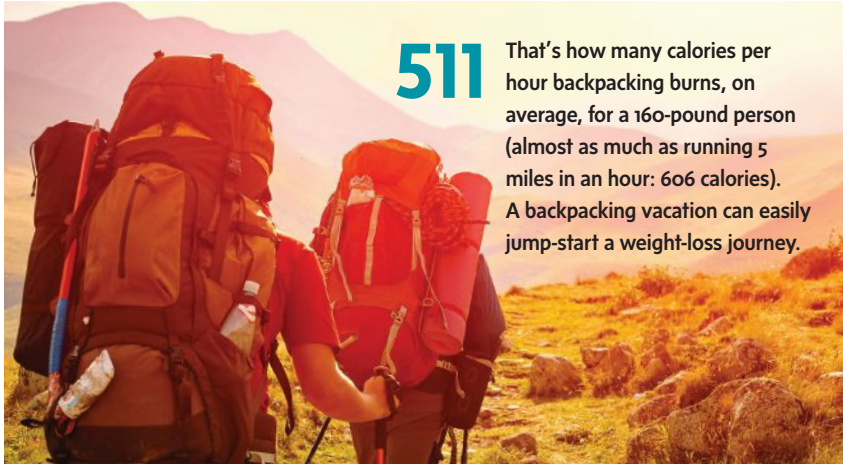
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511

That's how many calories per hour backpacking burns, on average, for a 160-pound person (almost as much as running 5 miles in an hour: 606 calories). A backpacking vacation can easily jump-start a weight-loss journey.

14x

Sales of organic food are growing 14 times as fast as sales of food overall, according to a report by the Organic Trade Association. Still, organic food makes up just 5.3 percent of total U.S. food sales.



ASTAXANTHIN HELPS THE HEART

A study of runners has found that astaxanthin, a nutrient found in microscopic algae, helps the heart to work more efficiently. In particular, researchers in Utah found that at the level of effort common in long-distance runners, the heart beats a little slower than usual, indicating it isn't working as hard to support the effort. In the study, which was published in the journal *Medicine & Science in Sports & Exercise*, runners took 12 mg of astaxanthin daily for 8 weeks. Researchers suggest that the supplement may also be helpful for non-athletes, as a "cardiotonic" for an ailing heart.

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best ways to cook MUSHROOMS

Mushrooms can be a very healthy food. They're an excellent source of plant protein and contain vitamins, minerals, antioxidants, and polyphenols. But the way they're cooked can significantly change their nutritional quality. Spanish researchers tested various cooking methods on four popular types of mushrooms—white button, shiitake, oyster, and king oyster—and found that grilling or microwaving produced the

best results. Both methods increased levels of antioxidants and polyphenols (beneficial plant nutrients), and did not significantly reduce other nutrients. However, frying or boiling greatly reduced protein and antioxidant content. Study results were published in the *International Journal of Food Sciences and Nutrition*.



cardiologists lack NUTRITION KNOWLEDGE

Scientific evidence shows that changes in diet have reduced heart problems by as much as 70 percent. But most patients can't expect dietary help from their cardiologist, according to a study published in the *American Journal of Medicine*. A survey of 930 practicing and in-training cardiologists found that most spend just three minutes discussing nutrition with patients.

"Although cardiovascular guidelines describe nutrition as a foundation of care, neither education nor practice among cardiologists and cardiovascular team members reflect that priority," says lead study author Stephen Devries, MD. Nine out of 10 doctors surveyed received minimal or no nutrition education during their cardiology training.

Cardiologists who personally follow a healthy diet are more likely to counsel their patients on nutrition. But only one in five doctors surveyed ate the recommended daily servings of fruits and vegetables, the study found.



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Focusing on ADHD

Another school year is here, and with it comes a renewed focus on children's and teens' health. One of the most common disorders among school-age kids is ADHD, characterized by inattention, hyperactivity, and impulsivity. A new book, *Finally Focused*, by James Greenblatt, MD (jamesgreenblattmd.com), maps out one of the best natural treatment plans for this common syndrome that we've ever seen. Of particular interest, Greenblatt stresses the importance of magnesium supplements for those with ADHD. Here's an excerpt from his new book:

I've been treating children with ADHD for 30 years—and I can't remember one child with the disorder who didn't benefit from taking a magnesium supplement. Magnesium plays a role in more than 300 enzyme systems, biochemical spark plugs that ignite cellular activity. For example, if magnesium is minimal, so is ATP, the fundamental fuel that powers every cell. Blood sugar isn't correctly regulated, and the immune system is weakened. Most important for your ADHD child, the brain is compromised.

Stimulant drugs like Ritalin and Adderall that are intended to help ADHD might actually be complicating the problem—because they leach magnesium from the body. In my experience, a deficit of nerve-nourishing magnesium is often behind ADHD drug side effects like irritability, agitation, anxiety, insomnia, facial tics, and nail-biting.

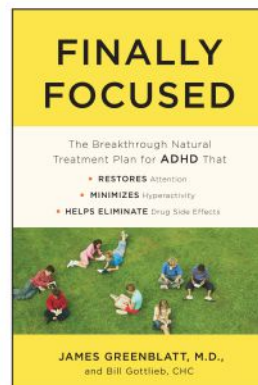
In one study, doctors measured the magnesium levels of 114 children with ADHD and found that 110 of the children—96%—were deficient in magnesium. My clinical experience is similar, with rates at 90%. I recommend every patient with ADHD take a supplement of the mineral.

Signs That Your Child Is Low in Magnesium

- ✱ Poor concentration
- ✱ Irritability and anxiety
- ✱ Depression and apathy
- ✱ Mood swings
- ✱ Fatigue
- ✱ Sleeping problems like insomnia

Magnesium-Rich Foods

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- ✱ Yogurt and kefir
- ✱ Almonds
- ✱ Black beans



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the **Passion**
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Honey-Do!

Bare Honey wants to sweeten daily lives and contribute to environmental awareness /// By Neil Zevnik

Bare Honey came into being on the plains of Minnesota, where farming and husbandry create the core of the community. On offer are several single-source honeys such as lavender and wildflower, infused versions such as bee pollen for allergy sufferers and hot & spicy for the more adventurous, and spreadable treats such as vanilla bean and chocolate honeys.

The Persons

Dustin and Grace Vanasse grew up on family farms in the Midwest, and their love of food and dedication to the environment led them into the kitchen professionally. Dustin traveled the world as a restaurant chef, while Grace was making her mark as a much-lauded baker in Minneapolis and St. Paul. Eventually, two bundles of joy came into their lives, and they found themselves wanting to return to their farming and family roots.

Fortuitously, a friend asked them to tend his beehives for a period of time, and then magic happened. As Grace tells it, "Dustin opened a hive of bees for the first time, and from that very first



"My time with the bees is a Zen-like experience," says Dustin Vanasse, cofounder of Bare Honey, shown here (inset) with his daughter. Above: the happy family on their orchard: Grace, Dustin, and their two children, Isaac and Sage.

moment, he was mesmerized by the soft hum of their wings, and the sweet and waxy scent of the bees themselves."

The Passion

Grace and Dustin's driving purpose was to establish and enhance the family values they grew up with, and to foster community involvement. They derived enormous gratification from seeing their small children enthusiastically offering honey samples at the local farmers market, and they began to participate in fundraisers for schools and community organizations, enabling them to pursue their goal of connecting kids and their families with a sense of where their food comes from.

As they came to know more about the perils, as well as the pleasures, of beekeeping, they found the fight against Colony Collapse Disorder to be a perfect entry point to environmental awareness. As Dustin points out, "Honeybees are a flagship species, the canary in the coal mine, if you will. The issues that have been causing the decline of hon-



eybees since the 1980s are now spilling over into the rest of our environment. All pollinators are being affected by pesticides, raising the alarm for nearly a decade."

In addition to promoting awareness in their product materials and in their interactions with the community, the Vanasses contribute to nonprofits on the frontline of the battle against pollinator decline, such as Pollinator Partnership and Pollinate Minnesota.

And even though their company is expanding to include new employees as demand for their scrumptious honeys grows, the Vanasses are determined to maintain the integrity of their roots. As Grace sees it, "our focus going forward is on simultaneously building an honest, working company and raising a balanced and well-rounded family based on hard work, kindness, and health." For Dustin and Grace Vanasse, it's always about family.



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Visit betternutrition.com for a Chile & Chocolate-Spiked Cornbread recipe, featuring Bare Honey!

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.

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A woman with long, wavy blonde hair is smiling and looking towards the camera. She is wearing a black and white striped shirt and a patterned scarf. The background is a bright, sunny outdoor field with green grass. The word "Fer" is visible in green text on the right side of the image.

Fer

“within days
I noticed an
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-Jessica

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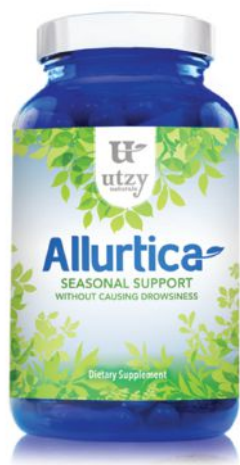


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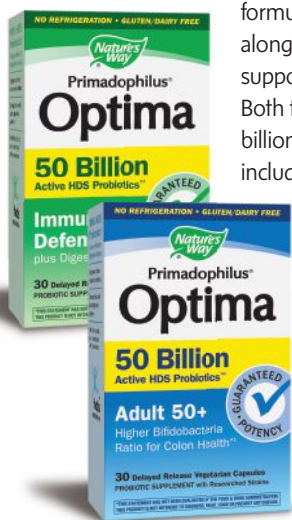
◀ Sneeze Guard

Whether your symptoms manifest as sneezing, congestion, itchy and watery eyes, or all of the above, allergies can be miserable. Taking OTC or prescription drugs just adds to the distress by making you drowsy and groggy—not to mention the possibly dangerous side effects of long-term use. That's why we're loving **Utzy Allurtica**, a smart alternative that helps ease allergy symptoms with a safe blend of ingredients. This genius formula includes a targeted blend of flavonoids, antioxidants, proteolytic enzymes, botanicals such as stinging nettle and rosemary leaf, and anti-inflammatories including quercetin and N-acetyl-L-cysteine. If you want comprehensive and safe support for seasonal challenges caused by common environmental allergens, this is the formula to try.

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There's a difference between probiotic strains derived from humans and those derived from other sources. Two new probiotic formulas understand this: **Nature's Way Primadophilus Optima Adult 50+** and **Optima Immune Defense**. Both contain 100% HDS (Human Digestive Strains) originally isolated from human intestinal microbiota. Primadophilus Optima Adult 50+ supports colon health with a higher ratio of *Bifidobacteria*, as natural levels of this strain tend to decline with age. Primadophilus Optima Immune Defense is

formulated with key HDS along with vitamin C to support immune health. Both formulas contain 50 billion CFUs per capsule, including multiple strains of *Lactobacilli* and *Bifidobacteria*. Veggie caps are delayed-release to provide optimum absorption, and are shelf-stable—no refrigeration required.



▲ Eye Protection for the Digital Age

Laptops, cellphones, e-readers, video games—they all challenge our minds in different ways. But staring at screens for hours can also harm our eyes. **Twinlab's Ocuguard Blueitein** line—Ocuguard Blueitein Protection, Ocuguard Blueitein Chewable Tablets, and Ocuguard Blueitein Performance—addresses these digital-age concerns. Ocuguard Blueitein Protection is an antioxidant carotenoid formula that provides a "nutritional filter" against harmful blue light. Fruit-flavored Ocuguard Blueitein Chewable Tablets are designed to protect young and maturing eyes (which absorb more blue light than mature eyes) and help minimize eye fatigue. Ocuguard Blueitein Performance features nutrients to support faster mental processing and reaction while protecting against eye strain.



▲ Go Coconuts!

