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OCTOBER 2017 | betternutrition.com

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ORANGE VEGGIES!**

10 THINGS
YOU
NEED TO
KNOW ABOUT
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& FLU**

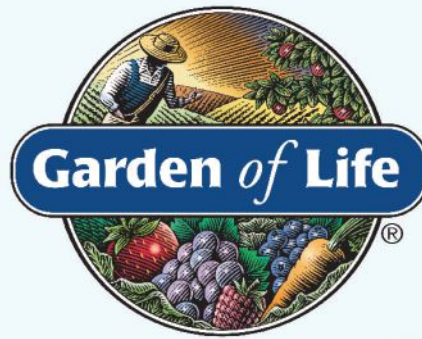
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HERB**
for Stress

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**ALTERNATIVES
TO PRESCRIPTION
SLEEPING PILLS**

**Paleo
Basics**
Mashed
Cauliflower
or Potatoes?
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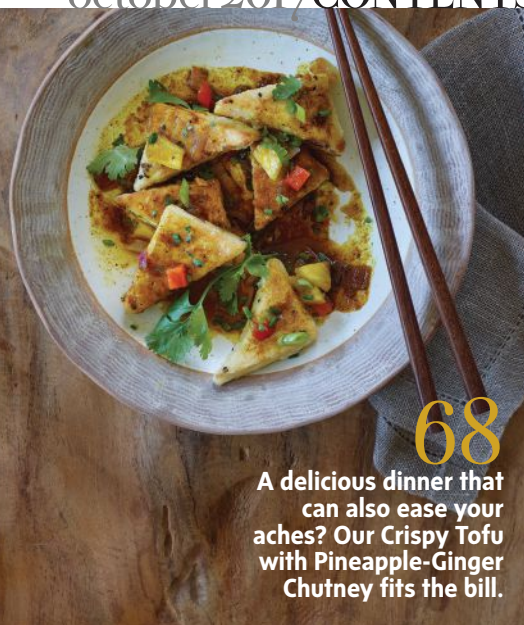
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A delicious dinner that can also ease your aches? Our Crispy Tofu with Pineapple-Ginger Chutney fits the bill.

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52 7 Supplements for Better Sleep

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68 EATING 4 HEALTH 10 Foods to Tame Your Pain

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80 QUIZ WHIZ Joint Health

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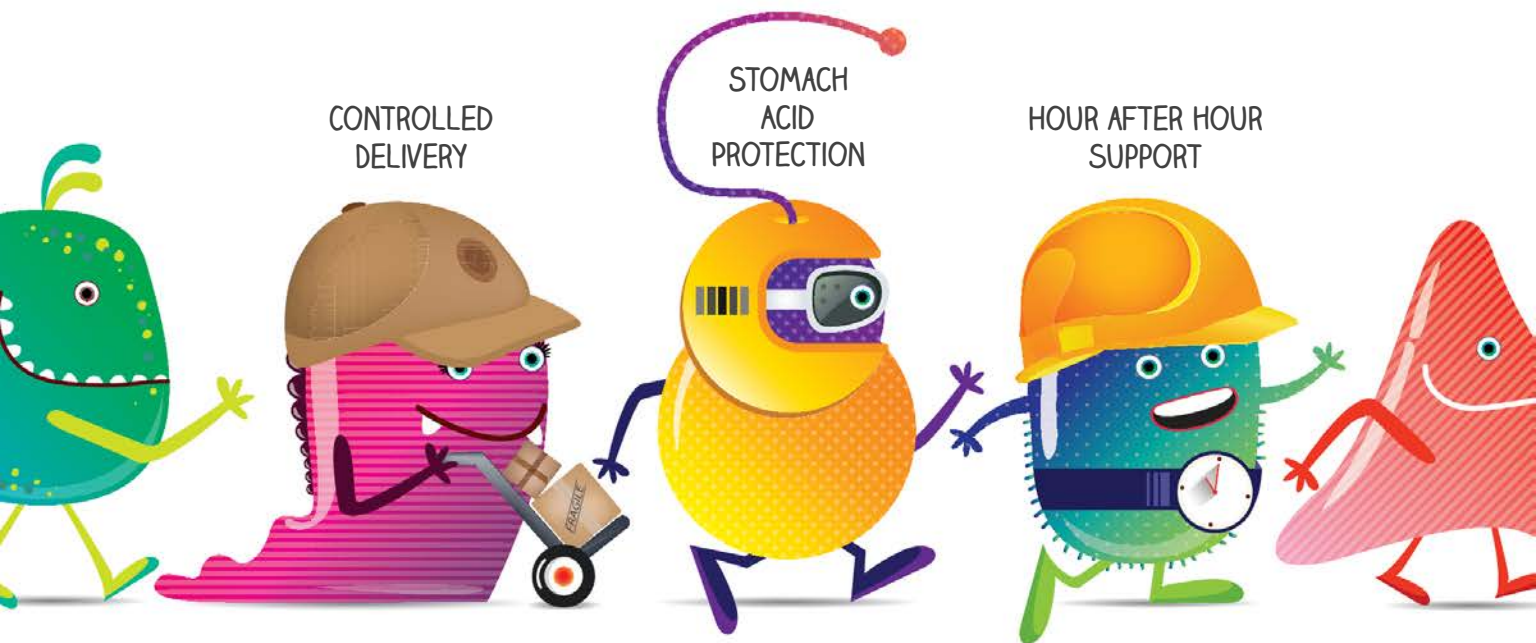


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Sleep & Your Health

How often do you hear people say, "I didn't sleep well last night." Or, "I'm so tired! I stayed up too late last night." All the time, right? We all have occasional sleepless nights for one reason or another, but chronic sleep deprivation is a real problem for many people—and it can have dire health consequences.

"Long-term poor sleep is like bad cosmetic surgery: risky, costly, and not pretty," says W. Chris Winter, MD, a sleep expert, neurologist, and author of the new book *The Sleep Solution: Why Your Sleep Is Broken and How to Fix It*. "When it comes to the connection between sleep and the many other things going on in our bodies, there is almost no disease or organ system in which you cannot find some kind of relationship."

An ongoing lack of adequate sleep is particularly damaging to heart and circulatory health, says Winter. "Poor sleep quality has been shown in zillions of studies to increase risk for heart attack, elevated blood pressure, heart failure, and stroke," he says. Brain health, obesity, mood, detoxification, immunity, and even cancer also are all connected to how well you sleep.

"While there is evidence that poor sleep quality may be linked to a variety of cancers (prostate, oral, nasal, and colorectal, as well as primary nervous system cancer), it is the emerging link between poor sleep and breast cancer that seems to be strongest," says Winter. Previous research has shown that shift work increases the odds of developing breast cancer. And according to Winter, there is evidence that insufficient sleep before a diagnosis of breast cancer may predict the treatment outcome.

If you struggle with sleep issues, they can be fixed, says Winter. Get a copy of his book to discover what's really going on with your sleep (or lack of it) and what you can do about it. And for natural help falling and staying asleep, see "7 Supplements for Better Sleep" on p. 52. These remedies are safe, natural alternatives to prescription sleeping pills.

To learn more about Winter, visit his website at cvilleuroandsleep.com. You can also find him on Twitter @SportSleepDoc.

Nicole
nbrechka@aimmedia.com



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

Contributing Designer Rachel Pilivinsky

Contributing Writers Jeannette Bessinger, CHHC, Jonny Bowden, PhD, CNS, Kat James, Emily A. Kane, ND, LAC, Melissa Diane Smith, Julia Szabo, Lisa Turner, W. Chris Winter, Neil Zevnik

Production Director Cynthia Lyons
Production Manager Mark Stokes

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

Vice President, General Manager Kim Paulsen
kpaulsen@aimmedia.com

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

Associate Publisher Bernadette Higgins
561-362-3955
bhiggins@aimmedia.com

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

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

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

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

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

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

Marketing Designer Judith Nesnadny
jnesnadny@aimmedia.com

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



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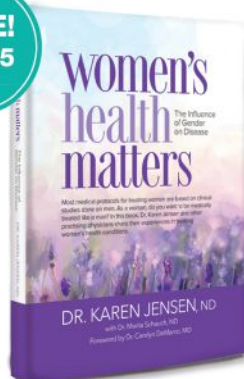
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The Hidden Story of Tasteless Chicken

Call them nuggets, dunkers, chips, or strips, those small pieces of chicken are smothered in batter, deep-fried, and made to be dipped. Why so much camouflage? Peel off the crispy coating, skip the dip, and the naked chicken is pretty flavor-free—and it isn't an accident.

Back in the late 1940s, the country's largest supermarket chain worked with the USDA and sponsored "Chicken of Tomorrow," a contest among farmers to breed the fastest-growing, biggest chickens. By the 1950s, industrial production was up and running, and today's broiler chickens typically have a lifespan of about 40 days, instead of 16 weeks, and grow to about double the weight of their 1950s forebears.

"Their skeletal and circulatory systems simply can't support the muscle mass," says Jesse Solomon, founder of Emmer & Co., which produces pasture-raised, slow-growing chickens. These and other slow-growth varieties have longer, stronger legs, smaller breasts, and are friskier and leaner than today's industrial birds, which have joint and other problems and can't move around much.

The Slow-Growth Trend

Although the slow-growth movement is still mostly in its infancy, this is the next frontier of healthier, more humanely raised, more flavorful chicken. Emmer is among a small group of pioneering farms, but some of the largest chicken producers are working out ways to go slow-growth, and there's rising demand among restaurants and stores.

If healthy, flavorful birds appeal to you, look for heirloom or heritage varieties. Or simply ask for slow-growth chicken. To learn more, visit Emmer & Co. (emmerandco.com) or The Livestock Conservancy (livestockconservancy.org).

did you know?

Over three dozen breeds of chickens are in danger of extinction, according to the non-profit Livestock Conservancy.



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Are You a Foodie?

Once upon a time, being a “foodie” meant having gourmet tastes for rich, exotic food and wine, but things are changing, according to the latest Food and Health Survey by the International Food Information Council Foundation. To see if you’re one of today’s “new” foodies, ask yourself:

- * Is the quality of your food more important than convenience and cost?
- * Do you avoid artificial ingredients and additives?
- * Do you look for food that is minimally processed, or not processed at all?
- * Do you know which foods are healthy for you?

If you mostly answered “yes,” you’re in!

3
YEARS

More than half of vegans and vegetarians in the U.S. decided to change their eating habits within the last 3 years, according to an online survey of 584 people by ReportLinker. For 7 in 10, health was the motivating reason, but 1 in 5 switched because of environmental concerns.

fiery pepper extract BOOSTS METABOLISM

Resting energy expenditure—the energy it takes simply to keep our bodies alive—burns up to 60 percent of our total daily calories. A hot pepper extract, called Capsimax, can increase that rate enough to burn as many as 116 extra calories daily, according to a study of 40 healthy women and men, published in the journal *Obesity Open Access*. Without any other changes in diet or activity, burning those extra calories would theoretically produce nearly one pound of fat loss per month. Capsimax contains a patented form of capsaicinoids, considered to be the key metabolism-boosting component of hot peppers, and is an ingredient in numerous brands of supplements. The study used a dose of 100 mg of Capsimax daily.





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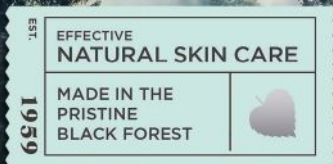


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Burnt Out? Try Rhodiola

It's easy to get burnt out with work and family demands, but rhodiola can bring relief, according to an Austrian study published in the journal *Neuropsychiatric Disease and Treatment*. An adaptogenic herb, rhodiola helps reduce the effects of stress on the human body. People in the study took 200 mg of a proprietary rhodiola extract, WS 1375, once before breakfast and again before dinner, and most began to experience improvement within a week, including less exhaustion or fatigue, and an improved outlook and mood.



Best Form of Vitamin B₆

Vitamin B₆ is essential for more than 100 different enzyme functions in the human body, but not all types of B₆ in supplements work in the same way. Pyridoxine, a common form added to foods and supplements, is an inactive form that must be converted in our bodies to an active form, pyridoxal-5-phosphate (P5P), but that process can backfire. Scientists in the Netherlands have discovered that taking inactive pyridoxine can inhibit the active form and induce deficiency symptoms, which can include nerve and skin problems, cracks around the mouth, confusion, depression, and a weakened immune system. The P5P form is available in many supplements, including some multivitamins.



STAY SMART WITH YOUR SMARTPHONE

Next time you need to concentrate on a task, try leaving your smartphone in another room. That's the takeaway from a study of nearly 800 smartphone users at The University of Texas at Austin, which found that when they're nearby, smartphones cause "brain drain," making us less able to focus and efficiently perform mental tasks. Those in the study took computer tests, which required full concentration, with their smartphones either within easy reach, or in another room. Even though the phones were all set to silent or turned off, having them on the desk (worst) or in a pocket or bag (next worst) resulted in lower scores than when the phones were in another room. "It's not that participants were distracted because they were getting notifications on their phones," said researcher Adrian Ward, PhD. "The mere presence of their smartphone was enough to reduce their cognitive capacity."

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77%

That's the percentage of American adults who drink coffee, according to the KRC Pulse Poll, an online survey of 1,000 people. However, only 29 percent say they are happier after their first morning cuppa. Boomers are the most likely generation to view morning coffee as a sacred ritual.



food preservative promotes overeating

A popular food preservative in mass-market cereals and other packaged foods, BHT (short for butylhydroxytoluene) stimulates overeating, according to research at Cedars-Sinai Medical Center in Los Angeles. PFOA (perfluorooctanoic acid), found in some nonstick cookware, carpeting, and cleaning products, and TBT (tributyltin) in paints, which can end up in water and seafood, had a similar effect. "We discovered that each of these chemicals damaged hormones that communicate between the gut and the brain," said researcher Dhruv Sareen, PhD. The toxins shut off signals that indicate we've eaten enough, resulting in overeating and weight gain. Among the three chemicals tested, BHT was the worst offender.

a 2-minute fitness trick

"Sitting is the new smoking." We've been hearing that for a while now, but what's the solution? Researchers in New Zealand have found that taking a 2-minute break, to walk around or do other movement, every half-hour, reverses much of the damage caused by prolonged sitting. But they still recommend walking a half-hour on most days, or other additional exercise.

COLD WEATHER WARNING

Cold weather forces us to shut windows and doors, reducing ventilation and making it especially important to keep toxins out. Cleaning products, air fresheners, scented candles, and hair sprays can all contribute to indoor pollution. To find nontoxic options, check out the Environmental Working Group's guidelines at ewg.org.



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recent study correlates multi-strain probiotics with blood sugar benefit

In her new book, *The Probiotic Cure*, nutritionist, Martie Whittekin cites a recent review of 12 studies that found multi-strain probiotic supplements may help with blood sugar and other issues related to diabetes. The review, published in the *European Journal of Nutrition*, investigated the effects of multi-strain probiotics on glycemic control and other related outcomes in people with type 2 diabetes. Multi-strain probiotics were found to improve HbA1c and fasting insulin (key measurements of glycemic control) in people with type 2 diabetes.

A pioneering technique for cultivation of multi-strain probiotics was the life's work of the late Dr. Iichiro Ohhira, an award-winning and internationally renowned microbiologist. His studies led him to refine a natural temperature fermentation method that permitted multi-strain probiotics to be cultivated



together, building synergy and strength of the strains. In 1991, The Japanese Dairy Science Association honored Dr. Ohhira for his paper describing a special strain of lactic acid bacteria, *E. faecalis* TH10. This strain was determined to be 6.25 times stronger than any other strain of lactic acid bacteria known to bacteriologists, and is found only in the multi-strain product bearing Dr. Ohhira's name. —Kat James

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Fish Oils	Essential fatty acids (EFAs) from fish and other sources help prevent dry skin and premature aging. They work by helping cells stay fluid and flexible, allowing nutrients to enter the cells and wastes to exit them. EFA metabolites "waterproof" the skin, creating a barrier against the elements. Fish oils help inhibit inflammation and the overproduction of sebum, which can reduce acne breakouts.	 Carlson Labs Super Omega-3 Gems
Vitamin C	Vitamin C plays a critical role in the body's production of collagen, the most abundant protein in the body. Inadequate intake of vitamin C can cause dry, lackluster skin. Vitamin C helps cells produce collagen fibers that firm skin, and it fights free radicals that age skin.	 LivOn Laboratories Lypo-Spheric Vitamin C
Ceramides	Several studies show taking ceramide supplements can increase ceramide concentrations in the skin, enhance moisture retention, and significantly reduce dryness and flaking. In one study, women who took ceramides for three months showed a significant increase in skin hydration. You'll find ceramides in capsules.	 NeoCell Glow Matrix Advanced Skin Hydrator

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Fruitful Endeavor

When Harvard medical student Annie Ryu discovered jackfruit on a trip to India, it changed the course of her life //By Neil Zevnik

Imagine that you've arrived in India for the first time, and you're surrounded by a swirling maelstrom of people, vegetation, and erratic vehicles of all sorts. On the ground in front of you lies a three-foot-long, 80-pound, prickly green monstrosity that resembles a giant porcupine. Upon further inspection, it turns out to be a jackfruit—the largest tree fruit in the world.

Related to figs and mulberries, jackfruits can reach four feet in length and 80 pounds in weight, and are borne on sturdy trees that can reach 50 feet in height. It grows with minimal husbandry in tropical climates, and produces substantial crops for many years. Harvested young, the fruit provides a savory substitute for meat, offering generous helpings of protein, fiber, potassium, and vitamin B. Harvested when ripe, it becomes a sweet treat, with a taste reminiscent of banana, mango, and pineapple combined.

Thought to have originated in India, the jackfruit has been cultivated for more than 6,000 years. But in the past half-century it has fallen into disfavor as a "poor man's fruit." Fortunately that perception is changing, and jackfruit is being hailed as a possible savior for the future food supply in the face of global warming.

The Person

When Harvard Medical School student Annie Ryu traveled to India on summer break with her brother, developing an environmentally forward food chain company wasn't on her radar. But after attending a jackfruit festival, she became intrigued, and began to investigate this versatile fruit. She discovered that it was ubiquitous but wholly underutilized, that a single tree can yield up to three tons of fruit, and that 70 percent of all jackfruit in India was going to waste for lack of supply chains.

So she left her Fulbright Scholarship and Harvard behind, and embarked upon an entirely new adventure. She was determined to "create a pathway to turn jackfruit into income for farming families, while positively impacting the environment and human health."

The Passion

For Ryu, the first taste of jackfruit was only the beginning of a series of revelations and learning experiences. It was disturbing to her that something so delicious and so easy to grow, with such explosive nutritional and environmental potential, was literally falling by the wayside. Somebody needed to step up.

So she did. In pursuing this goal, she focused on what was, to her, the most important aspect, jackfruit's "transformative potential—for farming families (livelihoods), for consumers

(delicious and satisfying nutrition), and for our planet (sustainability)." Thus was born The Jackfruit Company.

The fact that jackfruit could be a seriously viable meat substitute was primary to Ryu's vision. Not only could it provide affordable sustenance to populations in developing countries, but it could help offset the contributions to global warming made by the meat industry worldwide.

And though she occasionally casts a longing glance back at her medical aspirations, Ryu is firm in her commitment. "This might sound trite, but the whole process of founding and building this company has confirmed my belief that what it takes to change the world is a whole lot of focus, work, and grit. It's not magic, it doesn't take special powers—it takes what you can harness within yourself."

A powerful lesson, for sure.

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.



Annie Ryu, founder of The Jackfruit Company, believes jackfruit (shown here) has transformative potential for people and the planet.

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Ashwagandha

Prized for its ability to balance the body's reaction to stress, this adaptogenic herb from India has countless health benefits ///BY VERA TWEED

If someone told you that one herb could reduce stress and anxiety, increase energy, improve sleep, quell food cravings, and help you have a better workout and better sex, would it seem too good to be true? Ashwagandha, a star in India's ancient ayurvedic system of healing, delivers all these benefits and more.

In Sanskrit, its name literally means "smell of a horse," because of the root's odor. But taking ashwagandha won't make you smell bad. Its classic action is that of an adaptogen, meaning it balances the way your body reacts to stress, calming or rejuvenating as needed. And the effects can be far-reaching.

One case history, published in a British medical journal, described a woman whose hair loss was dramatically reduced after she took ashwagandha for a couple months. It also improved a combination of her underlying health conditions, including disturbances in thyroid, cortisol, insulin, and other hormones. While the herb isn't usually viewed as a hair-loss remedy, this lady's experience

illustrates how restoring balance can have surprising side benefits.

At Michigan State University in East Lansing, a patented extract from ashwagandha seeds is showing promise for Alzheimer's disease by protecting brain cells from a rogue protein. The compound, says its developer Muraleedharan Nair, PhD, "may work to prevent Alzheimer's disease at the onset, and it also could prevent its progression." So far, the seed extract has not been tested in humans and is not available in products.

Traditional Use

Ashwagandha's history traces back about 6,000 years, with a wide range of applications. Overall, it has been viewed as a tonic that promotes a youthful physical and mental state in adults, while helping children grow strong. Through the ages, it has been used for:

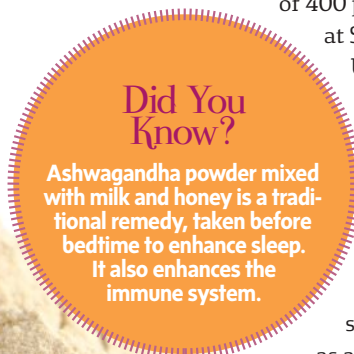
- * Resilience to stress
- * Sexual health
- * Resistance to disease
- * Pain relief
- * Relief from rheumatism
- * Better sleep

- * Relief from constipation
- * Relief from goiter
- * Nervous system problems
- * Nervous breakdown
- * Colic
- * Hemorrhoids
- * Snake bites and scorpion stings
- * Skin ulcers, boils, and swellings (in a topical paste)

Modern Science

During the past 50 years, more than 900 scientific articles have been published about ashwagandha, including chemical analyses of its constituents, case histories, and studies of its effects on cell cultures, animals, and people. It calms the central nervous system, reduces inflammation, and has killed cancer cells in lab studies, but its anti-cancer effects have not been proven in humans.

A review of studies following a total of 400 people, by researchers at SUNY Upstate Medical University in Syracuse, N.Y., and the Yale School of Public Health in New Haven, Conn., found that various ashwagandha extracts were effective for relieving anxiety and stress, sometimes as well as anti-anxiety medications, but without harmful drug side effects. Other human trials have used patented ashwagandha extracts, most notably KSM-66 and Sensoril, which can be found as ingredients in many different brands of supplements. These studies have found numerous bonus benefits, in addition to the adaptogenic action of the herb.





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Types and Bonus Benefits

Supplements may contain different forms of ashwagandha, including:

KSM-66: Human studies have found that this patented extract of ashwagandha root is effective for reducing anxiety and stress, improving sperm count and sexual health in men, improving sexual health in women, enhancing heart function and endurance during exercise, improving strength in weight training, improving memory, and helping to manage weight by reducing stress-related food cravings. Take 300 mg, twice daily.

Sensoril: A patented extract of ashwagandha root and leaves, Sensoril has been shown in studies to reduce stress (125 or 250

mg twice daily), relieve knee pain from osteoarthritis (125 or 250 mg, twice daily), relieve pain in general (1,000 mg, once daily), improve memory and mental function in people with bipolar disorder (250 mg, twice daily), improve reaction time, memory, and mental function in healthy people (500 mg, twice daily), reduce the negative effects of stress on the heart (500 mg, twice daily), and improve the health of blood vessels and reduce chronic inflammation in people with type 2 diabetes (250 or 500 mg, twice daily).

Other extracts: Many ashwagandha extracts are “standardized,” meaning they have been formulated to contain a specific percentage of key active ingredients found in the plant, most often withanolides.



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Suggested doses vary, depending upon the formulation. Follow label directions.

Ashwagandha is available in pills, powders, and liquids. It should not be taken by pregnant women because of its spasmolytic activity on the uterus.

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.

Potent Pigments

What you need to know about carotenoids //BY EMILY A. KANE, ND, LAC



Q: I hear the word 'carotenoids' a lot in conjunction with healthy eating. What are they exactly? What's the best way to make sure I'm getting enough? —Stuart S., Austin, Texas

a: Carotenoids are the most abundant naturally occurring pigments in nature, found in many colorful foods. Plants have the incredible capacity to turn sunlight into sugar (biochemical energy), but this process generates a great deal of free radicals. Carotenoids are not only critical for the process of photosynthesis, but also for helping mitigate free-radical damage.

One carotenoid, carotene, turns into vitamin A, a pro-hormone, when split in two. Supplementing with carotenes (beta-carotene is the most important) has never been shown to cause harm, but too much vitamin A can be dangerous in pregnancy. Women who could become pregnant should avoid doses

higher than 5,000 IUs daily. Otherwise, higher doses under a physician's supervision can help a wide range of health problems, including infertility, bumpy skin, irritable mucous membranes, and various vision and viral problems.

Pro-vitamin A carotenes abound in yellow-orange veggies (carrots, sweet potatoes, yams, and squash) and dark leafy greens (collards, spinach, and kale). The yellow color is covered up by chlorophyll in green leafy plants.

Vitamin A itself is found only in animal foods, especially liver and egg yolks, and this is the only type of vitamin A (called retinol) that your body can use directly. Carotenoids must be converted by the body to vitamin A, and this requires healthy digestive function, including good blood sugar regulation. Diabetics

have difficulty forming vitamin A from carotenoids, as do alcoholics and people with pancreatic, gallbladder, or liver diseases.