Many people are rediscovering the Ayurvedic practice of "oil pulling" (basically, swishing and rinsing the mouth with oil for several minutes). It's known as an effective way to help detoxify the body and care for your teeth and gums. Folks swear this practice whitens teeth too, actually pulling out stains in tooth enamel. Now, you can add the benefits of oil pulling in a way that's more convenient and time-efficient. Enter **Desert Essence Coconut Oil Mouthwash**, **Coconut Oil Dual-Phase Pulling Rinse**, and **Coconut Oil Toothpaste**. Made with organic virgin coconut oil, the products work in concert to clean and brighten your smile. The toothpaste contains zinc citrate, baking soda, and sea salt to reduce plaque build-up, and tea tree oil to defend against sugar acids. The Pulling Rinse includes wintergreen and spearmint oils to freshen breath, and the mouthwash is made without alcohol or sugar.

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Aloe Juice: Here's to Your Health

Long used in beauty and skincare products, and to heal burns and skin problems, aloe juice is now being recognized as a powerful internal remedy // BY VERA TWEED

Aloe gel has been a popular topical remedy for thousands of years, and today aloe juice is gaining popularity around the world. Some claim that it makes skin glow and look younger, perhaps because it's hydrating and contains a variety of vitamins and minerals. And studies show a number of other important benefits.

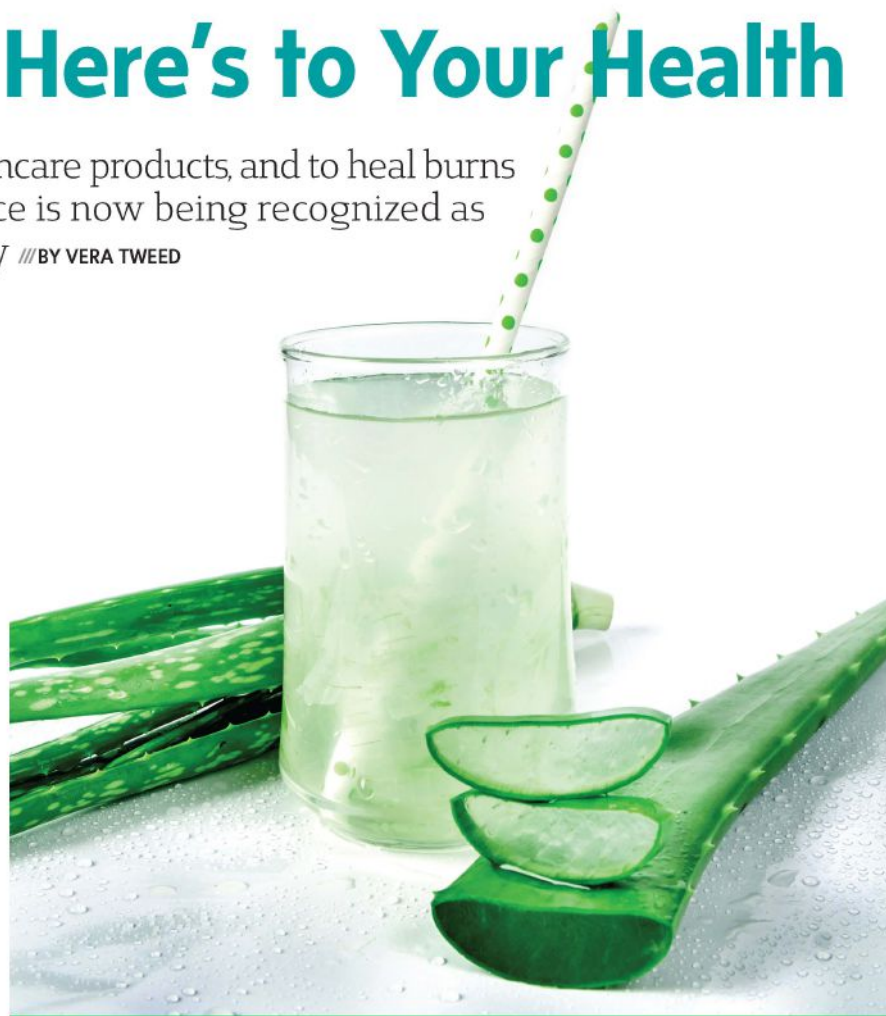
"I use it for ulcerative colitis, for stomach ulcers, and it's good for blood sugar and for high cholesterol," says Matthew Strickland, ND, founder of Southeastern Integrative Health and Wellness in Durham, N.C. (southeasternwellness.com). "It's well studied for type 2 diabetes and has been shown to reduce blood sugar 30 to 40 percent—very significantly," he adds.

Lowering blood sugar can also be beneficial for those without type 2 diabetes. Government surveys show that 86 million Americans have prediabetes, meaning blood sugar that's elevated enough to multiply risk for diabetes and heart disease, but not high enough to be classified as diabetes. Even blood sugar in the upper range of "normal" increases health risks. In fact, high blood sugar speeds up the aging process, so the benefits of aloe juice can have far-reaching consequences.

Two Types of Juice

Aloe leaves have a tough outer coating that protects the gel. Juice can be made from the whole leaf or only from the inner gel, also called the "inner fillet" or "inner leaf." Strickland always recommends the inner-leaf variety, which is the type tested in studies.

Cut open an aloe leaf and in the tough, outer part, you'll see little white beads. Made of latex, they contain toxic chemicals (anthraquinone glycosides) designed to discourage predators from



HOW MUCH ALOE JUICE SHOULD I DRINK?

Choose a juice designed to be taken internally; never ingest topical aloe gel. You can drink aloe juice at any time of day, with or without food, says Strickland. But take it at least an hour apart from medication or other supplements. Aloe juice may bind with drugs or supplements and reduce their absorption.

For type 2 diabetics taking medication, Strickland emphasizes the need to work with a knowledgeable health care provider, as medication dosages will need to be adjusted to avoid dangerously low levels of blood sugar. Studies of diabetics have used 15 ml of aloe juice per day.

For other uses, Strickland recommends:

- * **TO PREVENT HIGH BLOOD SUGAR:** 5–10 ml daily
- * **FOR ULCERATIVE COLITIS:** 50 ml twice a day for two days, and then 100 ml twice daily
- * **TO LOWER CHOLESTEROL:** 10–20 ml daily
- * **FOR STOMACH ULCERS:** individual needs vary

eating the plant. With a strong bitter taste, these chemicals stimulate diarrhea.

Whole-leaf aloe juice is filtered to remove the offending chemicals, but some trace amounts remain and may

cause diarrhea, especially with higher doses of juice. In case you're wondering, the whole-leaf juice is not recommended for constipation, because anthraquinone glycosides may have other, toxic effects.



Allergy Sufferers

"I couldn't be happier"

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GROW YOUR OWN ALOE

Aloe can grow in a pot in your kitchen, in indirect sunlight, or under artificial light. *The Old Farmer's Almanac* recommends deep watering when the top 1–2 inches of soil is dry, making sure water drains well, to avoid rot. When needed, just cut off a leaf and use the gel inside to heal minor burns and skin irritation. Mix it with water or other liquid to make a juice. Keep gel or juice refrigerated. For more tips on growing aloe, visit almanac.com/plant/aloe-vera.



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Aloe Gold Whole
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Nature's Way
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Juice



Study Highlights

* Blood sugar and cholesterol:

More than 10 studies found that aloe juice reduced levels of blood sugar and cholesterol in people with type 2 diabetes. In some, aloe juice was added to diabetes medication, which improved results.

* **Ulcerative colitis:** This disease is debilitating. "For ulcerative colitis, one in three people who took aloe juice for four weeks went into remission," says Strickland. "For those who respond, it's life-changing."

* **Stomach ulcers:** A study that treated stomach ulcers with aloe juice found

that most patients went into remission. Researchers noted: "The gratitude expressed by the patients was in each instance so sincere as to leave little doubt about the reorientation of their previously dismal outlook on life."

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*.



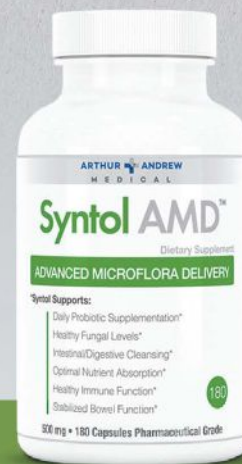
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Emily A. Kane, ND, LAc, has a private naturopathic practice in Juneau, Alaska, where she lives with her husband and daughter. She is the author of two books on natural health, including *Managing Menopause Naturally*. Visit her online at dremilykane.com.

Cooling Foods for Summer

Beat the heat and squelch inflammation within your body by eating more of these anti-inflammatory foods //BY EMILY A. KANE, ND, LAc

Q: Can food choices help reduce inflammation?
—Ryan E., Plantation, Fla.

a: That's an important question this time of year. Many chronic (and acute) diseases manifest with heat: fever, infection, swelling, and inflammation are all signs of excess heat in the body. Dark, concentrated urine is also a sign of heat, and brings me to the first consideration with any "hot" problem. Drink more water. Ideally water, along with herbal teas and kombucha drinks, will be your main beverages. I never recommend alcohol or caffeinated beverages for improving health.

Heat-producing foods, which should always be restricted during hot weather or times of "heat"-type illness, include meats, fatty foods (especially food fried in vegetable oil), alcohol, caffeine, and warming spices such as cayenne, garlic, ginger, and paprika.

Cooling foods, on the other hand, are watery, juicy, not too spicy, and easier to digest. To keep cool, include more of these foods in your diet:

Fruits

Apple, pear, persimmon, cantaloupe, tomato, watermelon, and all citrus fruits

Vegetables

Lettuce, radish, cucumber, celery, asparagus, chard, eggplant, spinach, summer squash, cabbage, bok choy, broccoli, cauliflower, and zucchini

Legumes and Grains

Organic soy milk, soy sprouts, tofu and tempeh, mung beans and their sprouts, alfalfa sprouts, millet, barley, and amaranth

DRINK YOUR SALAD

A simple gazpacho on a summer day is a smart and tasty way to cool off. Just put a variety of fresh veggies, including vine-ripe tomatoes, in the blender with ¼ lime (peel included), mint—my favorite cooling herb—or cilantro, lots of water, and some ice. Then pulverize and enjoy!

Other Cooling Foods

Kelp and all seaweeds, spirulina, barley grass, kudzu, yogurt, crab, clam, peppermint, dandelion greens, honeysuckle flowers, nettles, red clover blossoms, lemon balm, white peppercorn, cilantro, and marjoram

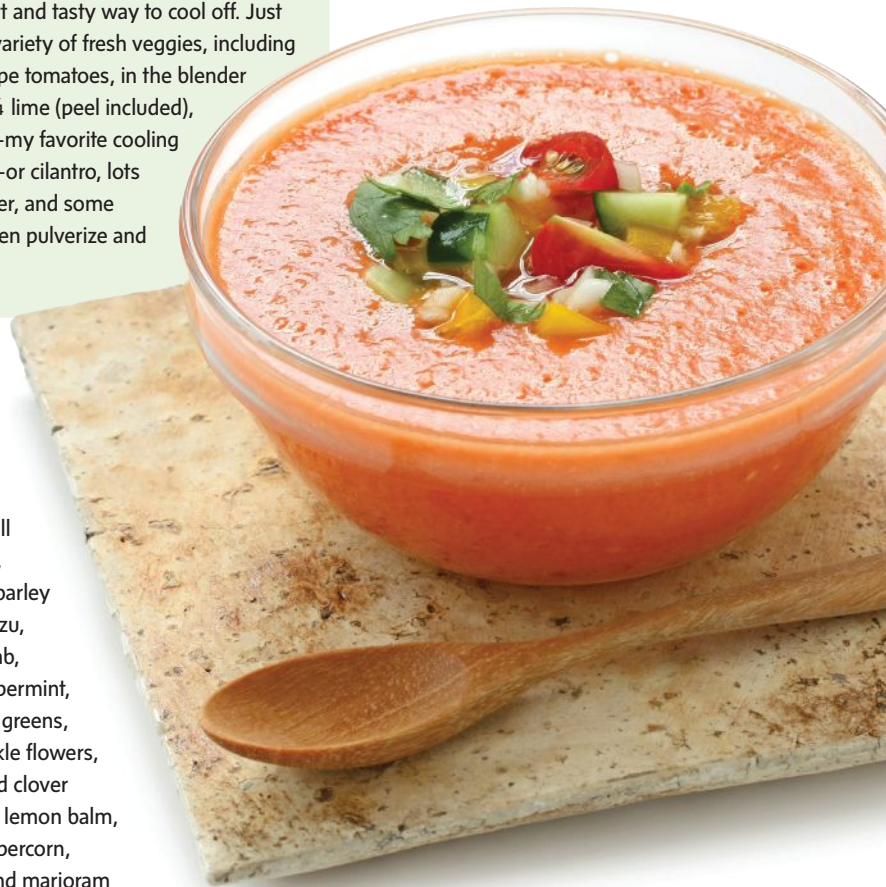
Spirulina is one of the "coldest" foods, and should not be used in cold climates, especially in the interior of a landmass—for example, Fairbanks, Alaska. But spirulina is perfect as a superfood if you live in Hawaii or Los Angeles.