Healthy folks, on the other hand, should have no problem converting carotenoids from a plant-based diet to vitamin A.

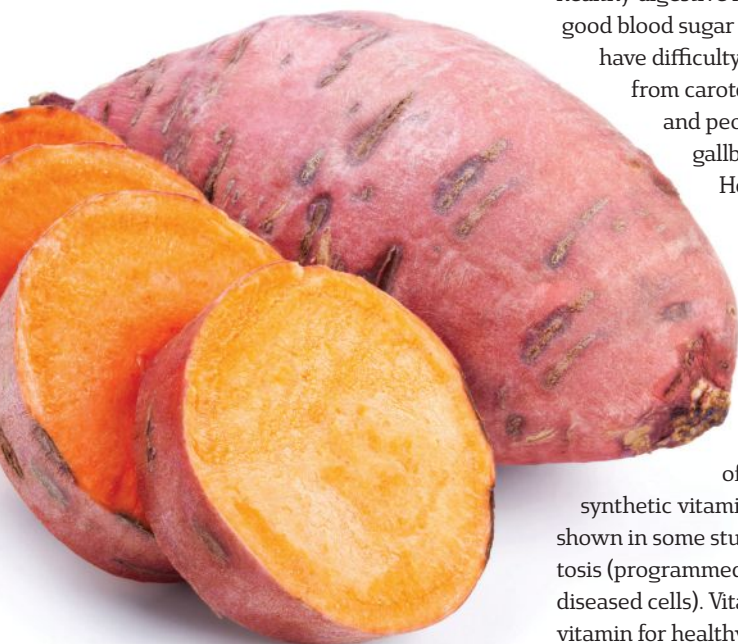
It's always better to supplement with natural food sources of carotenes and avoid synthetic vitamin A, which has been shown in some studies to reduce apoptosis (programmed cell death of old or diseased cells). Vitamin A is an important vitamin for healthy vision, immune system

function, and cell growth. It works synergistically with a number of other vitamins and minerals, including vitamins D, K₂, and zinc, and magnesium, without which it cannot perform its functions, including:

Vision—Prolonged vitamin A deficiency can cause night blindness. Total blindness from vitamin A deficiency is rare in the U.S., but it's the most common cause of blindness in Asia. Lack of vitamin A also causes dry eyes due to loss of moisture-producing cells (goblet cells) and a buildup of keratin, which is similar to vitamin A deficiency skin problems. Applying drops of vitamin A directly to the eyes at bedtime can reverse these cellular changes.

Fertility—Vitamin A and carotenoids are well known for helping vision, but they're also key for overall cell development (especially mucosal cells), and are critical for reproduction. Sometimes an infertile but otherwise healthy woman simply needs a high-carotenoid diet for three months to promote conception. Otherwise, vitamin A supplementation can be done under the supervision of your healthcare provider.

The female human egg has the highest concentration of beta carotene of any organ measured. Ovulation (an egg being released from one of the ovaries monthly) stimulates the production of progesterone, a necessary hormone for sustaining a pregnancy. An egg that doesn't "drop" creates an ovarian cyst. Both ovarian and breast cysts can be



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Did You Know?

Dark greens are packed with carotenes, but their chlorophyll masks the yellow-orange color.

effectively treated with vitamin A and a diet high in carotenoids.

Immune Support—Beta carotene and vitamin A are key for immune support, especially against viral illnesses, including hepatitis, measles, chicken pox, AIDS, Epstein Barr, and HSV (which causes cold sores and herpes outbreaks). Vitamin A deficiency may increase susceptibility to these illnesses (often acquired in childhood), but the illnesses also deplete vitamin A, creating a vicious cycle of illness that can be reversed.

A diet rich in natural orange and yellow pigments enhances thymus gland function and increases interferon's stimulatory effect on the immune system. Interferon is a naturally produced substance that has been mimicked in the pharmaceutical world to make antiviral medicines. The thymus gland is responsible for maturing "B" cells (made in bone marrow) into more highly specialized white blood cells—the "T" cells that gobble up foreign or diseased material in our blood and tissues.

Mental Health & Longevity

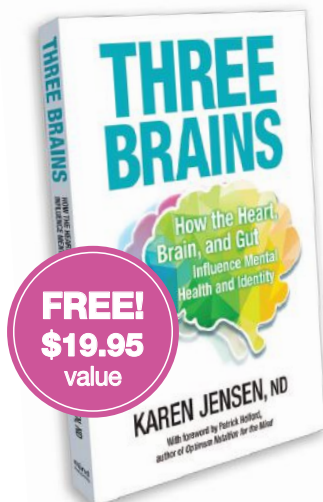
Because antioxidant flavonoids, which are part of carotenoid chemistry, help improve blood flow in the brain, there is preliminary evidence that a high carotenoid diet may enhance cognitive

function. The onset of certain chronic neurodegenerative diseases, including age-related dementia and Alzheimer's disease, may be delayed when long-term intake of flavonoids has been strong. Tissue carotenoid content has been shown to be a significant factor in determining healthy longevity (MLSP, or maximal lifespan potential) in mammals. Human MLSP of approximately 90 years correlates with a serum carotene level of 50–300 mcg/dL, while other primates, such as the rhesus monkey, have a MLSP of about 34 years, correlating with a serum carotene level of 6–12 mcg/dL.

Skin Health—Prolonged vitamin A deficiency can cause hyperkeratosis (skin bumps, often on the backs of the upper arms). The most successful acne treatment involves various doses of a vitamin A analogue (retinoic acid) applied topically. Retinoic acid is a prescription item in the U.S., but taking vitamin A supplements (up to 10,000 IUs daily) will also enhance healthy skin turn over.

The bottom line? Eat colorful fruits and veggies every day, especially the yellow, orange, and dark green ones. You'll boost your carotenoid intake, and live a longer, healthier life.

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Natural Eye Creams

Suffering from dry eye? Conventional beauty products may be the culprit. Try these natural alternatives—they're gentle on your eyes and can help minimize wrinkles and puffiness at the same time // BY SHERRIE STRAUSSFOGEL

The ingredients in conventional eye creams may be the cause of your red, irritated, itchy, or dry eyes. Preservatives are the worse offenders. Formaldehyde—even in very small concentrations—can cause redness and itching. Parabens (methylparaben, ethylparaben, propylparaben, and butylparaben) can clog the oil glands that line the eyelid.

"Parabens, which have a weak estrogenic effect, can weaken the function of the meibomian oil glands," explains John Olkowski, MD, a corneal, cataract, and refractive surgeon and founder of Eye-Sight Hawaii in Honolulu. "There are 25 small meibomian glands along each eyelid margin, which produce oil that protects tears from evaporating. If not properly cleaned and cared for, these oil glands can be blocked and the oil thickened so it is not available to protect tears from evaporating, leading to dry eye symptoms, including red, burning eyes; blurry vision; and occasionally tearing. Over five million people in the U.S. are being treated for dry eye disease, and there are as many as 30 million additional people with dry eye symptoms."

In addition to eye creams, Olkowski says sodium lauryl sulfates, found in many face washes, remove these essential oils from the eyelids. Waxes in many eyeliners can also block the openings of the meibomian oil glands.

"Phenoxyethanol, which is an alcohol, is commonly found in mascara and is very toxic and irritating to the cornea, the front surface of eye," adds Olkowski. "Benzalkonium chloride (BAK), which is commonly used as a preservative, damages the goblet cells that produce mucus for the tears, causing the tear film to be less stable."

So what can you do to protect these important glands? "Cleaning the eyelids regularly can significantly decrease the blockage of the meibomian oil glands and the likelihood of dry eye disease," says Olkowski. "Warm compresses on the eyelids can help loosen debris for easier cleaning."

There are several gentle eyelid cleansers available, but read labels carefully, as some contain parabens as preservatives. A gentle, organic baby shampoo will also do the trick.

After cleaning, use a natural eye cream to moisturize the thin, delicate skin around your eyes. When choosing an eye cream, look for one that will hydrate, enhance elasticity, and boost collagen without irritating. Eye creams, just like face moisturizers and sunscreens, are essential to both young and older eyes. Treat your eye area with special care and attention, or you could get bags, crow's feet, fine lines, puffiness, and dark circles before you know it.



Did You Know?

"Cleaning the eyelids regularly can significantly decrease blockage of the meibomian oil glands and the likelihood of dry eye disease," says corneal, cataract, and refractive surgeon John Olkowski, MD.

1 Banish crow's feet, puffiness, and dark circles with **Shea** **Terra Organics Wild Beauty Moabi Beauty Butter**. This rare oil is harvested from the rainforest of Cameroon. Rich in essential fatty acids, moabi is known for its age-defying properties. Use a small amount at night to help decrease deep wrinkles and regenerate the eye area.

2 Plump fine lines and wrinkles around your eyes with **MyChelle Dermaceuticals Perfect C Eye Cream**, a new formulation of the company's Fabulous Eye Cream. L-ascorbic acid, plant stem cells, and hyaluronic acid deliver moisturizing nutrients to delicate skin, reducing the first signs of aging around the eyes.

3 Hide under-eye shadows and reduce puffiness with **Jane Iredale Active Light**. This combination under-eye concealer and facial highlighter reflects light, disguising wrinkles, creases, and dark circles. Seaweed extracts help reduce puffiness. Choose from six shades.

4 Spare the irritation when you moisturize the sensitive skin around your eyes with **Home Health everclen Eye Cream**. This luxe cream penetrates easily to help firm and tone, while reducing the appearance of fine lines and wrinkles. Plus it's ophthalmologist tested.

5 Treat dehydrated skin around your eyes with **Annemarie Borlind AquaNature Hyaluronate Eye Cream**. This gentle eye cream reduces lines and wrinkles caused by dryness with hyaluronic acid and marine plant extracts. Phyto cells from papyrus leaf help to regenerate delicate skin, while organic caffeine stimulates circulation and reduces puffiness.



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



Did You Know?

If your pet starts displaying uncharacteristically destructive behavior, anxiety might be the cause.

Is Your Pet Stressed Out?

Soothe anxious pets with drug-free protocols from chakra balancing to music therapy //BY JULIA SZABO

As creatures of habit, animals become stressed by any disruption, large or small, in their routine. This anxiety manifests in behaviors such as destructiveness, excessive licking, scratching, or biting at themselves, frantic barking in the wee hours, and/or inappropriate urination.

The first step to take when coping with an anxious pet is scheduling a visit to your veterinarian to make sure there isn't an underlying physical problem. After that, it's time to explore natural stress-busters. With a caretaker sensitive to their needs—and armed with an arsenal of natural remedies—anxious animals can maintain their calm and thrive, even in the most stressful circumstances.

A Purr-fect Balance of Chakras

Reiki, a Japanese energy-healing technique based on the concept of universal

energy, can help reduce discomfort by balancing the body's chakras (energy centers). It has a calming effect on the recipient by lowering stress levels and boosting the immune system. This time-honored healing modality is not just for people anymore: Animal Reiki practitioners around the country report success calming anxious four-footed patients—and they don't even have to be in the same room, or even the same state! "Reiki also works remotely," says practitioner Ingrid King, guardian of two cats, author of five books, and publisher of the blog *The Conscious Cat*. "Most of my Reiki sessions are remote."

For those who question the possibility of remote reiki actually working, King explains, "Remote healing is an energetic process that can be best explained through the principles of quantum physics.

To illustrate it with a tangible example, I compare it to WiFi: Not that long ago, if somebody had told us we could connect remotely to something called the Internet, we'd have said, 'OK, right ...'" King recalls a memorable experience working with a cat who had a severe upper-respiratory infection. "The cat was lethargic and hadn't eaten in over a week. I did a remote treatment (I'm in Virginia and she was in Florida), and immediately afterward, the cat's owner reported that she went over to her food bowl during the session and started eating! Miracles are not the norm," King adds, "but they can happen." To locate a practitioner, consult the Animal Reiki Source at animalreikisource.com.

Blissful Botanicals

It goes without saying that spending time at an animal shelter is stressful to

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animals. Konstantine Barsky, DVM, is reminded of this regularly in his job as staff veterinarian for the Ulster County SPCA in upstate New York. Essential oils can be beneficial in stressful situations like this. “Lavender and chamomile are both useful for reducing situational anxiety,” he says. Lavender has traditionally been used to relieve nervous tension in people, and pets can also reap lavender’s aromatherapy benefits.

Some warnings: Don’t apply lavender essential oil directly out of the bottle, Barsky cautions. “Dilute it with a carrier oil such as grapeseed, olive, or coconut oil.” Add a few drops of lavender oil to one or two ounces of your preferred carrier oil; apply the mixture to your own hand first, then on your pet: on top of the head, behind the ears, at the base of the tail (never on the muzzle or between the eyes). “Observe how your dog or cat reacts,” continues Barsky. “If they turn their head away, or sneeze, then obviously it’s not working for them.” In that case, try “botanical bonding” by putting the lavender oil on yourself. “Animals tune in to our stress levels, so when the lavender goes to work calming you, they will pick up on that, and feel calmer too,” says Barsky.

Barsky’s other go-to botanical stress buster is chamomile. “It’s safe for dogs and cats to ingest, and it can also be used topically, as a bath. It’s especially soothing for seasonal itch, so rinse pets with chamomile tea while grooming, and let the tea sit on their skin for a few minutes before rinsing with clear water.” For mild anxiety, make a tea out of dried chamomile flowers, and add the cooled tea to pets’ drinking water: one quarter chamomile to three quarters water for a dog, and one-eighth strength for a cat. Or, obtain a tincture of chamomile extract and give dogs five drops 3–4 times daily, and one drop 3–4 times daily for cats.

“Something I’ve found to be pretty useful is Rescue Remedy by Bach Flower Essences,” says Barsky. “Add four or five drops to a dog’s drinking water, or administer the drops directly by mouth.” If you expect you and your pet will face high anxiety levels, such as a planned road trip, start administering your herbal remedy of choice a couple of days before the anticipated stress, recommends Barsky.

For extreme anxiety, valerian root works effectively as a stress-busting sedative. My 60-pound Chow Chow mix, Aldo, refuses to tolerate confinement, something I discovered to my dismay

when I was obliged to board him during a stressful time of transition for me and my dogs; Aldo literally shredded his kennel overnight. Happily, after gladly downing a spoonful of wet dog food cloaking two 450-mg capsules of valerian—the same herbal supplement I take myself to promote restful sleep during anxious times—Aldo slept like a baby through the night. (Consult your vet for the appropriate dosage by weight, and be sure to conceal the valerian in something palatable, as this herb tastes and smells pungent.)

Of course, none of the above remedies will work well if a dog or cat isn’t getting sufficient exercise or attention. “For pets, the best therapy is interacting with you rather than being allowed to roam and do useless activities. Dogs need lots of exercise—especially herding breeds that develop anxiety disorders if they’re not using their brains the way they’re supposed to—so opening the back door and just letting them out doesn’t really count. As with people, the mind-body balance is really important for animal companions.”

SWEET, SOOTHING SOUNDS

Susan Raimond is a renowned harpist based in California whose love for animals has led her to travel the world practicing what she calls “nutra-acoustics” using the beautiful sounds of her favorite musical instrument for therapeutic purposes, to “soothe the savage beast.” Expertly deploying her harp strings, she’s successfully calmed anxious creatures in a variety of stressful circumstances, including zoos and medical testing facilities. Her grateful audience has included gorillas, rhinos, and elephants, as well as dogs and cats.

Raimond’s work includes utilizing healing tones, including the G note. “This is the frequency at which the Earth vibrates,” she explains. “I always begin my work starting on the F note to settle the animals, then I build toward the G note. This is Harp Enrichment Therapy (HET): using harmonics, and all associated frequencies, for healing. HET has shown proven, measurable effects including lowered blood pressure, decreased stress and anxiety, and more complete relaxation within minutes.” Raimond has recorded numerous albums in her “Noah’s Harp” series, including my animals’ favorite, “Wait For the Sunset.” This music is a must if your furry companion suffers from anxiety—and it’s wonderfully calming for people too. CDs and MP3s available at petpause2000.com.



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

*These statements have not been evaluated by the Food and Drug Administration.
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ANCIENT NUTRITION

IS BONE BROTH THE MISSING LINK TO YOUR HEALTH?

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

CELEBRITY TREND *DU JOUR*

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

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

PERFECT FOR PALEO LIVING

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

WHY ALL THE HYPE?

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

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



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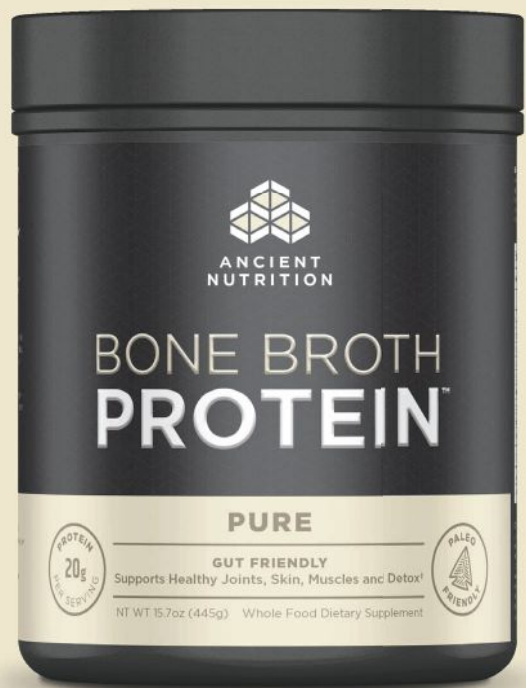
Two major drawbacks to experiencing the benefits of bone broth is the time to make it at home and expense to buy it pre-packaged. Introducing **Bone Broth Protein™**—a breakthrough in protein supplementation that delivers the benefits of bone broth in an easy-to-mix, convenient and on-the-go form.

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

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

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Fall

immunity guide

10

THINGS
YOU NEED
TO KNOW
ABOUT
COLDS
AND FLU

BY VERA TWEED

Common as they are during winter months, colds and flu aren't inevitable. That's especially true once we reach our late 20s or early 30s, when the immune system becomes most effective against these types of bugs. Although resistance starts to drop after age 80, most of our lives should be relatively free of these annoying experiences.

"If you're a 45-year-old and you're catching colds three times a winter, you're doing something wrong in terms of caring for yourself," says Wendy Warner, MD, a

holistic physician in Langhorne, Pa., and author of *Boosting Your Immunity for Dummies*. "So you should stop and think, what could I be doing differently?"

Adequate sleep and good food are the best protection. "If you're eating crap, you can't expect your immune system to work right, and sugar's really bad for the immune system," says Warner. Eat whole foods, especially lots of veggies, and include an orange a day for vitamin C. In addition, she offers the following helpful tips and supplement recommendations.



1 8 Hours of Sleep May Not Be Enough

It's most important to sleep between the hours of 10 p.m. and 2 a.m. "That's when the immune system revs up, runs around, and cleans up all the stuff you've been exposed to that day," says Warner, "but you have to be asleep for that to happen." If you tend to sleep between 1 a.m. and 9 a.m., for example, your immune system gets short-changed, even though you're getting the recommended eight hours of sleep. For more on sleep, see p. 52.

2 Mushroom Extracts Can Keep You Healthy

Different mushrooms enhance different parts of the immune system, boosting its ability to resist seasonal bugs and, if you do get sick, speeding recovery. Look for a combination of maitake, cordyceps, and reishi extracts, and take it daily during the winter season.

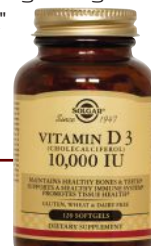
Editor's Product Pick:
Mushroom Wisdom
Mushroom Emperors



3 Vitamin D Beats Bugs

Studies of more than 11,000 people, from infants to 95-year-olds, show that low levels of vitamin D increase the odds of winter respiratory infections. So make sure you're getting enough of the "sunshine vitamin," especially in the winter when you're less likely to spend time outdoors.

Editor's Product Pick:
Solgar Vitamin D3
10,000 IU



PREVENTING COLDS & FLU: DOSAGE GUIDELINES

To stay healthy, Warner recommends taking these daily during cold and flu season:

Mushroom extracts:

Take a combination of maitake, cordyceps, and reishi or, if you opt for a single mushroom, choose reishi, which also helps balance stress. Look for an extract from the fruiting body (the top part) or, next best, mycelium (the underground part) grown in liquid nutrients.



Probiotics and prebiotics:

Preferably, get probiotics by drinking kefir or kombucha, and prebiotics (food for beneficial gut bugs) by eating jicama, asparagus, and artichokes.

A high-quality supplement is the next-best alternative.

Editor's Product Pick: **Natural Factors**
TravelBiotic

Andrographis: Take 200 mg of dried extract 1–2 times daily, especially when traveling or when you know that you'll be around people with colds or flu.

Vitamin D: Get your levels tested. Failing that, take at 2,000–4,000 IU daily—the higher dose if you live north of the sunny southern states.

Vitamin C: One of the most acknowledged immune health remedies on the planet, vitamin C may help keep colds at bay, according to several studies. For those who succumb to the sniffles, increasing vitamin C may shorten the number of days they're symptomatic. When Israeli doctors gave vitamin C to a group of competitive swimmers with upper respiratory infections, 47 percent of those taking a daily dose of C experienced less severe symptoms and recovered faster than those who didn't supplement with C. Use 250 mg daily for kids and 500–1,000 mg daily for adults. **Editor's**

Editor's Product Pick: **American Health**
Ester-C Kidstiks Multivitamin & Mineral Supplement (in Tropical Punch and Groovy Grape)



Fish oils: Get 1–2 grams daily of an EPA/DHA combination to reduce chronic inflammation, which makes you more susceptible to seasonal bugs.

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4 An Herbal Bath Clears Congestion

A hot, steamy shower or bath with some herbs is a pleasant and relaxing way to decongest sinuses and lungs. Take fresh rosemary or oregano, or dried eucalyptus, into a hot shower. Get the herb wet, squeeze or stomp on it to release its oils, and inhale. Or, put essential oil of eucalyptus on a hot, wet washcloth and squeeze it to release more active components. An alternative to flushing sinuses with a Netti Pot, taking herbal showers or baths can be effective for all ages, including kids.



Editor's Product Pick:
Aura Cacia
Purifying Eucalyptus
Shower Tablets

5 The Mistake Most People Make with Echinacea

"Echinacea is great, but you have to take it the minute you get a sniffle, if it even crosses your mind that you're getting a scratchy throat," says Warner, adding that you need to take about four times the dose recommended on most products. That way, she says, whether you are getting a cold or the flu, "It will knock it out really quickly."



Editor's Product Pick:
A. Vogel Echinaforce

the hand-washing pitfall



If you don't wash your hands properly, they will keep spreading bugs—both to other people and into your own mouth and nose. The CDC recommends scrubbing with soap and water for 20 seconds, or the time it takes to sing "Happy Birthday" twice.

6 Why Andrographis Is a Go-to Remedy

Andrographis will work even if you start taking it a day or two after symptoms strike. It may also be effective for prevention, especially if you're exposed to bugs from sick coworkers, family, or a sniffing passenger sitting next to you on an airplane.



Editor's Product Pick:
Utzy Naturals U-Mune

7 Why a Popular Flu Remedy also Works for Colds

Viruses are continually mutating, and it's getting more difficult to tell whether symptoms indicate a cold or flu. For example, says Warner, "sniffles could be either one." Unlike flu vaccines, which aim to target specific viruses (and may not work because of incorrect predictions on which flu virus will be active in a given season), natural remedies help the immune system knock out any virus. Consequently, Oscillococcinum, a popular homeopathic remedy for flu, can also work for colds.



Editor's Product Pick:
Boiron
Oscillococcinum

why alcohol wipes are best

Wiping off keyboards, phones, and door knobs helps stop the spread of bad bugs, but antibacterial wipes can also contain toxins. Alcohol wipes are effective and benign.



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8 How Exercise Can Help or Harm

A moderate amount of exercise—the kind that leaves you less stressed and revitalized—makes you less susceptible to seasonal bugs. However, cautions Warner, “When you overdo exercise, you increase your cortisol, your main stress hormone, and that negatively impacts the immune system.” If you’re always trying to push yourself past the limit, winter is a good time to try yoga or Pilates.

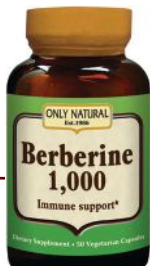
9 Aches and Fever Are Not Cold or Flu Symptoms

If a fever or achiness makes you want to hide under the covers, that’s the best thing to do. Aches and fever aren’t actually caused by cold or flu viruses, but by inflammatory chemicals released by our immune system, indicating it’s fighting the virus—a good thing, under the circumstances.

Don’t take an aspirin to suppress the bug-fighting process. Rather, take natural remedies that enhance your ability to beat the virus, and get some rest. “If you don’t rest when you need to,” warns Warner, “it’ll take longer to recover.”

10 Viruses Aren’t the Only Culprits

Colds and flu are viral infections, but once they strike, a bacterial infection—a “secondary” infection in medical terms—can also develop. A wet cough or yellowish-greenish nasal discharge may be symptoms. Because natural remedies enhance our immune system’s ability to knock out all types of pathogens, they can work on both, and herbs that contain berberine, such as Oregon grape, yellow root, and barberry are especially good at knocking out bacteria.



Editor's Product Pick:
Only Natural Berberine

Natural Remedies for What Ails You

To treat any combination of cold or flu symptoms, Warner recommends:

ANDROGRAPHIS:

Take 200 mg of dried extract every 2 hours for the first 12 hours, and then 3 times daily until symptoms abate and you feel normal for 1–2 days.