In traditional Chinese medicine, heat is considered a "yang" condition, and can be countered with "yin" remedies—including water.

Instinctively, we are drawn to salads and raw foods in the summer. This is

because eating raw or minimally cooked foods preserves their moisture. Simmer or steam food rather than baking or roasting in the hot months. And hydrate throughout the day, with particular emphasis on drinking water between meals and during exercise. Eating less will also help you stay cooler, since digestion requires a great deal of energy and produces lots of metabolic heat.

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





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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 and againstthegrainnutrition.com.

What You Should Know About Nightshades

Do you really like tomatoes, peppers, eggplant, and potatoes? Find out why some people are shunning these popular foods.

///BY MELISSA DIANE SMITH

Q: I've heard the term "nightshade foods," but I don't know what foods those are. I've also heard that some people avoid them. Why?

—Maria G., Yuma, Ariz.

a: Nightshades are the common name for flowering plants that belong to the botanical family *Solanaceae*, which contains more than 2,000 different species. Many nightshades are poisonous and should never be eaten, including belladonna, also known as deadly nightshade.

Many nightshades, however, are very popular foods—tomatoes, potatoes, eggplant, all types of sweet and hot

peppers, cayenne, chili powder, paprika, pimentos, tomatillos, chilies, goji berries, and ashwagandha (an adaptogenic herb used in Ayurvedic medicine). In fact, in the U.S., we consume almost 230 pounds of nightshades per person per year.

Personal Stories, Limited Research

Though many health professionals encourage people to eat these foods, herbs, and spices for

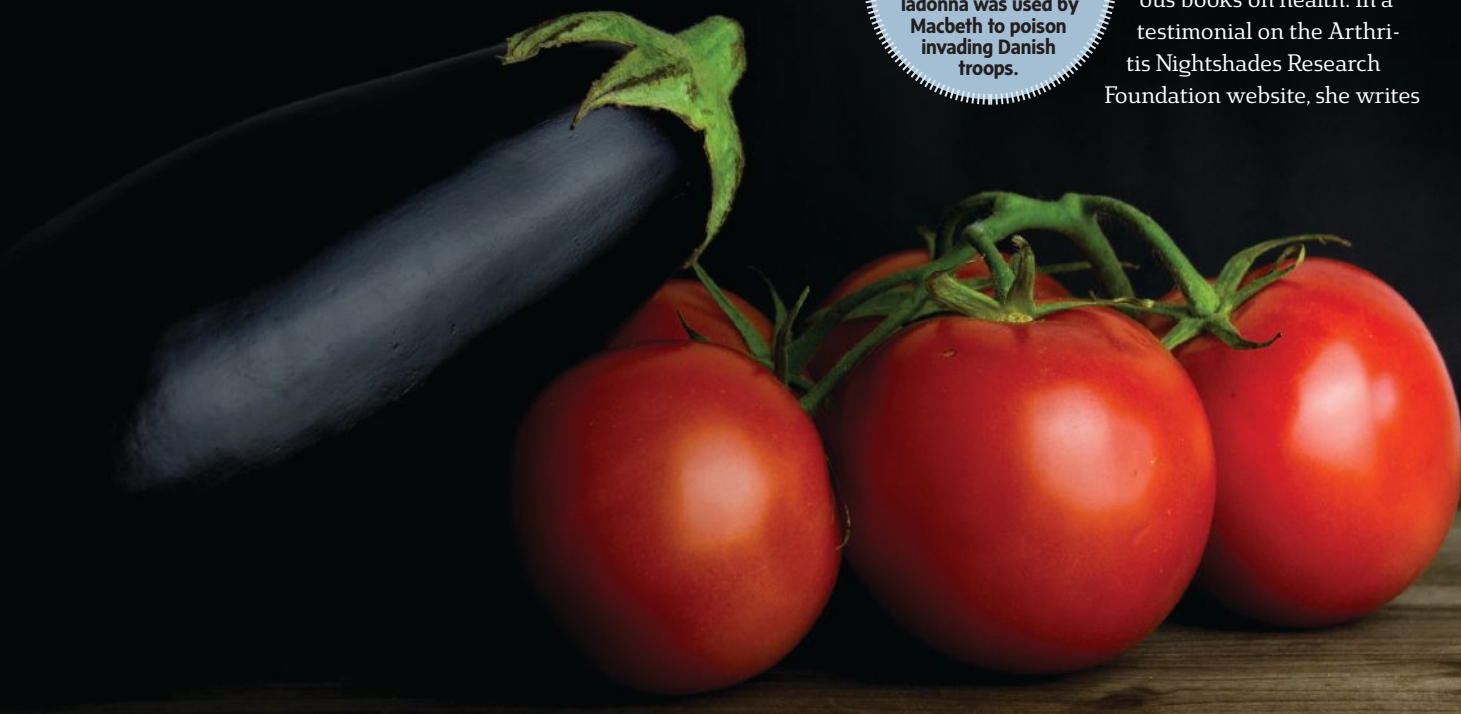
the nutrients they provide, some people strictly avoid nightshades. To be clear, no scientific research in humans has ever looked into the long-term health effects of eating nightshades. But evidence based on personal reports and the experience of nutritionists and integrative health specialists suggest that eating nightshades is connected with arthritis and joint pain, and that eliminating them from the diet is extremely helpful and sometimes a dramatic answer for over-

coming joint pain.

One of those personal stories comes from Sherry A. Rogers, MD, a general practitioner and author of numerous books on health. In a testimonial on the Arthritis Nightshades Research Foundation website, she writes

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that she had such severe incapacitating joint pain from nightshade foods that she could barely walk or use her hands. She tried every known medicine and top specialist, and says she would likely be a drug addict or in a wheelchair by now if she hadn't learned about the tremendous healing power of a nightshade-free diet. "It's right up there with the best ways to heal the impossible," she says.

Others have reported relief from autoimmune diseases allergies, asthma, and heartburn and other digestive issues.

According to Loren Cordain, PhD, author of *The Paleo Diet*, nightshade plants contain toxic substances (such as glycoalkaloids and lectins) that increase intestinal permeability, or "leaky gut." A leaky gut is believed to set off an autoimmune reaction when various proteins (which should stay inside the digestive tract) make their way out into the bloodstream, and the body attacks them in response. In one study, researchers fed potato skins (where most of the glycoalkaloids lurk) to mice with inflammatory bowel disease, and found that gut inflammation was significantly increased.

Unknown Answers


So, should you swear off eating nightshades? No one really knows for sure, as our understanding of this topic is still in its infancy.

Many practitioners who are aware of ill health effects from nightshades say that the foods are a problem only for people who are sensitive or allergic to nightshades. Other practitioners, such as Garrett Smith, ND, from Tucson, Ariz., believe that while individual differences make some people feel worse after eating nightshades than others, toxic substances in nightshades are a problem for everybody over time—and the more nightshades that people eat, the worse their health issues are or will become.

Let's say you have salsa on your eggs at breakfast, an eggplant dish at lunch, pepper strips with a dip for a snack, and a baked potato with dinner. Although many people seem to do fine eating this

NIGHTSHADE SUBSTITUTES

No more mashed potatoes, salsa, or pizza? At first, the thought of avoiding nightshade foods seems impossible—or, at least, inconvenient—but improved health and less pain are powerful motivators to going nightshade-free. Try the following alternatives to five popular nightshade foods.

IN PLACE OF:	TRY:
White Potatoes (in a recipe)	Parsnips or sweet potatoes 
Mashed Potatoes	Mashed cauliflower 
Chili pepper	Wasabi, horseradish, mustard powder, cumin, ginger, or freshly ground black peppercorns 
Salsa	Make a mango-pineapple salsa with red onion, garlic, and cilantro; or make a salsa with blended cooked carrots and beets, onion, and lime juice 
Tomato-based pizza sauce	Basil pesto sauce ; or make a sauce out of cooked mashed carrots, beets, and onions with herbs 

way, doing so could lead to an overload of glycoalkaloids and lectins that might contribute to a variety of health issues over time.

The Six-Week Challenge

If you're curious to find out whether or not nightshades adversely affect you, try taking a complete break from consuming all nightshades in your diet for at least six weeks, and see how you feel. This is particularly advised if you suffer from an autoimmune disease, a chronic inflammatory condition, gastrointestinal problems, arthritis, or any other type of pain.

If you don't seem to have trouble with nightshades, it's still good to err on the side of caution. Make a few of your meals each week nightshade-free, and vary your diet to incorporate other foods.

If you find that nightshades increase your pain or cause other uncomfortable symptoms, fear not: There are tasty ways to avoid common nightshade foods. (See sidebar.) New England Patriots quarterback Tom Brady and his family reportedly steer clear of nightshades. If they can do it, you can do it too.

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

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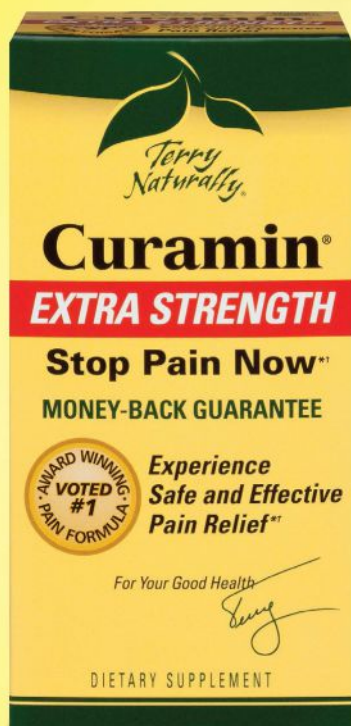
PreCharge™ is LOADED with the best red anti-oxidants you can get; Beet Root extract, UltraVin™ Full-Spectrum Grape extract, Pure Matcha Green Tea, CoQ10 and more! In fact, you would need 11 glasses of red wine to get the same anti-oxidant protection as 1 serving of PreCharge!

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[†]Occasional muscle pain due to exercise or overuse. [‡]SPINScan Other Herbal Formula Subcategory Brand Rank, data ending 4/16/17.

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



GO
NATURAL
IN 90

GO
NATURAL
IN

90
days

As we head into the final weeks of summer, we're wrapping up our three-month-long series with 30 ways to live naturally and boost your health—from simple supplement upgrades to life-changing diet advice. If you missed the first two installments in our June and July issues, visit 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

Veganize Your Eggs

Melissa King, in her book *Easy. Whole. Vegan.* provides three great vegan egg replacements:

Flax egg

1 Tbs. flaxseed meal
3 Tbs. warm water

Whisk together and place in the fridge for 1 minute to thicken.

Chia egg

1 Tbs. chia seeds
¼ cup water

Whisk together and place in the fridge for 1 minute to thicken.