VITAMIN D:

For 7–10 days, take 10,000 IU daily, or double your usual dose if it’s based on blood tests.

OSCILLOCOCCINUM.

For a cold or flu, each vial can be divided into 3–4 doses.

ECHINACEA:

Must be taken at the very first sign of a cold. Warner recommends four times the echinacea dose suggested on product labels. Take a tincture every two hours (it should make your tongue tingle) or drink an echinacea tea throughout the day.

ZINC:

Lozenges are an effective way to shorten the duration of colds and flu.



For specific symptoms:

DRY COUGH: Allergies may play a part. Take fish oil, enough to get 4 grams of EPA and DHA daily, and natural antihistamines and anti-inflammatories such as stinging nettle, quercetin, bromelain, and turmeric, available in combination formulas.

WET COUGH AND CONGESTION: Wet coughs can be viral, bacterial, or a combination of the two. Elderberry (Sambucus) in syrup, gummies, or lozenges helps fight both viruses and bacteria. Additional antibacterial cough remedies include herbs that contain berberine, such as Oregon grape, yellow root, goldenseal, and/or barberry, in capsules or tinctures.

For congestion, take an herbal bath or shower (see No. 4), or flush sinuses using a Neti Pot with salt and a drop of rosemary. Take andrographis, and if you notice a yellowish or greenish discharge, there could be a bacterial infection on top of the cold or flu virus. Herbs that contain berberine, such as Oregon grape and goldenseal, are natural antibiotics. **Editor's Product Pick:** Nature's Answer Sambucus Mega Gummies 7X



SORE THROAT: Gargling with salt water reduces mucus, and herbs can coat and soothe the throat. Choose teas with slippery elm, marshmallow root, and ginger. To make your own ginger tea, chop fresh ginger root, brew for 10 minutes in a tea ball, and sip it throughout the day. Throat sprays and respiratory tonics may also include other herbs such as osha and elecampane.

FEELING WEAK OR TIRED: Take the above remedies, and get plenty of rest. Among the mushrooms, cordyceps is especially good for enhancing energy. **Editor's Product Pick:** NovaForme CytoGreens for Athletes (cordyceps is a key ingredient, along with green foods, probiotics and antioxidants)

LINGERING SYMPTOMS: If you’ve been taking natural remedies and feel better, but some symptoms just won’t go away, Warner recommends trying acupuncture or shiatsu (or just getting a massage) to help the immune system beat the last of it.

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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[†] With Ginger for occasional pain relief after exercise [‡] As shown in preclinical lab testing

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7 supplements for better sleep

A soft-focus photograph of a person lying in a bed, covered with white linens. The person's head is resting on a pillow, and their arm is visible near their head. The background is a neutral, light-colored wall.

LACK OF SLEEP IS RELATED TO INCREASED RISK OF OBESITY, DIABETES, ACCELERATED AGING, INFLAMMATION, HIGH BLOOD PRESSURE, HEART DISEASE, STROKE, AND DEPRESSION. WHAT'S MORE, CHRONIC LACK OF SLEEP FEEDS ON ITSELF: AS YOU BECOME MORE EXHAUSTED, IT'S EVER HARDER TO FALL ASLEEP. BUT THE GOOD NEWS IS THAT THERE ARE SAFE, NATURAL WAYS TO STOP THIS CYCLE OF EXHAUSTION AND GET THE REST YOU NEED. BY LISA TURNER

If you're battling insomnia, there's hope. First, get a checkup to rule out sleep apnea or serious vitamin deficiencies, and consult with a holistic practitioner to address hormonal imbalances. Then practice good sleep hygiene: avoid excessive caffeine and

alcohol consumption, as well as screen time before bedtime; keep your bedroom cool, dark, and quiet; and limit nighttime snacking to small amounts of high-protein food. And look for the following natural ways to sleep more soundly all night long:

Chronic lack of sleep feeds on itself. As you become more exhausted, it becomes harder and harder to fall asleep.



1 Melatonin is most commonly used for jet lag and adjusting sleep-wake cycles in people working night shifts, and to treat insomnia. Some studies suggest it's also effective in treating insomnia related to attention deficit-hyperactivity disorder (ADHD). Melatonin is best used as a liquid or in tablets that dissolve in your mouth, so the hormone is absorbed directly into the body. **Try: Natrol Melatonin Fast Dissolve**



2 L-theanine, a compound found in green tea, has a calming effect on the brain; studies suggest that it's readily absorbed in large quantities, crosses the blood-brain barrier, gets into the brain quickly, and impacts levels of the amino acids affecting serotonin and other neurotransmitters. You'll find it in single formula tablets and capsules, and in combination with other sleep-inducing nutrients. **Try: Reserveage Nutrition Beauty R&R**



3 5-HTP (5-hydroxytryptophan) is made by the body from tryptophan as an intermediate step in making serotonin. It's most commonly used to treat depression, and may be effective in treating insomnia that's secondary to mood disorders. **Try: Nature's Way 5-HTP**

4 Magnesium is known to have a calming effect on the nervous system, and is also thought to improve sleep by decreasing the body's release of cortisol. Magnesium also works with calcium, to help muscles contract and then relax. To help you sleep, try magnesium powder, tablets or capsules, alone or in formulas that also include an assortment of soothing herbs. **Try: Natural Vitality Natural Calm Specifics Calmful Sleep**



5 Flower essences, made by infusing spring water with various flowers, are safe, gentle, and excellent for children. The most common remedies are cherry plum (for relaxing and letting go), impatiens (for releasing tension), and white chestnut (for relaxing the mind). Use them individually or in combination formulas. **Try: RESCUE Sleep Liquid Melts**

6 Homeopathic remedies, like flower essences, are safe and gentle enough for children. Some common homeopathics for sleeplessness are *Aconitum napellus* (for worry or fear), *belladonna* (for restlessness), *Coffea cruda* (for nervousness and excitability), *Hyoscyamus niger* (for difficulty falling asleep), and *passiflora* (for wakefulness). They're best taken in formulas that combine a number of different remedies. **Try: Liddell Laboratories Insomnia Oral Spray**



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7 Get a Good Night's Sleep with Skullcap

Skullcap (*Scutellaria lateriflora*) is a safe, mild herbal sedative that excels in relieving anxiety, neuralgia, and insomnia. Human research is sparse, but in one study, 15 women and four men, aged 20–70 years, were asked to rate their energy, cognition, and anxiety after taking a skullcap preparation. The researchers concluded that the herb “demonstrated noteworthy anxiety-relieving effects.”



Much of skullcap's calming action is likely due to its antispasmodic constituent scutellarin, a flavonoid glycoside. Other flavonoids in skullcap bind to GABA receptors, as valerian does. *The Journal of Ethnopharmacology* reports that a flavonoid in the herb helps regulate the sleep-wake cycle.

Try: Flora Sleep•Essence

The Sleep-Weight Connection

Put the brakes on overeating simply by getting more sleep

BY W. CHRIS WINTER, MD

There have been many studies over the last several years that demonstrate how poor sleeping leads to weight gain, and the evidence is reaching the “overwhelming” level. Here are some research highlights:

► Numerous studies have shown that sleeping fewer than six hours and staying up past midnight are linked to obesity. In a 2015 study that examined the habits of more than 1 million Chinese subjects, public health researcher Jinwen Zhang found higher levels of obesity in people who slept fewer than seven hours per night.

► School-age children who sleep inadequately (fewer than nine hours per night) and/or erratically were more likely to be obese, according to a 2008 study by circadian rhythm/endocrine system investigator Eve Van Cauter.

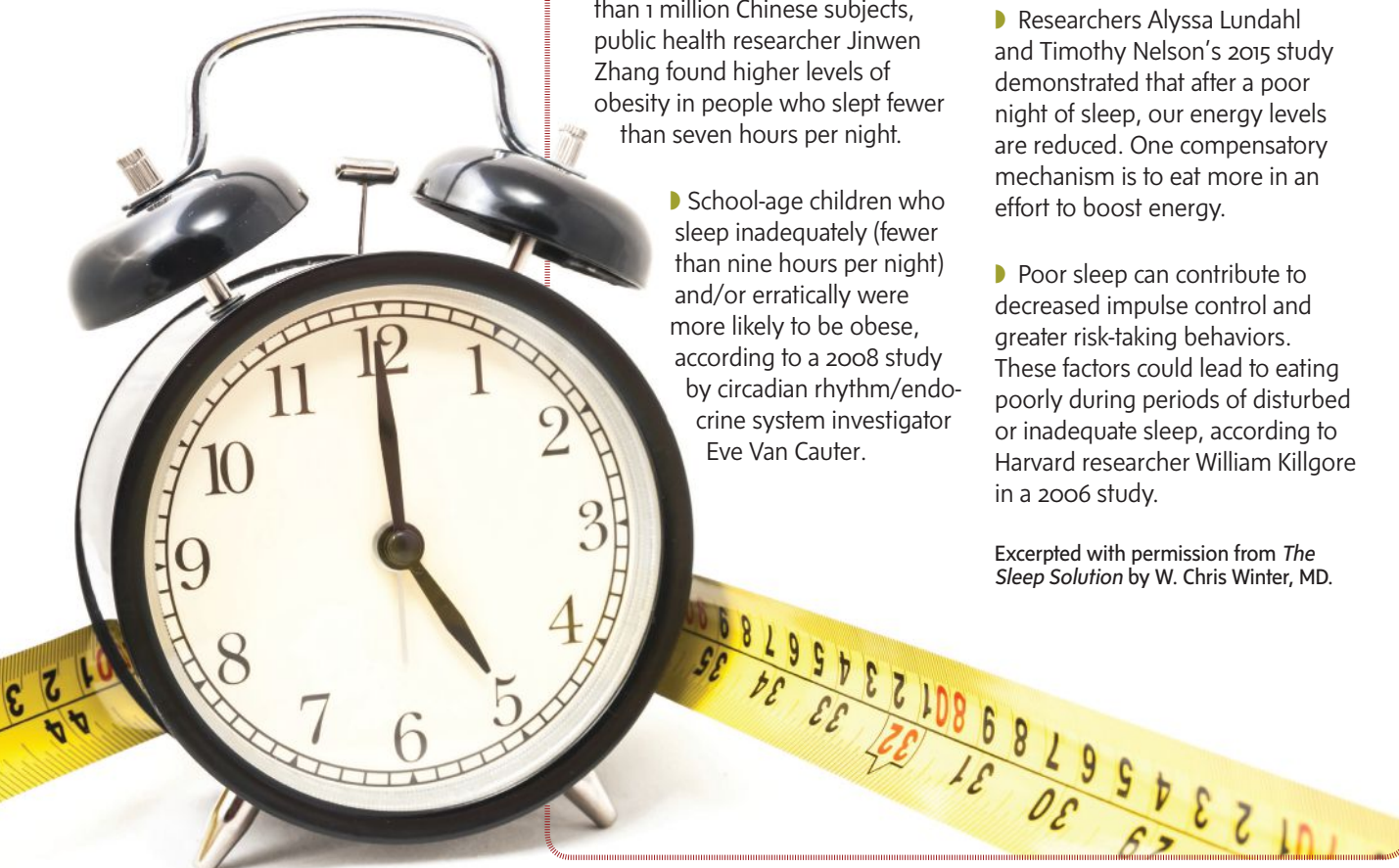
► Ghrelin, a hormone produced in our gut that promotes hunger, may play a key role in the pleasure associated with eating and make us crave all of those processed junk foods we like so much. Clinical investigator Shahrads Taheri's 2004 study showed that as sleep duration goes down, ghrelin production goes up, increasing the likelihood of overeating and obesity.

► Poor sleep quality can affect our levels of the chemical leptin. Produced by fat cells, leptin induces a feeling of fullness and puts the brakes on appetite. When we sleep poorly, leptin levels are reduced, which makes us want to eat more, according to a 2015 study by sleep researcher Fahed Hakim.

► Researchers Alyssa Lundahl and Timothy Nelson's 2015 study demonstrated that after a poor night of sleep, our energy levels are reduced. One compensatory mechanism is to eat more in an effort to boost energy.

► Poor sleep can contribute to decreased impulse control and greater risk-taking behaviors. These factors could lead to eating poorly during periods of disturbed or inadequate sleep, according to Harvard researcher William Killgore in a 2006 study.

Excerpted with permission from *The Sleep Solution* by W. Chris Winter, MD.



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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PALEO BASICS



SHOULD YOU BE EATING MASHED CAULIFLOWER INSTEAD OF POTATOES, OR CAULIFLOWER RICE IN PLACE OF THE REAL THING? BY VERA TWEED



Paleo-style eating has become a hot topic in the past few years, for good reason. In addition to the diet's grassroots popularity, studies have found numerous benefits: more energy, lower levels of inflammation, fewer allergies, healthier aging, and lower risks of diabetes, heart disease, cancer, and autoimmune diseases such as rheumatoid arthritis. Based on the premise that our bodies function best by eating like our hunter-gatherer ancestors, a Paleo diet contains no grains, legumes, or dairy. However, the prehistoric connection can be misleading.