Egg replacer

1½ tsp. Ener-G
Egg Replacer
2 Tbs. water

Stir together and let sit at room temperature for 1 minute to thicken.

Visit
betternutrition.com for
an *Egg-Free
Almond
Pancake*
recipe.

DAY
2

Enhance Your Supplements

Many supplement formulas tout “superior bioavailability” and/or “activated form” on their labels. But what does this mean?

In most cases, these designations signify that the forms of nutrients used in a product are easier to absorb. Certain nutrients, such as minerals, are notoriously hard for the body to break down and utilize. Certain vitamins and minerals can also be harder to digest with age. Thanks to advances in science, supplements are more bioavailable than ever. Here's a quick cheat sheet to use when reading labels:

	Instead of ...	Try ...
Calcium	Calcium carbonate	Calcium citrate
CoQ10	Ubiquinone	Ubiquinol
Folic acid	Folic acid	Folate (5-MTHF)
Iron	Ferrous fumarate and ferrous sulfate	Iron bisglycinate, ferrous bisglycinate, iron glycinate, or food-based iron
Magnesium	Magnesium oxide	Magnesium citrate, glycinate, or bisglycinate
Vitamin B₆	Pyridoxine HCl	P5P
Vitamin B₁₂	Cobalamin	Methylcobalamin

DAY
3

Halt Headaches

Looking for a natural alternative to aspirin or ibuprofen for headaches? Try a botanical blend. Three standout herbs to look for are hops, ginger, and white willow (aspirin is made from this herb). Ginger, in particular, has been shown in several studies to ease migraine pain and prevent future migraines.

DAY
4

Discover Plant Oils for Heart Health

According to a study in the *British Journal of Nutrition*, a diet rich in alpha-linolenic acid (ALA) helps improve vascular function in overweight individuals by decreasing inflammation and improving endothelial function. In a randomized, double-blind trial published in the journal *Hypertension*, researchers found that patients with peripheral artery disease—a form of atherosclerosis where blood flow to the extremities is impeded—who consumed 30 grams of ALA-rich flaxseed oil daily reduced both their systolic and diastolic blood pressure after six months. Adding a daily dose of flax, hemp, chia, and walnut oils to your meals is a smart way to enjoy the benefits.

DAY
5

GO WILD FOR FLAVORED WATERS

Plant waters are squeezed from leaves and plants or tapped from tree trunks. They are packed with electrolytes that can speed up rehydration after exercise, in addition to age-defying nutrients that may even smooth wrinkles. Here are a few flavorful and fun waters to try:



Artichoke water:

This drink is a mixture of whole artichoke, pandanus leaf, and mint sweetened with blue agave and monk fruit. Using the entire artichoke captures the nutrients, including the antioxidants, silymarin and cynarin, which can help liver detoxification, lower cholesterol, and improve skin texture.

Birch water:

Tapped from the birch tree in early spring, this water is usually flavored with ginger, lime, raspberry, and other natural flavors. It contains xylitol, one of the better-digested

sugar alcohols, which helps prevent tooth decay, as well as vitamin C, iron, calcium, magnesium, and potassium.

Cactus water:

Made from prickly pear concentrate, prickly pear extract, water, and flavoring, cactus water helps boost antioxidant levels and may even help reduce some hangover symptoms, according to preliminary research.

Maple water: Pure maple water is tapped from North American maple trees in early spring. It reportedly contains 46 nutrients, including some that improve skin

elasticity and fight wrinkles. It is a good source of antioxidants and has more manganese—a mineral that plays a key role in metabolism—than kale, and less than 5 grams of sugar per 8 ounces.

Watermelon water:

High in beta-carotene and potassium, watermelon water packs concentrated nutrition. It is high in antioxidants such as lycopene, which fights signs of aging, and L-arginine, which helps strengthen hair and boost collagen production in skin.

—Sherrie Strausfogel

Bonus tip!

Get to know the top sources of plant-based omega-3—flaxseeds, perilla seeds, hemp seeds, chia seeds, walnuts, and rice bran oil.



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Scientific
Studies



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DAY
6

Take a Stand

In the era of sitting being viewed as the new smoking, standing desks are gaining popularity. After all, if you stand at your desk for part of the day, wouldn't that make you healthier? Initial studies are too small and short to provide definite proof, but show promise.

A British study of 10 office workers found that with about 3 hours of standing, blood sugar after meals was 43 percent lower, which could, theoretically, help prevent diabetes. Compared to sitting, standing at a desk burned an extra 0.83 calories per minute, which adds up to an extra 25 calories per 30 minutes. But so far, there's no evidence that the difference will result in weight loss.

Another study, at the University of Minnesota in Minneapolis, found that standing for up to half of the work day increased well-being and energy, left people feeling more calm and relaxed, and reduced appetite and food intake among 28 office workers. And at Texas A&M Health Science Center School of Public Health, in College Station, standing improved productivity, especially among those who kept standing during part of each day for more than a month.

bonus tip! For reviews of many different brands and models of standing desks, visit workwhilewalking.com.

DAY
7

Check the Expiration Date

Supplements, like food, don't last forever. That's why it's important to look for expiration dates on all supplement labels. High-quality brands will have an expiration date clearly printed somewhere on the bottle. If there is no expiration date, go with another brand. Maximize the shelf life of your supplements by storing them in a cool, dark place away from direct sunlight. Seal bottles tightly after use. And don't toss the silica packet inside the bottle—it helps keep supplements fresher longer.



Visit betternutrition.com for a **avocado, Sugar Snap Pea, & Blood Orange Salad** recipe.

DAY
8

Lower Cholesterol with Avocados

More over apples! Adding avocado to your daily diet can help improve your cholesterol levels. These were the findings of a study by researchers at Pennsylvania State University. The study, which involved 45 overweight volunteers, found that those eating one avocado each day as part of a heart-healthy diet experienced a drop in LDL cholesterol that was twice that experienced by those eating a low-fat diet.

What's more, a study published in the journal *Food and Function* found that adding half an avocado to a hamburger reduced post-meal inflammation and halted the nearly 23 percent decrease in blood flow found among those eating a plain hamburger sans avocado.

DAY
9

Get Enough D to Prevent Diabetes

Need yet another reason to take supplemental vitamin D? According to a study in *The Journal of Clinical Endocrinology & Metabolism*, low levels of the sunshine vitamin can boost risk of developing type 2 diabetes even more than being overweight. Aim for a daily dose of around 2,000 IU or spend just 15 minutes in the sun (minus the sunscreen) each day to ensure you're getting all the D you need.

DAY
10

Load Up on Vitamin-C-Rich Camu Camu

Camu camu is a small fruit found deep in the Amazonian rainforest. Technically known as *Myrciaria dubia*, it is one of the most concentrated plant-based sources of vitamin C, according to research in the *Journal of Cardiology*. Camu camu is also a powerful anti-inflammatory and antioxidant, and may contain many other naturally occurring vitamins, minerals, and amino acids that contribute to its immune-enhancing capabilities. Look for camu camu as a single supplement or as part of a food-based vitamin C formula.

DAY
11

Sharpen Your Mind with This Spice

Curcumin, the main active ingredient in turmeric, is a potent antioxidant and anti-inflammatory that inhibits formation of beta-amyloid (plaque found in the brains of those with Alzheimer's), and assists in its removal from the body. Research has demonstrated improvements in memory in Alzheimer's patients taking curcumin. Curcumin is available as a supplement, and it never hurts to use turmeric liberally as a spice—in Indian curries, for example. And consider taking it with vitamin D; according to recent studies, vitamin D and curcumin may work synergistically to clear beta-amyloid.

DAY
12

Get Some Enzyme Action

Vegetarian enzymes are useful to maintain proper digestion. They may also allow the body to produce more of its own metabolic enzymes by reducing the need to make digestive enzymes. These can be taken with meals to aid digestion or between meals to fortify the body as a whole.

bonus tip!

Be aware that the animal-derived enzyme **pancreatin** is only active in an alkaline environment (pH of 8.0 or higher).

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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™.*



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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
13

Protect Your Eyes

These days, most of us live on our computers, phones, tablets, and other electronic devices. And this leaves us vulnerable to eye fatigue. Luckily, supplements can help boost eye health. Astaxanthin supports retina health and brain function. Carotenoids, particularly lutein and zeaxanthin, are essential for retinal health. Omega fatty acids can help prevent and treat dry eye syndrome. And blueberries help protect vision from retinal damage.

DAY
14

Get Your Blood Flowing

Maintaining a healthy blood flow is crucial for optimal cardiovascular health. The following supplements can support a healthy circulatory system:

CoQ10:

This nutrient promotes circulation by inhibiting the formation of blood clots and acting as an antioxidant.

Enzymes:

In addition to digestion, enzymes play an important role in circulation. As we age, the body's production of enzymes diminishes, which can impede healthy blood flow. Supplements featuring key enzymes such as protease and nattokinase work by cleansing the blood and reducing inflammation.

Vitamins A, C, & E:

According to research published in the journal *Advances in Clinical and Experimental Medicine*, this trio of antioxidant vitamins may promote healthy blood flow by preventing damage caused by oxidized cholesterol and also by relaxing arteries.

DAY
15

Stop Smoking for Digestive Harmony

Think smoking affects only your cardiovascular and respiratory systems? Think again! Smoking contributes to many common disorders of the digestive system, including heartburn, GERD, peptic ulcers, and some liver diseases. Smoking also increases the risk of Crohn's disease.



DAY
16

Detoxify with Aromatherapy

Incorporating aromatherapy into your detox plan lets you tap into the therapeutic cleansing properties of essential oils, banish bloat, and revitalize your body. Here are some suggestions from Georgia-based aromatherapy expert Cheryl Cromer:

A.M. DETOX BLEND

6 drops peppermint

16 drops juniper

18 drops lemon

P.M. DETOX BLEND

10 drops fennel

18 drops grapefruit

10 drops sage

Note: Use an aromatherapy diffuser for best results.

Do This Every Morning for a Great Day:

Lemon essential oil has a sunny, uplifting scent that is said to clarify thought, according to Ayurvedic principles. Place a single drop in the middle of your forehead to help you start your day with purpose. It gives a new meaning to the words, "Rise and shine!"

DAY
17

Energize with Ribose

"Ribose is what the energy molecules in our bodies are made from," says Jacob Teitelbaum, MD, author of *The Fatigue and Fibromyalgia Solution*. Our bodies make it from food but may fall short, especially when there is extra demand for energy, such as in athletic events or due to fibromyalgia or heart disease. Ribose is available in chewable tablets, capsules, and powders. The powder has a pleasant, slightly sweet taste and mixes easily in water. Take in the morning for best results.

DAY
18

Improve Your Mood

Depression is characterized by a feeling of sadness that does not go away and a loss of interest in life. According to Michael A. Smith, MD, author of *The Supplement Pyramid*, here are the top nutrients for depression:

» **Vitamin D:** "Low levels of vitamin D have been linked to an increased risk of depression in both younger and older adults," says Smith.

» **L-tryptophan and 5-HTP:** These are both precursors to serotonin, increasing its production. "Acute tryptophan depletion can cause depression, and several human clinical studies have found that 5-HTP is as effective for depression as standard antidepressant drugs," says Smith. Take either L-tryptophan or 5-HTP.

» **SAME:** This nutrient influences the metabolism of neurotransmitters such as serotonin and dopamine, explains Smith. "Several well-controlled human studies have shown that SAME alleviates symptoms of depression, yielding better results than a placebo or comparable to standard antidepressant drugs.

Bonus tip! In addition to the remedies above, Smith also suggests trying St. John's wort, inositol, and saffron to ease symptoms of depression.

DAY
19

Use Mushrooms for Immune Health & More

Medicinal mushrooms—including maitake, reishi, cordyceps, lion's mane, and shiitake—have been used for centuries throughout Asia to strengthen

immunity and treat a variety of ills. Modern research shows that these fungal superstars are rich sources of lentinan, which helps fight infection; maitake D-fraction, which stimulates cancer-fighting immune cells; and beta-glucan. For the maximum immune-boosting impact, look for a product that contains a combination of medicinal mushrooms.