"Many people have a Fred Flintstone notion of Paleo, that it's meat-centric," says Julie Mayfield, coauthor of *Weeknight Paleo*. In fact, she says, meat portions should be no bigger than the size of your palm, with vegetables filling the rest of the plate along with some fruit. "I've had countless people who didn't know what it's like not to be bloated until they took out grains and dairy," she says. "It's like someone with poor eyesight putting on a pair of glasses."

How It's Unique

While Paleo may seem like a low-carb diet, this isn't its hallmark. There are many low-carb packaged foods with added sweeteners and other artificial ingredients, but a perfectly Paleo kitchen is completely devoid of packaged or processed foods and artificial ingredients, consisting only of fresh foods that are rich in nutrients—including starchy vegetables such as sweet potatoes. In fact, if you already don't eat a lot of cereal, bread, and pasta, switching to a Paleo diet probably won't significantly reduce your carb intake.

What to Eat

These are the basic Paleo foods:

- ▶ **Meat:** Game, grass-fed beef, or organic, pasture-raised pork and poultry. Meat raised this way is a source of healthy fats without toxic chemicals.
- ▶ **Eggs:** Pasture-raised.
- ▶ **Fish:** Preferably wild.
- ▶ **Vegetables and fruits:** Local, in-season, grown without chemical fertilizers, herbicides, or pesticides, and picked and eaten at their prime rather than being harvested early to extend shelf life during shipping and storage.
- ▶ **Healthy fats:** Extra virgin olive oil, coconut oil, natural fat from grass-fed animals, nuts, seeds, and avocados, and unrefined oils such as walnut, flaxseed, or macadamia.
- ▶ **Seasonings:** A variety of herbs and spices add flavor to any dish.
- ▶ **Sugars:** No refined sugars, but a small amount of honey, dates, or other natural sweeteners is generally acceptable.

PALEO and WHOLE30 Similarities and Differences

Whole30 is a diet designed to reset the way your body functions by completely eliminating foods that may be causing problems for 30 days. The rules are firm, and there's no room for cheating, because it would defeat the resetting process. Paleo, on the other hand, is an ongoing style of eating, and occasional, non-Paleo food is generally considered part of a realistic routine.

The basics of Paleo apply to Whole30: eat whole, unprocessed foods; avoid legumes, grains, and dairy (although Whole30 does allow ghee or clarified butter). Things that may be acceptable in a Paleo diet but not in Whole30 include alcohol, any form of sweetener, any legume-derived ingredients (including soy lecithin in packaged foods), and pseudo-grains such as quinoa. Whole30 also frowns on recreating grain foods, such as pancakes or muffins made with coconut flour or other grain alternatives, during the 30-day regimen.



BREAKFAST
Eggs, seasoned with herbs, in-season fruit, herbal tea.

MORNING SNACK (OPTIONAL)
Fresh fruit and/or nuts (interchangeable with afternoon snack).

LUNCH
Salad and meat, poultry, or fish.

AFTERNOON SNACK (OPTIONAL)
Natural jerky or Paleo meat snack (e.g., Epic strips) and in-season fruit.

DINNER
A salad with avocado and oil and vinegar dressing, cooked vegetables, and other meat or fish. Choose fruit, nuts, and/or a small amount of dried fruit for dessert.

A SAMPLE PALEO DAY

Non-Paleo Foods

While dairy products are fairly obvious, grains and legumes can be confusing. Wheat is an obvious grain, but corn and corn-based ingredients also fall into this category. Pseudo grains, such as quinoa, amaranth, and buckwheat, are generally not recommended because they can cause grain-like digestive problems. Legumes means not only beans (including soy), but peas, lentils, and peanuts (including peanut butters and oils).

Not all Paleo proponents agree when it comes to certain foods. Butter, ghee, clarified butter, potatoes, salt, black tea, and coffee are considered acceptable by some, but not others. A moderate amount of alcohol in cooking and in drinks is generally considered acceptable.

Getting Practical

"People can get too picky and dogmatic," says Mayfield. Eating Paleo isn't a recreation of a Stone Age lifestyle, she points out—no one is suggesting you get rid of your food processor. Rather, it's adopting some age-old principles that, for many people, improve health.

Unless you have a personal chef or Paleo-perfect take-out in your neighborhood, this way of eating means preparing your own meals with fresh



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ingredients. To save time and effort, plan ahead and make a batch big enough to last for a few meals. And take advantage of convenient ingredients, such as:

- ▶ **Canned tomatoes:** Choose a brand without salt, sugar, or chemical additives, preferably in a BPA-free can.
- ▶ **Coconut aminos:** A substitute for soy sauce, which is not Paleo since it's derived from soy beans, a legume.
- ▶ **Arrowroot powder:** A vegetable-based thickener and great Paleo substitute for cornstarch.
- ▶ **Almond or other nut butters:** Paleo alternatives to peanut butter.
- ▶ **Bone broths:** Always choose grass-fed, organic, Paleo bone broths such as Kettle & Fire.
- ▶ **Noodle alternatives:** Spaghetti squash is one and another is spiralized squash such as zucchini, which some stores sell already spiralized.

Keeping Things in Perspective

There are other important aspects of a Paleo lifestyle that are often overlooked, says Mayfield. Stone Age humans were constantly on the move rather than sitting most of the day as we do. And they typically shared meals with their tribe, which is a relaxed way of eating that helps lower stress levels and improve digestion and overall well-being.

Mayfield and her family eat according to these principles most of the time. They do eat small amounts of cheese and heavy cream, as these don't cause problems for anyone in the family, and occasionally they enjoy other foods that aren't on the Paleo list.

"It isn't an all-or-nothing proposition," says Mayfield. "It's making the best choice that's available."

PALEO RESOURCES

paleocomfortfoods.com
robbwolf.com
thepaleodiet.com
whole30.com



Spaghetti Squash Fritters

Makes 12 Fritters

One of the most popular recipes in Week-night Paleo, by Julie and Charles Mayfield, these fritters are a tasty Paleo comfort food.

3 cups cooked spaghetti squash
1/3 cup arrowroot starch/flour
1/2 tsp. salt
1 green onion, sliced
4 slices bacon, cooked and crumbled
3 large eggs
1–2 Tbs. coconut oil (or cooking fat of your choice)

1. Place squash in large bowl. If it's too moist, wrap in paper towels and squeeze out excess liquid. Add arrowroot starch/

flour, salt, green onion, and bacon, and stir to combine. Whisk eggs in a small bowl, add to the squash mixture, and stir to combine.

2. Heat large skillet over medium heat. Add enough oil to coat pan, and when it's hot, spoon squash mixture to form fritters of your desired size; 1/4 cup per fritter works well.
3. Cook about 5 minutes, until fritters are crispy and browned on one side. Flip and continue cooking about 5 minutes more. Serve hot.

Per fritter: 70 cal; 3g prot; 3.5g total fat (2g sat fat); 6g carb; 50mg chol; 170mg sod; 1g fiber; 1g sugars

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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Is Fruit Keeping You from Losing Weight?

Fruits contain a wealth of plant compounds that offer tremendous health benefits—but are they bad news for weight loss? ///BY JONNY BOWDEN, PHD, CNS

Fruit got a really bad reputation when the low-carb movement started to take off. Fruit had its image badly bruised in the past few years, as more and more weight-loss experts tagged fruit, fruit juice, and soda as dietary sources of unnecessary sugar. It didn't help that the particular sugar found in fruit—fructose—is the main ingredient in high fructose corn syrup (HFCS), one of the undisputed dietary demons of the past two decades.

The Truth About Fruit

So let's back off a bit and take a serious look at fruit, which truly is one of the great health bargains to be found. It's loaded with fiber, phytochemicals, flavonoids, vitamins, and minerals. It's relatively low in calories. The anthocyanidins in berries and cherries (and

other colored fruits) are highly anti-inflammatory (cherries have long been a traditional remedy for gout, for just that reason). Apples are loaded with quercetin, a potent anti-inflammatory compound, while blueberries are loaded with pterostilbene, an activator of longevity genes similar to the resveratrol found in dark grapes and red wine. And grapefruit and grapefruit juice are associated with weight loss, according to a landmark study at the Scripps Clinic.

So how did fruit come to be regarded as a “bad guy”?

The Carb Connection

One of the epic nutrition discoveries of the past 25 years or so was the fact that hormones drive weight gain. And food has a hormonal effect, particularly, but not limited to, its effect on insulin,

the “fat storage” hormone. Foods high in sugar—or foods that convert to sugar quickly, such as grains—raise blood sugar quickly, which signals the pancreas to produce insulin. When blood sugar rises quickly and frequently (as it does on high-carb diets), the body produces more and more insulin, and it's increasingly likely that the cells will start to ignore it. This condition—known as insulin resistance—is a forerunner and promoter of diabetes, obesity, and even heart disease.

Enter low-carb diets. Since insulin responds most dramatically to carbohydrates, it was thought—correctly—that the best way to modify insulin levels was to reduce the foods that create high insulin. Since sugar raises insulin more than any other “food,” foods with a lot of sugar (such as fruits, desserts, and

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- *Brenda Watson*

cakes) and foods that convert to sugar in a New York minute (like grains) became the culinary equivalent of “persona non grata.”

Fructose: Friend or Foe?

Fructose, the sugar naturally found in fruit, presents particular problems of its own, independent of weight gain. Fructose actually doesn't raise blood sugar directly—which is why, in much less enlightened times, it was recommended as the “perfect” sweetener for diabetics (it is most definitely not that).

Fructose either gets converted to glucose or goes directly to the liver via the portal vein, where—in large amounts—it causes all kinds of metabolic mischief, increasing triglycerides and contributing to obesity, high blood pressure, and diabetes (in animal studies).

The fructose found naturally in foods such as apples and mangoes is surrounded with fiber and water, and comes along with a big helping of other beneficial nutrients. You'd have to eat an awful lot of apples to equal the amount of fructose found in just one soda sweetened with high-fructose corn syrup.



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It's also a direct cause of non-alcoholic fatty liver disease. Diets very high in fructose are, frankly, bad news.

But there's a critical distinction between the fructose you'd find in HFCS, and the fructose that's found naturally in fruits.

The fructose found naturally in foods such as apples is surrounded with fiber and water, and comes along with a big helping of other beneficial nutrients. You'd have to eat an awful lot of apples to equal the amount of fructose found in just one HFCS-sweetened Pepsi.

In short, there's a big difference between consuming small amounts of fructose from fruit on the one hand, and extracting that fructose, making it into a concentrated syrup (HFCS), and then adding it to just about every food in the grocery store on the other.

The Bottom Line

While concerns about the naturally occurring fructose in fruit may be a bit overblown, fruit still doesn't completely get a free pass—at least not for everyone. For people who are very carb sensitive (for instance, those who have extreme difficulty losing weight), it's probably a very good idea to cut back on fruit if not totally eliminate it for a while. That's the reason stricter weight-loss programs such as Atkins, the South Beach Diet, or the Dukan Diet eliminate fruit for the first couple of weeks (the "induction" period of the diet).

And if you're on a ketogenic diet—an increasingly popular option these days—fruit will knock you out of ketosis pretty quickly, so it's best to avoid fruit in this case.

But for everyone who is not on a ketogenic diet—and that includes

"regular" low-carbers and Paleo enthusiasts, as well—a little bit of fruit is fine. Just choose lower-sugar options such as berries, citrus (grapefruits are a particularly good choice), and higher-fiber options such as apples. Dried fruit, on the other hand—while certainly delicious and nutritious—is way too concentrated a source of sugar to be part of a fat-loss diet.

To put it simply: You can definitely lose weight and still eat fruit. Just stay away (for a while) from the very high sugar varieties (mangoes, pineapples), and don't overdo it. Let your daily "fruits and vegetables" be heavier on the veggies.

Jonny Bowden, PhD, CNS, is a board-certified nutritionist and the best-selling author of 14 books. His latest is *Smart Fat: Eat More Fat, Lose More Weight, Get Healthy Now* (written with Steven Masley, MD). Visit him at jonnybowden.com. Have a question for Jonny? Send it to amazingwellnessmag@gmail.com. Write "Health Q&A" in the subject line.



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10 Foods to Tame Your Pain

Skip the narcotics and heal the hurt with these soothing foods // BY LISA TURNER

Headaches, arthritis, fibromyalgia, and other forms of ongoing pain affect an estimated 25 million adults, or 11 percent of the population. If you're one of them, you don't have to suffer. Try these ten foods to ease everyday pain, and keep your body healthy and strong.