Visit betternutrition.com for a Stir-Fried Shiitake Mushrooms with Tofu & Bok Choy recipe.

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1 whole avocado



½ cup organic blueberries

Toppings: chia seeds, strawberry (optional)



1 scoop of Green Vibrance



½ cucumber



BLEND ALL INGREDIENTS. ENJOY!



DAY
20

Revitalize Your Body with Sea Buckthorn

Sea buckthorn is best known as a topical beauty ingredient. But these Tibetan berries offer multiple internal health benefits too. "Because of its high vitamin C content, sea buckthorn has a strong overall toning effect, stimulates the body's defenses against infections, and helps you recover faster during convalescence," say Maria Transito Lopez Luengo and Carlota Manez Ariso, authors of *Medicinal Plants at Home*. They recommend it to prevent the flu and to help treat coughing, colds, and fever. "It also strengthens and aids digestion because it is astringent and antidiarrheal," say Luengo and Ariso. Additionally, sea buckthorn helps lower high cholesterol and prevent cardiovascular disease.

Bonus tip! Apply sea buckthorn oil to your skin to soften, moisturize, and slow the signs of aging. It is good for restoring skin elasticity and smoothness because it stimulates cell regeneration.

DAY
21

Have an Attitude of Gratitude

Need something to be grateful for? Clinical trials suggest that simple gratitude can have dramatic and lasting effects on health and wellness. It can lower blood pressure, improve immune function, and foster better sleep quality. A study by researchers at Universities of Utah and Kentucky found that gratitude can also directly boost your immune system. The investigators observed that stressed-out law students who characterized themselves as optimistic actually had more disease-fighting cells in their bodies than those who succumbed to their stress.

DAY
22

Find Relief from Allergies

Butterbur is one of the best herbs for allergies and coughs related to allergies, say Gustavo Ferrer, MD, and Burke Lennihan, RN, authors of *Cough Cures*. "Butterbur worked as well as Flonase in one study and as well as Allegra in another," say Ferrer and Lennihan. "And if you have a cough that is allergy-related, butterbur is your best bet."



DAY
23

Eat to Beat IBS

Characterized by abdominal pain, bloating, constipation, and/or diarrhea, and the intense urge to have a bowel movement immediately after eating, irritable bowel syndrome (IBS) is a painful and perplexing condition. Diet changes have been shown to help: Start by cutting back on whole grains, coffee, chocolate, and nuts, since these foods can often trigger symptoms. Also: Cook with turmeric or add it to smoothies—this spice helps calm inflammation in the digestive tract.

DAY
24

Be Good to Your Bones

There is plenty you can do to bolster bone health when you're young and slow bone loss in your later years, starting with your diet. Simple food choices that you can make to protect your bones include:

Best & Worst Foods for Strong Bones

Eat these ...

Salmon
Pastured dairy
Dark leafy greens
Eggs
Lean beef
Pumpkin seeds
Walnuts
Black beans

Not these ...

Sodium-rich foods
Hydrogenated oils
Cola-type drinks
Alcoholic beverages
Cured meats
Sugar
Caffeine
Chocolate



DAY
25

Clean Fruits & Veggies with Apple Cider Vinegar

"It's important to wash any pesticides and germs off your produce," says Becky Rapinchuk, author of *The Organically Clean Home* (cleanmama.net). Here's one of her simple recipes for removing residues from products—and it has germ-killing properties too:

½ cup apple cider vinegar
½ cup lemon juice
½ cup water

To make: Add ingredients to a spray bottle and shake to combine.

To use: Spray liberally on fruits and vegetables, then rinse in cold water and prepare as usual.

To store: Store in the refrigerator for up to 1 month.



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**DAY
26**

Keep Elderberry on Hand

Viral infections can be among the most stubborn ailments to treat. Antibiotics are designed to kill bacteria, not viruses. And most over-the-counter remedies offer only symptomatic relief. Elderberry, on the other hand, has proven to be a true superhero in the world of antiviral treatments. Research shows that black elderberry extract possesses potent immune-modulating and antioxidant properties thanks to its high flavonoid content. Studies show that elderberry flushes the virus out of the body by inducing both perspiration and bronchial secretions.

Bonus tip! Use elderberry at the first sign of the flu—a Norwegian study on 60 flu patients found that elderberry extract helped relieve their symptoms four days earlier than their placebo-taking counterparts.

**DAY
27**

Minimize Bathroom Visits

Do you have an overactive bladder? “Schisandra is an excellent natural alternative to bladder control medications,” says herbalist Karta Purkh Singh Khalsa, DN-C, RH. Schisandra is one of the premier astringents in Asian herbalism. Astringents tighten membranes, making it ideal for bladder control. It may also be beneficial for men. A scientific paper in the *Journal of Ethnopharmacology* found that schisandra relaxed prostate tissue, which may benefit urine flow.

**DAY
28**

Protect Your Liver

Many drugs can be harmful to your liver. A particular concern is over-the-counter acetaminophen (Tylenol), and cold and pain remedies that contain this pain reliever. Commonly prescribed medications, including statins, acid blockers, psychiatric drugs, certain antibiotics, and antifungals, are notorious for causing liver problems. To support liver health, add milk thistle extract to your daily supplement regimen. Studies suggest that milk thistle inhibits inflammation, stimulates new liver cell production, and maintains the integrity of liver cell membranes.



**DAY
29**

Satisfy Cravings for Sweets Without Sugar

What are the top natural alternatives to sugar? According to Debbie Adler, author of the new book *Sweet, Savory, & Free*, here are a few of the best natural sweeteners for baking:

Coconut nectar: “This is my go-to sweetener for just about everything sweet in my cookbook,” says Adler.

Erythritol: This is a natural, low-glycemic sugar substitute. It's made from fruits and vegetables and has almost zero calories. It's often combined with xylitol and/or stevia.

Medjool dates: “I chop these into baked goods and also grind them into a date paste for bulk and sweetness,” says Adler.

Stevia powder: Adler recommends using this in small quantities when baking to avoid an aftertaste.

**DAY
30**

Make Your Own Chyawanprash

Chyawanprash, a popular Ayurvedic herb formula, is a rejuvenative tonic that supports strength, immunity, and digestion, says herbalist Rosemary Gladstar, author of *Rosemary Gladstar's Herbal Healing for Men: Remedies & Recipes*. Chyawanprash may also support a healthy libido and sexual stamina. It's a mixture of powdered herbs, honey, and fruit that can be taken daily (1 tsp. two times daily). Here's Gladstar's recipe:

1 oz. ashwagandha powder
1 oz. eleuthero powder
1 oz. maca or astragalus powder
1 oz. rhodiola powder
½ oz. cinnamon powder
¼ oz. ginger powder
⅛ oz. cardamom powder
Honey, preferably raw
Fruit juice concentrate (not juice) or jam
Rose water (optional)

Combine all herbs in a bowl and stir well. Add enough honey and, if you're using them, fruit concentrate and rose water to form a thickish paste. If you use fruit concentrate, store mixture in the refrigerator.



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Endless SUMMER!

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



YOUR SUPPLEMENT QUESTIONS, ANSWERS

INTEGRATIVE
MEDICINE EXPERT
**TIERAONA LOW DOG,
MD,** GETS TO THE
BOTTOM OF YOUR
MOST-ASKED
QUESTIONS

When it comes to taking your vitamins, minerals, fish oils, probiotics, and other supplements, you have questions. Lots of them! What's the best time of day to take them? Can you take them all at once? What's the best place to store them? And the list goes on. We heard you. We turned to Tieraona Low Dog, MD, author of *Fortify Your Life: Your Guide to Vitamins, Minerals, and More*, for answers to some of your most common queries.



Q: How can I make sure that I'm buying a quality supplement?

Dr. Low Dog: Stick with reputable brands manufactured in the U.S. Most of the really disturbing news about "supplements" is not about vitamins, minerals, or common nutritional supplements, which generally contain what they claim on their labels. Steer clear of herbal products coming out of China and India that have been found on numerous occasions to be adulterated with undeclared prescription drugs, as well as high levels of lead, mercury, and/or arsenic.

Also, look for third-party seals such as The United States Pharmacopeia, a scientific nonprofit organization that sets standards for the identity, strength, quality, and purity of dietary supplements manufactured, distributed, and consumed worldwide; NSF International, an independent organization of scientists and public health experts that sets standards for supplements and tests and certifies them; and Consumer Labs, a private company that tests numerous branded products and allows companies that pass its quality tests to use its seal.

Q: How do I know if a manufacturer's claims about a supplement are accurate?

Dr. Low Dog: The Food and Drug Administration (FDA) has strict rules about what companies can say about supplements. Manufacturers can claim that a supplement supports general well-being or the normal structure or function of the human body. For instance, such statements as "Calcium builds strong bones" or "Antioxidants maintain cell integrity" are permitted. However, labels (and advertisements) cannot claim that a supplement treats or cures diseases. So, while there are randomized controlled trials that demonstrate that the herb St. John's wort is effective for the treatment of depression, for example, a manufacturer cannot say this on the label. Instead, the label would have to say something like, "St. John's wort supports a healthy mood."

Q: It seems like recommended supplement dosages range everywhere from minimum daily values to mega-doses. How do I know what's right for me?

Dr. Low Dog: Figuring out how much of a certain supplement you should take is important, regardless of the manufacturer's recommendations. When it comes to vitamins and minerals, we have a pretty good idea about how much is needed to prevent disease. Most of us, however, would

like to do more than just prevent rickets or beriberi; we would like to experience vitality and health. But just as important, you'll want to make sure that you aren't taking too much of any particular ingredient or nutrient. You must take into account your age, gender, diet, and a host of other factors.

The daily value (DV) is a percentage, calculated on the average recommended daily allowance (RDA) for adults. For each nutrient, there is only one DV for every-one 4 years of age or older. That means the DV does not distinguish between the nutritional needs of an 80-year-old man, a 29-year-old woman, or a 6-year-old child. Be aware that your RDA might be higher or lower than the DV. For example, the DV for vitamin D is 400 IU, whereas the RDA for anyone from 12 months to 70 years of age is 600 IU—and 800 IU if you're over the age of 70. All vitamins will list 400 IU as 100 percent of the DV; however, just as an example of how general the DV is, a 75-year-old man would actually need double that amount.

What you won't find on labels is information about the upper limit (UL), which is the tolerable upper intake level for a given nutrient. In other words, the UL is the highest daily intake of a nutrient unlikely to pose a risk of adverse health effects to most people, as determined by the Food and Nutrition Board. The UL represents total intake of a vitamin or mineral from food, beverages, and supplements, and differs for infants, children, teenagers, men, and women of all ages, as well as pregnant and nursing women. For a chart detailing the upper intake levels of vitamins and minerals, visit The National Institutes of Health website (nih.gov), or refer to my book, *Fortify Your Life*.

Q: Supplements come in so many forms—tablets, capsules, softgels, chewables, lozenges, powders, liquids—is there one that's best?

Dr. Low Dog: There are advantages and disadvantages of each.

Tablets: They're cost-effective, shelf-stable, and have longer expiration dates. If you have a healthy digestive tract and aren't taking medications such as proton pump inhibitors (Nexium, Prilosec) that shut off production of stomach acid, your digestive system shouldn't have any problem breaking down a supplement tablet made by a reputable manufacturer. One downside: Tablets can be difficult to swallow, but this can be easily remedied by using a pill slicer to cut your tablets in half.

Capsules: They're easy to swallow and break down quickly. You can also open capsules and put the ingredients into a smoothie, applesauce, or yogurt, making capsules an attractive option for children or those who have difficulty swallowing. Vegetarians/vegans take note: Although most supplement manufacturers use capsules made from vegetable material

(veggie caps), some may contain gelatin derived from animals. Check the labels.

Softgels: These smooth, one-piece capsules are designed to hold liquid or oil-based preparations, such as vitamin E or fish oil. They're easy to swallow and, because they're airtight, offer a long shelf life. Unlike capsules, they're currently made almost exclusively from gelatin from animal sources, so they aren't suitable for vegetarians or vegans.

Chewables: If you like to take your supplements in the form of gummy bears, don't be embarrassed. You aren't the only one! Chewables are one of the fastest-growing and most popular categories of dietary supplements. Most contain some form of sweetener and/or flavoring, which could be either natural or artificial—so read labels closely. And vegans and those sensitive to dairy should be aware that some chewable supplements contain lactic acid, which may have been derived from dairy.

Lozenges: Designed to dissolve slowly in the mouth, lozenges are usually used to soothe a cough or sore throat. Some supplements are available in lozenge form

as an alternative to chewables. Be aware that they may contain some type of sweetener as well as flavorings or colorings. Keep them away from young children who may confuse them with candy.

Chewables are one of the fastest-growing and most popular categories of dietary supplements.

Powders: Powders are useful when you want to use larger amounts of a supplement. For example, the amount of inositol used for anxiety or sleep is typically 6–12 grams, or 2–4 teaspoons. That would be 12–24 capsules per day! Powders can be added to smoothies and food, and have a decent shelf life. But they are less convenient when traveling or on the go.

Liquids: Some liquid vitamins and minerals are available in a sublingual form, drops that are placed under the tongue





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(OMEGA-3)

— *SESAME*
(OMEGA-6)

— *SUNFLOWER*
(OMEGA-6)

— *COCONUT*
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for rapid absorption. A classic example is vitamin B₁₂. Liquids allow a great deal of flexibility when it comes to dosing, and you don't have to worry about absorption issues. However, they have a shorter shelf life and are harder to transport, as many need to be refrigerated after opening.

Topicals: Many creams, lotions, ointments, gels, and liquids contain vitamins, minerals, nutraceuticals, and herbal ingredients. Many people open a vitamin E capsule and apply it to prevent scarring when skin has been injured. Epsom salts can deliver magnesium through the skin and relax sore muscles. Calendula ointment is commonly used for minor cuts and wounds.

Q: Are "whole food" vitamins worth it?

Dr. Low Dog: The terms "whole food" or "food-based" refer to vitamins that have undergone a fermenting process using yeast. These products are made by feeding vitamins (some natural, some synthetic) to yeast in a liquid broth solution. As the yeast grows, it incorporates the vitamins and minerals into its cellular structure.

The yeast is then killed and dried, and the vitamins pressed into capsules, liquids, or powders. The theory is that the nutrients incorporated into the yeast are now in a highly bioavailable form. On labels, you may see ingredients listed as "derived from yeast" or "from *S. cerevisiae*." Are these

ANATOMY OF A DIETARY SUPPLEMENT LABEL


10 Suggested Use: Take one (1) softgel daily with a full glass of water, preferably with food.

11 Caution: If you are pregnant, nursing, taking any medication, or are under 18, consult your doctor before use. Do not exceed the recommended dose.

12 KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF PRINTED SEAL IS BROKEN OR MISSING. STORE IN A COOL, DRY PLACE.

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2

1 Vitamin D3
5000 IU

3 Helps support Bone, Muscle, Immune System, and Nervous System health

4 **300** SOFTGELS

NATURAL DIETARY SUPPLEMENT

13 Supplement Facts

Serving Size: 1 Softgel
Serving Per Container: 300

Amount Per Serving	%Daily Value
Vitamin D3 / 5,000 IU (as cholecalciferol)	1,250%

5 Percent Daily Value (%DV) is based on a 2,000 calorie/day diet

7 Other Ingredients: Extra Virgin Olive Oil, Bovine Gelatin, Vegetable Glycerine, Purified Water

15 NON-GMO

14 GMP

1. Product name
2. Manufacturer's name
3. Manufacturer's claims
4. Method of delivery
5. "Supplement Facts" or ingredients
6. Serving information
7. Units of measurement
8. Percentage Daily Value (DV)
9. Other ingredients
10. Suggested use
11. Cautions and warnings
12. Manufacturer's contact information
13. Lot number
14. Expiration date
15. Quality seals

food-based or bio-transformed products worth the extra price? Many people think so, as this is one of the faster-growing segments in the supplement industry. In fact, I take a multivitamin-mineral product made using this type of process.

In some cases, though, there is no difference between a synthetic and natural vitamin where the body is concerned. This is the case with vitamin C. If your supplement contains more than 100 mg of vitamin C, chances are high you're


getting at least some synthetic vitamin C. However, natural and synthetic ascorbic acid are chemically identical, and there are no known differences in their biological activities or bioavailability.

Q: Should I take all of my supplements at once?

Dr. Low Dog: Some nutrients can enhance or diminish the absorption of other nutrients. Large amounts of calcium (250 mg or more) can impair the absorption of iron, while vitamin C increases it. Interestingly, in the Southwest, people like to eat beans, which are high in iron, with chili peppers, which are packed with vitamin C. This traditional mixture maximizes the absorption of plant-based iron, which is less absorbable than the iron found in meat. Taking large doses of calcium or magnesium (250 mg or more) can compete with the absorption of other minerals, including each other. I generally recommend taking magnesium at bedtime to help with sleep and relaxation. Take your multivitamin-mineral supplement at least two hours apart from your calcium or magnesium.


EDITORS' PICKS: 5 STANDOUT VITAMINS & MINERALS

1




Bluebonnet
Nutrition Liquid
Super Earth
Multinutrient
Formula, No
Iron Added

2



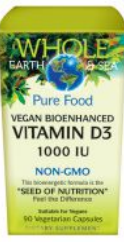
Garden of Life
mykind Organics
Whole Food
Gummies
Women's Multi

3




MegaFood
Bone Health

4



Natural Factors
Whole Earth
& Sea Vegan
Bioenhanced
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TIPS FOR STORING & ORGANIZING SUPPLEMENTS

For the majority of supplements, store in a cool, dry place (such as a kitchen cupboard). And don't throw out the little packet inside—this keeps out moisture and prevents clumping. Some probiotics need to be refrigerated; check labels.

On the other hand, you shouldn't store supplements in the bathroom medicine cabinet, as this is the room that sees the most humidity and changes in temperature, which can damage and/or compromise the potency and efficacy of your supplements.

Don't store fish oil softgels in the refrigerator. This can result in small holes in the softgel coating and cause premature spoilage. The freezer, however, is a good option for fish oil softgels.

Q: When is the best time of day to take supplements? With meals, without? In the morning or at night?

Dr. Low Dog: Most vitamin and mineral supplements are best taken with food to aid their dissolution and absorption. Iron supplements are best taken with food to avoid stomach upset. Multivitamin-mineral supplements and vitamins B-complex, C, and E and can all be taken together at the same meal. I recommend taking them with breakfast.

Take larger amounts of calcium or magnesium several hours apart from other minerals. Calcium carbonate must be taken with food, whereas calcium citrate does not need to be. I recommend the latter. It's best to take fat-soluble vitamins (A, D, E, and K) and fish oil

with a meal containing fat. One study found that taking vitamin D with dinner instead of breakfast increased vitamin D by about 50 percent!

There are a few supplements that should be taken on an empty stomach. Herbal bitters are often taken 20 minutes before a meal to "prime" the digestive tract, revving up the production of stomach acid and alerting the pancreas that food is coming. Enzymes should be taken during or immediately after a meal.

Q: Should people with food allergies be concerned about fillers, binders, and "other ingredients" in supplements?

Dr. Low Dog: Fillers are one area of concern when it comes to allergies. Rice

flour is typically used as a filler because it is hypoallergenic, but cornstarch, lactose, or other potential allergens could also be present. If you have a soy allergy, avoid products that list lecithin on the label. Sometimes a label will list vegetable glaze or vegetable coating, which could be derived from corn—a problem for some people and also possibly genetically modified. Read labels carefully.

Q: What about vegetarians? Are there any common ingredients in supplements that may be derived from animals?

Dr. Low Dog: Gelatin is derived from pig or cattle; if the label lists gelatin, the supplement contains an animal product. Look for vegetarian or vegan capsules if this matters to you. Glycerin is often used as a preservative in liquids and as a softener in softgels, and can be derived from animals or plants. If you're vegetarian, make sure you check the label to ensure it lists vegetable glycerin.

Article adapted with permission from *Fortify Your Life: Your Guide to Vitamins, Minerals, and More* by Tierona Low Dog, MD.

Tieraona Low Dog, MD, is internationally recognized as an expert on dietary supplements, herbal medicine, women's health, and integrative medicine. She has served as an advisor on integrative medicine to both the White House and the National Institutes of Health.

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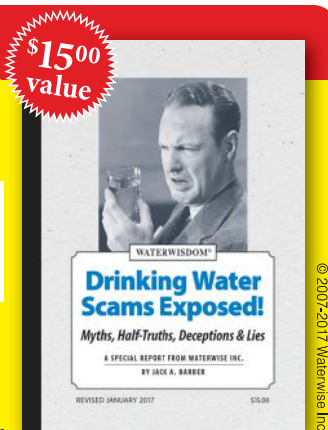
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Secrets of the Sea

The oceans hold many mysteries—including beauty secrets that have been revered for centuries /// BY SHERRIE STRAUSFOGEL

Beauty products infused with elements of the sea have a spa-like quality and boast an abundance of skin-loving nutrients. Here are a few of our favorites:

1 Restore your skin overnight with **One Love Organics Love Springs Eternal Youth Preservation Serum**. This lightweight oil contains blue sea kale, a marine plant that soothes and revitalizes skin, and protein-rich sea algae, which moisturizes and improves skin tone and firmness. Barbary fig plant stem cells and a botanical active extracted from date seeds plump fine lines and wrinkles.

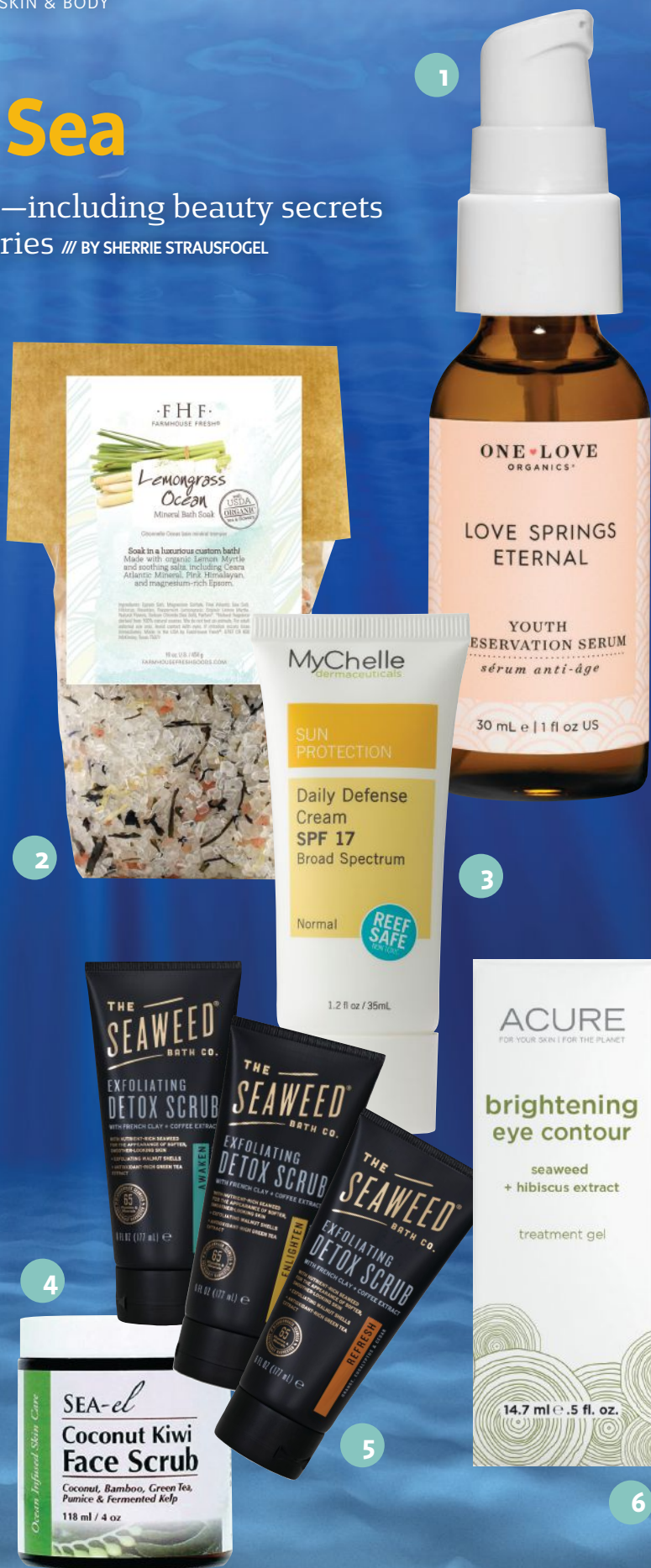
2 Relax and ease sore muscles with **Farmhouse Fresh Lemongrass Ocean Mineral Bath Soak**. Fine Atlantic sea salt and pink Himalayan and Epsom mineral salts are scented with stress-relieving organic green tea, lemon myrtle, rosehips, and hibiscus. The water will feel silky and so will your skin.