1

Peanut butter is rich in magnesium, which promotes muscle relaxation and has an analgesic effect. Magnesium deficiencies encourage the body to overproduce substance P, a chemical linked with increased feelings of pain. Peanut butter also contains resveratrol, which can ease joint pain in arthritis by reducing inflammation and protecting cartilage. **TRY THIS:** combine peanut butter, frozen bananas, and milk for a creamy smoothie; mix peanut butter with coconut milk, ginger, and curry for a fast simmer sauce; stir peanut butter, honey, and cinnamon into cooked oats for a protein-packed breakfast bowl.



2

Ginger. Fresh ginger root blocks enzymes that produce inflammatory chemicals and can offer relief from pain. In one study, 63 percent of people with chronic knee pain reported less soreness after taking a ginger extract, and they needed less pain medication. **TRY THIS:** grate a whole ginger root, squeeze the juice into a jar, then add sparkling water and sweeten with agave for homemade ginger ale; add ginger root, garlic, and lemongrass stalks to coconut milk, simmer for 20 minutes, and strain for a flavorful soup base; cut ginger into matchsticks and stir fry with shallots, snow peas, carrots, and mushrooms.



3

Tofu, edamame, and tempeh are rich in isoflavones, plant components with anti-inflammatory effects. In one study, people with osteoarthritis ate 40 grams of soy protein daily, and after three months, their symptoms were dramatically reduced and they were able to cut their pain medication in half. **TRY THIS:** purée silken tofu with garlic, fresh basil, and olive oil for a creamy, Alfredo-like pasta sauce; freeze blocks of tofu, then thaw, squeeze out water, and crumble into bits for a meat-like addition to chili and pasta sauce; mash tofu with mayonnaise, curry powder, minced celery, and onion for a vegan egg salad.



4

Coffee is known to improve athletic performance, and studies show that it also reduces muscle pain after working out. It also helps relieve pain from migraines and enhances the effect of ibuprofen and other pain relievers. **TRY THIS:** add strong-brewed coffee to marinades; mix with chocolate and any kind of milk, then freeze in popsicle molds for grown-up frozen pops; purée with tomatoes, onions, garlic, cocoa powder, and chipotle for a rich, spicy mole.



5

Extra virgin olive oil contains an anti-inflammatory compound called oleocanthal, which has actions similar to non-steroidal anti-inflammatory drugs (NSAIDs). **TRY THIS:** mix olive oil with softened butter and minced herbs, then refrigerate till firm for a creamy spread; add olive oil and orange zest to yellow cake mix before baking; purée green olives, garlic, rosemary, and olive oil until mostly smooth for a vibrant green spread to use like pesto.



6

Pineapple is rich in an enzyme called bromelain that reduces inflammation and can lessen pain. Studies show that it's especially helpful in treating pain and swelling after oral surgery. **TRY THIS:** purée with coconut milk and mango, then freeze in an ice cream maker; combine diced pineapple with red bell peppers, Serrano peppers, and cilantro for a zesty salsa; slice pineapple crosswise and grill for 3 minutes per side, then drizzle with balsamic vinegar.

CRISPY TOFU WITH PINEAPPLE-GINGER CHUTNEY

Serves 4

This rich, savory vegan dish combines crispy tofu with a fragrant chutney packed with pain-fighting ingredients; serve with sautéed greens or steamed brown rice for a complete meal. Pressing out the water is the secret to keeping tofu crispy and firm without frying. Be sure to start with extra-firm tofu; handle it gently after pressing out the water, so it doesn't crumble. You can spray with an olive oil spray, or pour olive oil into a mister and spritz on tofu before baking. The chutney recipe makes more than you'll need here; it can be stored in a glass jar in the fridge for up to 10 days.

- 1 14-oz. package extra-firm tofu, drained
- ¼ cup olive oil (try Carlson Olive Your Heart Olive Oil in Natural)
- 1 small red onion, chopped
- 1 3-inch piece ginger, peeled and minced
- 1 small red bell pepper, diced
- 2 small jalapeño peppers, seeded and minced
- 2 garlic cloves, minced
- 2 Tbs. curry powder
- 1 cup white vinegar
- ⅓ cup brown sugar
- 3 cups chopped pineapple (about 1 small pineapple)
- ¼ cup cornstarch
- 1 ½ tsp. salt
- 1 tsp. garlic powder
- ¼ tsp. black pepper
- Olive oil spray
- 1 bunch cilantro, leaves coarsely chopped

1. Wrap tofu in two layers of clean, lint-free kitchen towels (or paper towels). Set on cutting board, and cover with another cutting board or plate, then set a large cookbook or can on top. Let stand 30 minutes.
2. In medium pan, heat oil, and sauté onion, ginger, red pepper, and jalapeño 3 minutes, until just softened. Add garlic and curry, and cook 1 minute more, stirring constantly. Add vinegar, brown sugar, and chopped pineapple. Simmer, uncovered, 20–25 minutes, until thickened.
3. Preheat oven 375°F. Lightly spray or brush baking sheet with olive oil. Mix cornstarch with salt, pepper, and garlic powder in large shallow bowl. Unwrap tofu, and cut lengthwise into six slices. Cut each slice into four triangles. Dredge tofu in cornstarch, shaking off excess, and arrange on prepared sheet pan. Spray lightly with olive oil spray, and bake 30 minutes, flipping pieces halfway through.
4. Remove from oven, and arrange on plates. Top with chutney, shower with cilantro, and serve.

Per serving: 390 cal; 12g prot; 19g total fat (2.5g sat fat); 44g carb; 0mg chol; 890mg sod; 5g fiber; 26g sugars



Did You Know?

The bromelain in pineapple is concentrated mainly in the stem, although the fruit also contains some of this beneficial compound.



7

Cherries are high in anthocyanins, antioxidant compounds that reduce inflammation and lessen pain. In one study, runners who drank cherry juice experienced less pain after running. In another study, people who ate 10 ounces of cherries per day had significantly reduced markers of inflammation. **TRY THIS:** simmer pitted cherries with balsamic vinegar and honey or agave, and serve over ice cream; add chopped cherries and minced jalapeño peppers to hamburger meat or vegan burger mix, form into patties, and grill; purée cherries with onions, garlic, and chipotle peppers for a simple sweet-and-spicy sauce.



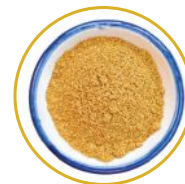
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Wild salmon is rich in omega-3 fatty acids, which are known to help reduce inflammation and lessen pain. In one study, people with back and neck pain took 2,400 mg of omega-3s along with NSAIDs for two weeks, then dropped down to 1,200 mg of omega-3 fatty acids instead of NSAIDs. At the end of the study, 60 percent of patients reported a reduction in their pain levels, and 59 percent stopped using NSAIDs. **TRY THIS:** blend smoked salmon with horseradish, mascarpone cheese, and dill; top salmon filets with tomatoes, shallots, and olives, then wrap in parchment packets and bake; use salmon in tacos served with red cabbage slaw and pineapple salsa.



9

Hot peppers are rich in a compound called capsaicin that has long been used topically to relieve arthritis and joint pain. Some studies also suggest that consuming capsaicin can relieve discomfort—the burning sensation prompts the brain to release endorphins, which block pain signals. **TRY THIS:** toss whole shishito peppers with olive oil and garlic powder, and grill until tender; purée Fresno and cayenne peppers (seeds removed) with garlic, vinegar, and salt for a fast, fiery homemade hot sauce; mince Serrano peppers with scallions, basil, and cilantro for a spicy pesto.



10

Curry powder contains curcumin, a powerful compound that has anti-inflammatory effects and, like ginger, works as a COX-2 inhibitor. Use it with pepper, which contains a compound called piperine that significantly increases the bioavailability of curcumin. **TRY THIS:** stir curry powder, ginger powder, and black pepper into softened vanilla ice cream, then refreeze till firm; add curry to scrambled eggs along with chopped tomatoes, onions, and Serrano peppers for a quick Indian anda bhurji; toss cauliflower florets with coconut oil and curry powder, and roast till tender.



Studies show that coffee can reduce muscle pain after working out, relieve migraine pain, and enhance the effect of ibuprofen and other common pain relievers.

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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.

Organic and Non-GMO, Simplified!

If you aren't up to speed on these subjects, here's a primer to get you better educated //BY MELISSA DIANE SMITH

Q: This is embarrassing, but I never really paid attention to whether food was organic or not, and why I should care. I also have no idea what the difference between organic and non-GMO food is. Can you fill me in on the basics? —Nancy B., Cincinnati

a: First of all, don't be embarrassed. It's not always easy to get the facts on these important topics, in large part because for more than two decades, information about dramatic changes in how our food is produced has been suppressed, and people have only been discovering the truth in bits and pieces.

"So many truths [about our food] have been whitewashed," says Carey Gillam, a writer for US Right to Know and the author of the new book *Whitewash*. "By pouring more and more pesticides on crops, we're getting less healthy soil, less healthy food, and potentially a range of carcinogenic and endocrine-disrupting chemicals in our breakfast, lunch, and dinner.

"The chemical industry is doing exactly what the tobacco industry did decades ago," continues Gillam. It puts forth "an orchestrated effort to keep the public in the dark about real and serious dangers about chemicals found in our food, our water, and our own bodies."

In a similar way to how people woke up to the dangers of pesticides in our environment from *Silent Spring* author Rachel Carson in the 1960s, Gillam says we need to again pay attention to the many risks of pesticide use, be aware, and be engaged on this issue to protect ourselves, our food, our health, and our environment. Here's what you need to know:

The Basics

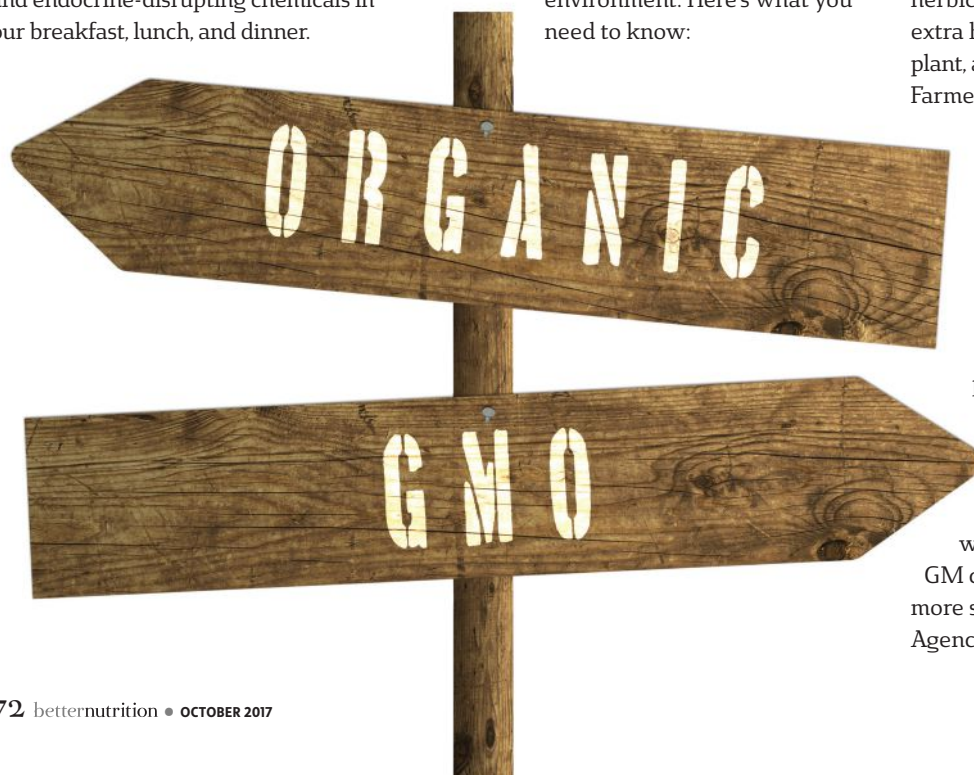
GMOs—Although foods may look like they used to, several key foods now are radically different on the inside because they're genetically engineered to confer new traits. Almost all of the genetically modified foods on the market have been altered to either produce their own pesticide or to tolerate chemical herbicides such as Roundup weed killer.

Pesticides—All of the top six GM crops in the U.S.—sugar beets, soy, alfalfa, corn, canola (canola oil), and cotton (cottonseed oil)—are genetically modified to be herbicide tolerant, which means lots of extra herbicide is being sprayed on the plant, and that has led to weed resistance. Farmers, in turn, sometimes use up to

four times more herbicide than they used to in an effort to combat resistant weeds. Spraying so much herbicide adversely affects the beneficial microorganisms in the soil, which makes the plant more vulnerable to disease.

Research shows that the process of genetic engineering itself causes unintended consequences in the DNA of the plant, which pose health risks.

However, the risks associated with the herbicide sprayed on most GM crops are now considered much more serious. In 2015, the International Agency for Research on Cancer declared



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glyphosate, the active ingredient in Roundup, a probable human carcinogen. Research also suggests that glyphosate is an endocrine (or hormone) disruptor.