3 Repair, nourish, and protect your skin from the sun with **MyChelle's Daily Defense Cream with SPF 17**. This multitasker combines a moisturizer with sun protection. Astaxanthin from volcanic ocean seaweed strengthens and protects skin against free radicals, while beta-glucan from oats hydrates and soothes, and zinc oxide provides broad-spectrum sun protection.

4 The combination of bamboo and pumice gives **Sea-el Coconut Kiwi Face Scrub** its exfoliation power. This spa-like scrub also features a mix of skin-brightening ingredients—fermented kelp, kiwi fruit, coconut oil, green tea powder, and avocado oil. Use it to remove dead skin cells that clog pores and expose new ones for a natural glow.

5 Remove impurities and soften skin with **Seaweed Bath Co. Exfoliating Detox Scrub**. Organic bladderwrack seaweed naturally detoxifies and hydrates. Antioxidant green coffee bean extract helps detoxify. French clay draws impurities from the skin. And walnut shells gently remove dead skin.

6 Tighten and rejuvenate the skin around your eyes with **Acure Brightening Eye Contour**. Seaweed and hibiscus extracts in this lightweight treatment gel intensely hydrate the delicate eye area. Argan extract, witch hazel, and aloe easily absorb to cool and soothe fragile skin.



OCEAN TREASURES: 5 Sea-Inspired Ingredients

Ancient island cultures knew that soaking in the ocean can improve skin irritations, such as dermatitis and eczema, and help relieve aches and pains. Adding sea salt crystals to a relaxing bath is as popular today with spas worldwide as it was in ancient Roman times.

The **minerals** in seawater help strengthen skin, stimulate blood circulation, remove toxins, and regulate fluid retention. Like most vitamins, minerals are not produced by the body and are gradually lost throughout the day. Since your skin is your largest organ, replenishing minerals is critical to the health of your skin and your health in general.

Sea salt is a natural exfoliator, making it an ideal body scrub to slough off dead skin. Mineral-rich sea salt tossed in a bath or used as a scrub has the added benefits of improving skin tone, balancing its pH, and encouraging skin repair and hydration. Sea salt sprays can

also add texture to hair.

Another beauty secret from the oceans is **seaweed**. This marine miracle naturally cleanses and purifies skin, helping soothe irritation and improve elasticity. It also helps reduce signs of aging by toning, smoothing, moisturizing, and stimulating skin cells.

There are more than 20,000 varieties of seaweed, which contain vitamins A, B₁, B₂, C, D, and E, as well as high levels of magnesium and potassium salts. The concentration of trace elements is 10 times greater in seaweed than in soil-grown plants, which is partly due to the abundant mineral content of seawater. Seaweed is a key ingredient in face and body products to manage wrinkles and acne, detox, and moisturize.

Like seaweed, tiny **algae** are packed with vitamins, minerals, antioxidants, and proteins that strengthen and nourish skin. There are

many types of algae, including blue-green spirulina, that balance skin's natural pH, preventing irritation and infection. Algae's high concentration of beta-carotene defends against free radical damage by creating a barrier of natural sun protection. You'll find it in a variety of facial masks, cleansers, and moisturizers.

Harvested from microalgae and responsible for the pink color of salmon, flamingos, shrimp, and lobster, **astaxanthin** is one of nature's most potent antioxidants. It has been found to be 6,000 times more powerful than vitamin C in neutralizing free radicals and 1,000 times more effective than both beta-carotene and lutein in protecting the skin from exposure to UV light. Its powerful anti-inflammatory effects soothe irritation, increase moisture retention and elasticity, shrink wrinkles, and lighten age spots. It's popping up on the ingredient labels of moisturizers and eye creams.

Sherrie Strausfogel is the author of *Hawaii's Spa Experience: Rejuvenating Secrets of the Islands*. Her work has appeared in more than 100 magazines, newspapers, guidebooks, and websites.



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Improve Your Pet's Digestion

If your dog or cat suffers from vomiting, diarrhea, or other digestive problems, the following natural strategies can help //BY JULIA SZABO



healthy tip

Cultivate a container of wheatgrass indoors so pets can help themselves to this natural digestive aid anytime.

Pets can't tell us they're suffering, but the signs of stomach issues are obvious: flatulence, vomiting, diarrhea, and/or constipation. Happily, there are natural remedies that offer relief for pets.

To Eat or Not to Eat?

Stomach upset is a form of inflammation, so an anti-inflammatory, grain-free diet is the first line of defense against indigestion. Make sure fresh, clean water is available at all times to keep your pet hydrated. Don't overfeed your dog or cat, as eating too much food can lead to stomach issues, just as it does in people. If your pet has chronic flatulence, for example, think about what may be causing it. Did you treat your pet to cheese? Many dogs react to these foods the same way lactose-intolerant people do, so eliminating dairy is a good idea.

At the first sign of stomach issues, the best thing to feed a pet is ... nothing. "Don't give your dog or cat food for 12 hours," advises Diane Snyder, DVM, who practices at Reservoir Veterinary Hospital in Shokan, N.Y. "Offer them ice chips to keep them hydrated while they get back to their regular routine. This brief fast allows the digestive tract to calm down." Do let dogs and cats munch on grass; pets who have access to grassy spaces will instinctively graze on the green stuff when they feel queasy. "Animals eat grass to make themselves throw up," Snyder explains. "If your

urban dog or indoor cat doesn't have access to grassy outdoor space, they might start munching

on house plants. It's easy to prevent this by cultivating a container of wheatgrass indoors so pets can help themselves to nature's great green digestive aid anytime, day or night. (For cats, fresh wheatgrass also helps prevent hairballs.)

Safe Veggies

Sweet potato, squash, and pumpkin purée are soothing to dogs suffering digestive upset. The fiber in these veggies is what does the trick, and every dog I've known has loved the taste. (Cats, being highly motivated by protein, are generally not good candidates for this remedy.)

Vegetables that are safe to share with dogs and cats include leafy greens, broccoli, squash, and sweet potatoes, preferably boiled, steamed, roasted, and/or puréed.

Coconut Oil & Probiotics

Coconut oil promotes regularity and digestive health. I recommend that big dogs be given a teaspoon of coconut oil every day, while smaller dogs and cats get a quarter to a half teaspoon daily. It's also great for cleaning pets' teeth and freshening breath.

Probiotics are also excellent for digestion. Look for one that's formulated for

animals. However, if a pet is taking an antibiotic, never give the probiotic at the same time, as they will, in effect, cancel each other out.

Snyder also recommends slippery elm in capsule form (combine the capsule contents with food), and colloidal silver, administered by squirting directly into the mouth. Following package directions, give medium to large dogs half the human dose, and one quarter the human dose for cats or small dogs.

WEB EXCLUSIVE:

More Ways To Improve Your Pet's Digestive Health

Visit betternutrition.com for additional tips on pet digestive problems, including how food-grade diatomaceous earth can help treat diarrhea and why timing is everything for healthy digestion.

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Julia Szabo is a journalist and healthy living advocate whose articles have appeared in The New York Post, Cesar's Way, and on dogster.com and catster.com. She is the author of seven books, most recently Medicine Dog.

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How Sweet It Is

Feast on these nine foods for healthy blood sugar control /// BY LISA TURNER

High blood sugar and insulin resistance are linked with inflammation, heart disease, kidney disease, and diabetes. Protect yourself with these nine blood-sugar-balancing foods:



1 Cinnamon contains compounds that reduce blood sugar and improve insulin sensitivity, and cinnamon may

also lower cholesterol and triglyceride levels—risk factors in diabetes. Don't overdo it: Studies have found results with only 1/4–1/2 teaspoon per day, and cinnamon contains coumarin, which may cause problems at higher doses.

Try this: Stir cinnamon and currants into oatmeal; add a cinnamon stick to your morning coffee; toss steamed sweet potatoes with cinnamon, nutmeg, cloves, and coconut oil.



2 Vinegar contains acetic acid, which improves insulin sensitivity and can lower blood sugar by as much as

20 percent when consumed before or with meals containing carbs.

Try this: Simmer balsamic vinegar until reduced to a thick, syrupy glaze, and drizzle on strawberries; combine apple cider vinegar with honey, lemon juice, and cayenne pepper for a breakfast tonic; whisk together red wine vinegar, shallots, mustard, thyme, and olive oil for an easy vinaigrette.

HONEY-ROASTED PLUM & RASPBERRY CHIA PUDDING

Serves 6

1/2 cup raw cashews
3 large (1/4 lb.) red plums, pitted and quartered
3 Tbs. honey, plus more to taste

1 1/2 cups fresh raspberries, plus more for garnish
2 tsp. vanilla extract
3 Tbs. coconut butter
6 Tbs. chia seeds

1. Soak cashews in large bowl of cold water, 2–4 hours. Drain, rinse, and drain again. Preheat oven to 400°F. Arrange plum quarters in single layer in baking dish, drizzle with honey, and roast 20 minutes, or until soft and juicy. Set aside and allow to cool.
2. Blend raspberries, vanilla, and 1 1/2 cups water in blender until smooth. Transfer to strainer, and strain out raspberry seeds.
3. Add plums and coconut butter to blender along with strained raspberry mixture and drained cashews, and blend until completely smooth. Transfer to bowl, and whisk in chia seeds. Refrigerate 2–3 hours, or until chilled. Serve garnished with raspberries.

Per serving: 220 cal; 5g prot; 12g total fat (5g sat fat); 25g carb; 0mg chol; 5mg sod; 7g fiber; 15g sugars

Did You Know?

Studies show that eating as little as 1/4 tsp. of cinnamon per day can improve insulin sensitivity and may also lower cholesterol.





3 Broccoli sprouts

are high in a compound called sulforaphane that can improve insulin resistance and

protect against diabetes. Broccoli sprouts also help lower LDL cholesterol, triglyceride levels, and inflammation in people with diabetes. You can find broccoli sprouts in most natural food stores, or look for broccoli sprout powder.

Try this: Combine broccoli sprouts, grated carrot, and thinly sliced red onion in a pita; toss broccoli sprouts with shredded spinach, grated beets, and avocado, and drizzle with olive oil and vinegar; add broccoli sprout powder to pasta sauce.



4 Flax and chia

are high in insoluble fibers that control the rate at which sugar is released into the bloodstream, and

eating ground flax can decrease blood sugar levels by as much as 20 percent. Flax must be ground to be fully digested; buy whole flax and grind it yourself in a spice mill or coffee grinder for maximum freshness (chia seeds don't need to be ground).

Try this: Combine chia seeds, coconut milk, and raspberries, and let stand till thick for a creamy pudding-like treat (or try recipe, left); toss cooked broccoli florets with lightly ground flax, chopped pecans, and olive oil.



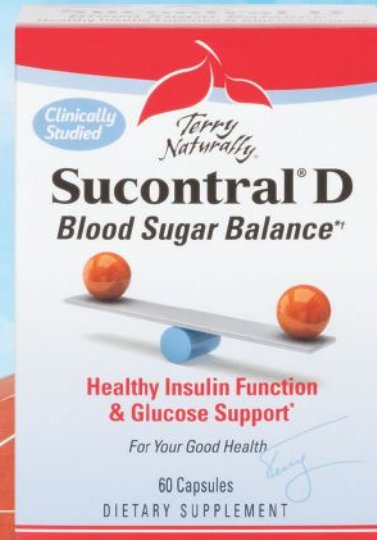
5 Pistachios,

like other tree nuts, improve glycemic control and reduce insulin levels, and may also lower

blood pressure, inflammation, and heart disease risk in people with diabetes.

Try this: Toss toasted pistachios with blackberries, mangos, and arugula for a fresh and fruity salad; combine pistachios, basil, mint, olive oil, and garlic in a food processor, and process into pesto; add pistachios and minced red and yellow bell peppers to cooked quinoa.

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INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.



6 Kale, spinach, chard, and other leafy greens are high in

antioxidants and magnesium, and eating one and a half extra servings a day can reduce the risk of diabetes by as much as 14 percent.

Try this: Sauté chard and spinach with garlic and olive oil, then purée with coconut milk for a creamy soup; finely chop kale, olives, and tomatoes, and use as an omelet filling; shred collards into long, thin strips, sauté till tender, then toss with cooked pasta and cheese.



7 Garlic and onions contain sulfur compounds that lower

blood sugar and reduce the risk of diabetes. Garlic can also lower blood pressure, LDL cholesterol, and triglycerides in people with diabetes.

Try this: Cut the top off of whole heads of garlic, drizzle with oil, and roast until soft; mash minced garlic, minced parsley, and coarse salt into a paste, and use it as a pungent condiment for bread or vegetables.



8 Lentils are loaded with fiber and protein, which digest slowly and

help balance blood sugar, and frequent consumption of lentils protects against diabetes. Other legumes have also been shown to improve glycemic control and reduce heart disease risk in people with diabetes.

Try this: Cook red lentils and onions in coconut milk and red curry paste, then stir in frozen peas; toss chickpeas, shredded spinach, cherry tomatoes, kalamata olives, and feta cheese with olive oil.



9 Red grapes contain resveratrol, quercetin, and other

compounds that reduce blood sugar, and higher consumption of red grapes is linked with a reduced risk of diabetes.

Try this: Toss red grapes, arugula, walnuts, and golden beets with a sweet balsamic vinaigrette; roast grapes with rosemary sprigs and serve on goat cheese crostini; combine chopped grapes with minced green jalapeños, minced red peppers, minced onions, and lime juice for a zesty salsa.

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

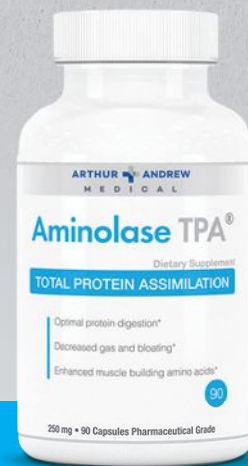


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[^]Based on enhanced absorption of CuraMed curcumin versus equivalent weight capsule of unstandardized turmeric containing 2% curcumin.

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Delightful Dreamsicles

These creamy treats are made with an exotic blend of cinnamon, ginger, orange juice, and coconut milk

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

I'm dating myself badly here, but I remember the Good Humor Man. He'd drive his white truck through the neighborhood, ringing those signature bells, and kids would run out to get an ice cream fix. Which to me meant just one thing—Creamsicles!

It would just be amazing, I said to Chef Jeannette one day, if you could come up with a healthy version of a Creamsicle! Or at least a "less bad" version of the original.

No problemo, she replied, and within a week or two sent me this terrific recipe, which more than fits the bill. Not convinced? The original Creamsicle contains a dozen or so ingredients, including maltodextrin, maltitol syrup, glycerin, citric acid, guar gum, locust bean gum, and aspartame. Chef Jeannette's version has orange juice, honey, and ginger. Get my point?

So while these Moroccan Dreamsicles aren't technically "fast food" (they do need a bit of freezer time), they really come together in flash. And if you threw in a scoop of vanilla protein powder they'd make an instant mini-meal, perfect for August when you want protein but need something cooling. Plus, they're low in sugar—especially for something that would normally come from the ice cream truck! —Dr. Jonny

FEATURED NUTRIENT: Ginger

Many people are already aware of ginger's awesome ability to soothe an upset stomach and end nausea. By stimulating saliva, it may also aid digestion. And ginger ale has long been a favorite for upset stomach for a very good reason: It works. In one study, ginger performed better than Dramamine in warding off seasickness. And its active ingredient gingerol—which is responsible for the herb's pungent taste—is listed in the USDA database of phytochemicals as an antiemetic, meaning it has the property of preventing nausea and vomiting.

Research also shows that gingerol is a powerful antioxidant and anti-inflammatory. In one study of 247 people with osteoarthritis of the knee, people taking ginger extract experienced less pain overall and required less pain medication.

Two grams of ginger powder daily will also lower blood sugar. A 2015 study found that diabetics taking 2 grams of ginger powder daily lowered their fasting blood sugar by 12 percent over the course of three months.

If you take blood-thinning medication (such as Coumadin), check with your health practitioner before taking ginger supplements, since ginger also tends to have a blood-thinning effect.



MOROCCAN DREAMSICLES

Makes 6 pops

- 1 13.5 oz. can high-quality coconut milk (full-fat)
- 1½ Tbs. ginger juice
- 1 Tbs. organic frozen orange juice concentrate
- 1 Tbs. raw local honey
- 2 tsp. alcohol-free vanilla (or 1 tsp. vanilla extract)
- 2 tsp. zippy cinnamon, such as Saigon or Tung Hing
- Orange blossom water, to taste (optional)
- Salt to taste
- Zest and fruit from 1 large sweet naval orange

1. Combine ingredients from coconut milk through salt in high-speed blender, and blend until smooth. Break orange into quarters, add to mix, and blend briefly to break up, leaving some orange pieces intact.
2. Divide mixture evenly among 6 4-oz. ice pop molds with sticks, and freeze 4–5 hours, until solid.
3. To remove frozen pop, run hot water over outside until loosened from plastic sleeve, and gently slide out.

Per serving: 160 cal; 2g prot; 14g total fat (12g sat fat); 11g carb; 0mg chol; 10mg sod; 1g fiber; 6g sugars



NOTES FROM THE CLEAN FOOD COACH

These ice pops are a fun twist on the Moroccan dessert of sliced oranges with cinnamon and orange blossom water—a perfect meal finisher on a hot August evening. To make ginger juice, grate a small handful of the fresh root (no need to peel it), and squeeze the gratings with a clean hand to extract the juice.

Product Spotlights



Ellyndale Naturals Q Cups
Eating healthy while on the go just got easier and more flavorful! Q Cups combine organic quinoa with delicious natural flavors for a savory snack that's ready in just 5 minutes! In Savory Garlic & Mushroom, Southwestern Barbecue, and Organic Quinoa flavors.



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Fall asleep faster and stay asleep longer with Natrol Melatonin, the No. 1 melatonin brand. Natrol Melatonin is 100 percent drug-free and non-habit-forming, so you always wake up feeling rested, refreshed, and ready for whatever back-to-school chaos comes your way.



Natural Factors Probiotics
Natural Factors is excited to introduce three new shelf-stable probiotics! CalmBiotic is specially designed to help alleviate stress and promote a healthy mood. Travel-friendly TravelBiotic provides 10 billion CFUs of *Bifidobacterium longum* BB536, one of the world's most researched and effective probiotic strains. ReliefBiotic targets issues related to bowel health.



Utzy Allurtica

Allurtica is a targeted blend of flavonoids, antioxidants, amino acids, and botanicals designed to provide comprehensive support for seasonal challenges. It's now available in health food stores across the United States. If you don't see it, ask your favorite store to stock Utzy.



Reserveage Nutrition Beauty R&R

Support collagen production and skin renewal while you sleep with Beauty R&R. This innovative formula first calms a restless mind and regulates sleep rhythms with a soothing blend of melatonin, L-theanine, herbs, and magnesium. Collagen and hyaluronic acid work to enhance moisture and promote collagen formation.



Waterwise 4000 Purifier

This purifier economically and consistently provides up to 6 gallons a day of fresh, 100 percent steam-distilled water for office, home, or travel. This appliance effectively removes 99 percent of impurities, and it's guaranteed to deliver consistent water purity over time.

Are You Dehydrated?

We can't live without water. It's essential for controlling body temperature, eliminating waste, flushing out toxins, protecting organs, lubricating tissues and joints, delivering oxygen and nutrients to cells, and making minerals and other nutrients absorbable. But are you getting enough? Take our quiz to find out. //BY VERA TWEED



HELPFUL APPS

To track water intake and get reminders to drink, try an app.

* **WATERLOGGED FOR IPHONES:**

waterlogged.com

* **HYDRO COACH FOR ANDROID:**

hydrocoach.com

1. Water makes up how much of the human body's weight?

- a) About one-quarter
- b) About one-third
- c) About half
- d) More than half

2. Scientific evidence shows that adults should always drink eight glasses of water each day.

- a) True
- b) False

3. Which of these is never a symptom of dehydration?

- a) Dizziness
- b) Fatigue
- c) Headache
- d) Confusion
- e) Dry mouth
- f) Low blood pressure
- g) High blood pressure
- h) Muscle cramps
- i) These can all be symptoms of dehydration

4. Any drink that contains caffeine will have a dehydrating effect.

- a) True
- b) False

5. You can never drink too much water.

- a) True
- b) False

6. Many solid foods, especially fruits and vegetables, provide water. On average, what portion of our daily water intake comes from food?

- a) 50%
- b) 40%
- c) 30%
- d) 20%
- e) 10%

7. The best way to tell if you're dehydrated is by:

- a) Thirst
- b) A dry mouth
- c) The color of your urine

8. Which of these has the highest water content?

- a) Cantaloupe
- b) Watermelon
- c) Tomatoes
- d) Radishes
- e) Cucumber
- f) Grapefruit

a

ANSWERS

1. d) By weight, water makes up about 60 percent of the human body.

2. b) There's no hard evidence that we need eight (8 oz.) glasses of water daily, but most people need approximately this amount of fluid of all types, including water, illness, exercise, hot, humid, or dry weather, being pregnant or breastfeeding, and high altitudes can all increase the need for fluids.

3. i) All can be symptoms of dehydration, although not every one of these is always a sign of dehydration.

4. b) Caffeinated drinks can help you stay hydrated, but it's best to limit daily caffeine to 200–300 mg, or 2–4 (8 oz.) cups of coffee.

5. b) In extreme, rare cases, drinking enormous amounts of water can dilute sodium levels to dangerously low levels. Known as hyponatremia, the condition is most likely to affect endurance athletes such as marathon runners. It can also be triggered by medications or medical conditions. Sports drinks with sodium can help prevent the problem among athletes.

6. d) About 20 percent of our daily water comes from food.

7. c) Dehydration can occur without thirst or a dry mouth. Urine color is a more reliable indicator: colorless or light yellow indicates good hydration, whereas darker urine is a sign of dehydration.

8. e) All of these fruits and vegetables are made up of more than 90 percent water, but cucumber contains the most.



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