Organic vs. Non-GMO

The best way we can affect positive change in our food system and environment is through what we buy. To make an informed choice, be sure to know the difference between organic and non-GMO foods.

Organic—Products that have the USDA Organic seal cannot, by law, contain any GMO ingredients. They also must be produced without irradiation, sewage sludge, antibiotics, growth hormones, synthetic chemical fertilizers, and synthetic chemical



THE NEW FOOD LABEL ON THE MARKET

Concern about glyphosate herbicide on food has become such a hot-button issue that The Detox Project, a research and certification platform that uses an FDA-registered food testing lab to test for toxic chemicals, launched a new “Glyphosate Residue Free” food label earlier this year.

Heavenly Organics and Chosen Foods were among the first wave of “Glyphosate Residue Free” brands to enter the U.S. grocery market this summer. Many large brands, including USDA organic and non-GMO certified brands, also have shown deep interest in the new certification. You can learn more about Glyphosate Residue Free certified products at detoxproject.org.



pesticides (including glyphosate), many of which have been linked to a number of health problems, including neurologic and endocrine system disorders, and cancer. Buying organic means supporting an environmentally beneficial food production system that sustains the health of soils, ecosystems, and people. Plus, reviews of multiple studies indicate that organic foods are more nutritious than non-organic foods. One thing to keep in mind, though, is that organic certification does not require testing for GMOs.

Non-GMO Project Verified—

On the other hand, products that carry the Non-GMO Project Verified label are independently verified to be in compliance with North America's only third party standard for GMO avoidance, including the testing of at-risk ingredients. That's important to know to help us avoid GMOs. But a Non-GMO Project Verified label will not let us know if the food was sprayed with chemical pesticides.



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THE UNDERREPORTED FOOD ISSUE

The world's most popular weed killer, glyphosate-based Roundup, is sprayed on most genetically modified foods and many non-GMO foods as well. For decades, the herbicide has been touted as safe enough to drink, but a growing body of evidence ties the chemical to cancers and a host of other health threats.

In *Whitewash*, due out October 10, veteran journalist Carey Gillam reveals in startling detail hidden secrets about the herbicide, the chemical corporation that produces it, and the tactics the company employed to get the chemical to be so widely used in our modern agricultural system.



The Best Ways to Avoid GMOs & Pesticides

In my book *Going Against GMOs*, I call GMOs and the pesticides that go with them the food and environmental issue of our time. In fact, they're two of the primary reasons why many people choose to buy organic, which is the best strategy for avoiding synthetic chemical pesticides.

For added protection against glyphosate, the most widely used pesticide, look for the “Glyphosate Residue Free” label, which you will be able to see on more products in the future. (See sidebar, above.)

To avoid both GMOs and pesticides, seek out USDA Organic foods, preferably also labeled with the Non-GMO Project Verified label. The two widely used seals together give extra insurance to help you choose nutritious, unadulterated, non-GMO food.

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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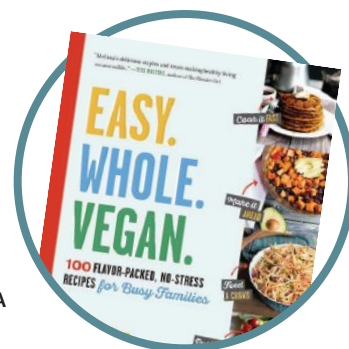
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Vegan Family Meals

Melissa King, author of *Easy. Whole. Vegan.*, developed her vegan recipes with busy families in mind // BY NICOLE BRECHKA



Melissa King, author of *Easy. Whole. Vegan.* and creator of the blog *My Whole Food Life*, never imagined that she'd end up writing a cookbook or starting a food blog one day. "My idea of cooking was warming up store-bought veggie burgers," says King, who was a vegetarian for 16 years. It wasn't until her two young daughters were diagnosed with severe health issues—milk-protein allergy, acid reflux, malabsorption, and "failure to thrive"—that she and her husband sought out alternatives. "We started researching the ingredients in our food. We were shocked at what we found," says King. "It appeared that processed foods marketed as 'healthy' were actually just the opposite." The whole family switched to a whole foods, vegan, gluten-free diet. Both of King's daughters started to thrive, and the family hasn't looked back. In her new book, King shares her favorite family-friendly, easy-to-throw-together recipes such as White Bean & Zucchini Burgers, Avocado & Chickpea Stuffed Cucumbers, Chocolate Raspberry Brownies, and this yummy breakfast classic with a fall twist.



To make the sweet potato purée: Peel and cube 1 large sweet potato or 2 small sweet potatoes, then place them in a large pot of boiling water. Boil until soft, 15–20 minutes. Drain the water, and place sweet potatoes back in the pot. Use an immersion blender or potato masher to purée the sweet potatoes. This step can be done in advance. It should keep in the fridge for about 2 weeks. You can also freeze it for up to 6 months.

SWEET POTATO PANCAKES

Makes 10 Pancakes (about 8 servings)

To make it an extra-special treat for kids, add a handful of chocolate chips or top with a dollop of coconut whipped cream or a pat of vegan butter.

2 cups gluten-free oat flour
2 tsp. baking powder
1 tsp. ground cinnamon
1½ tsp. ground ginger
1½ tsp. salt
¼ tsp. ground nutmeg
1½ cups almond milk
1 cup sweet potato purée (see below)
2 flax eggs (see below)
2 Tbs. maple syrup
1 tsp. vanilla extract
2 Tbs. melted coconut oil

1. In large bowl, combine dry ingredients. In medium bowl, combine wet ingredients except coconut oil.
2. Add dry ingredients to wet ingredients, and mix with spatula or stand mixer until just combined.
3. Heat large sauté pan over medium heat, and add coconut oil. Using ¼-cup measuring scoop, drop batter into pan, and cook 1–2 minutes, until edges begin to brown. Flip pancake, and cook 1–2 minutes more, until done. Repeat until batter is used up.
4. Serve immediately, or refrigerate or freeze for later use. (Pancakes should last

2 weeks in the fridge and up to 6 months in the freezer.

Per serving: 200 cal; 6g prot; 7g total fat (3.5g sat fat); 29g carb; 0mg chol; 300mg sod; 4g fiber; 5g sugars

To make a flax egg: Whisk together 3 Tbs. warm water and 1 Tbs. flaxseed meal; place in the fridge for 1 minute to thicken.

How To: Fix Crepe Skin

Many noteworthy displays were featured in 2017.

Cosmetic surgeons, John Layke and Payman Danielpour (of the Beverly Hills Plastic Surgery Group), have made a revolutionary **at-home technique** to help fight the appearance of crepey skin.

The doctors have shown in user groups, this unusual technique was found to improve **the appearance of skin around the arms, neck, chest, legs,** and other areas.

According to their research, **loose skin adds significantly more years to a person's perceived age than wrinkles, fine lines, or pigment** changes—which is why they trained their focus on this particular situation.

And when the doctors demonstrated just how quickly and effectively it worked it became clear that their discovery is nothing short of groundbreaking.



While surgery is the benchmark, many users have achieved outstanding improvement in their appearance using a simple process, which patients can self-administer.

But the latest development in this story came when the video version of the presentation was made available to the public online.

As of this writing, the video has over four million views and is quickly becoming a social media phenomenon.

Watch their shocking presentation at
www.BHMD75.com

Quick & Healthy Homemade Sausage

Savor the flavors of fall with this apple-infused breakfast dish /// BY JONNY

BOWDEN, PHD, CNS, AND JEANNETTE BESSINGER, CHHC

I love apples. Not only do they taste amazing, but they're a powerhouse of nutrients, including vitamin C, fiber, and the under-appreciated anti-inflammatory quercetin. So when Chef Jeanette came up with this meat-and-apple pairing, I was excited to try it. And let me tell you, you're going to love it. It's kind of a "no-grease" answer to sausage, and it's perfect for breakfast.

My objection to store-bought sausage is that most of it is made with the worst bits of factory-farmed meat mixed with who-knows-what and ground into a tube so you can't know what's in it, then sweetened—and seasoned so you won't care. This recipe eliminates all of those objections by substituting lean, mean turkey for pork. It contains no additives, no chemicals, and no mystery meat—just good, wholesome ingredients, including sweet apple and superstar spices such as basil and thyme. This is one sausage you can enjoy without having to worry about how it was made! —Dr. Jonny



SWEET & SAVORY APPLE TURKEY SAUSAGE

Serves 4

If you have a little extra time, let the mixture rest in the fridge for 10 minutes or so before sautéing to give the flavors more time to develop and combine.

- 1 lb. low-fat ground turkey
- 1 small apple, peeled, cored and finely grated
- ½ cup chicken broth (or apple cider or water)
- 1 tsp. ground coriander
- ½ tsp. ground ginger
- ½ tsp. ground fennel
- ½ tsp. nutmeg
- ½ tsp. thyme
- ¼ tsp. basil
- ½ tsp. salt
- ¼ tsp. black pepper
- ¼ tsp. cayenne pepper
- Coconut oil spray

1. In large mixing bowl, combine all ingredients, and mix with your hands until well combined. Form into eight thin patties.
2. Spray griddle or large skillet lightly with coconut oil, and heat patties over medium heat until cooked through, about 4 minutes per side.

Per serving: 200 cal; 22g prot; 10g total fat (2.5g sat fat); 6g carb; 85mg chol; 440mg sod; 1g fiber; 4g sugars

NOTES FROM CHEF JEANNETTE

These patties make a balanced, high-protein accompaniment to many of the typical quick, higher-carb breakfast options that aren't great for your blood sugar. While the patties cook, prepare a bowl of quick-cooking oatmeal, muesli, or granola to complete a balanced breakfast. This sausage is also excellent with a piece of fresh seasonal fruit, such as a ripe pear. You can freeze leftovers to enjoy any time you need a lean, speedy protein.

FEATURED NUTRIENT:

Apple Cider Vinegar

First things first. Apple cider vinegar is simply vinegar made from fermented apples. And the fact that it's made from fermented apples is our first clue as to why its healthful reputation might be warranted. As you may know, fermented foods are teeming with bacteria, particularly the good bacteria (known as probiotics) that are vitally important to a healthy gut. It's these live microorganisms found in fermented foods (e.g., yogurt, kefir, real sauerkraut, kimchi) that give these foods "superpowers."

But it's not just the fermented apples that give cider vinegar its health pedigree. The main ingredient in vinegar—acetic acid—help kill bacteria or help prevent them from multiplying. The most exciting (and relatively recent) discovery about vinegar is that it can be very helpful to people with type 2 diabetes. Research by Jeff Volek, PhD, RD, from the University of Connecticut, and others has shown that vinegar improves insulin sensitivity (during a high-carb meal) and significantly lowers both insulin response and blood sugar.

A spoonful before meals is said to help digestion, possibly by providing (or stimulating) enzymes. The late D.C. Jarvis, MD—known as an expert on folk medicine—recommended taking apple cider vinegar with each meal. Apparently he believed it would keep urine acidic and prevent kidney stones, a notion that, it should be noted, has never been scientifically tested.



Product Spotlights

NOW OralBiotic
 NOW OralBiotic is a specialized probiotic supplement utilizing the BLIS K12 strain, which has been clinically shown to support the maintenance of mouth, throat, ear, and nose health in children. OralBiotic may also help to maintain fresh breath when used regularly.



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Utzy Naturals 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 this and other Utzy products.



Are Your Joints Healthy?

Joint problems become more common with age, but they aren't inevitable. A diet that's low in refined carbs and oils, but rich in anti-inflammatory fats and fresh veggies, helps to keep joints healthy. But there's more to know. Wondering what? Take our quiz to find out. //BY VERA TWEED

Did you know?

Drinking tart cherry juice can relieve joint pain from different types of arthritis. Among healthy endurance athletes, it has reduced pain after a long race.

1. Since the 1950s, the incidence of knee osteoarthritis has:

- a) Increased by about 10 percent
- b) Doubled
- c) Tripled

2. The biggest reason for this increase is most likely:

- a) People are living longer
- b) People are heavier, and extra weight puts more stress on joints
- c) Poor diet
- d) Lack of physical activity

3. How many types of arthritis are there?

- a) 2
- b) 3
- c) 16
- d) 27
- e) 100+

4. In which type of arthritis do symptoms include red, patchy, scaly skin?

- a) Rheumatoid arthritis
- b) Psoriatic arthritis
- c) Bursitis

5. Which type of arthritis is "wear and tear," meaning the cartilage that cushions joints wears away?

- a) Rheumatoid arthritis
- b) Gout
- c) Osteoarthritis

6. People whose joints are too painful to walk very far should:

- a) Avoid exercise
- b) Push through the pain and walk for 30 minutes a day
- c) Do exercise that isn't painful

7. Chondroitin and glucosamine can relieve osteoarthritis because:

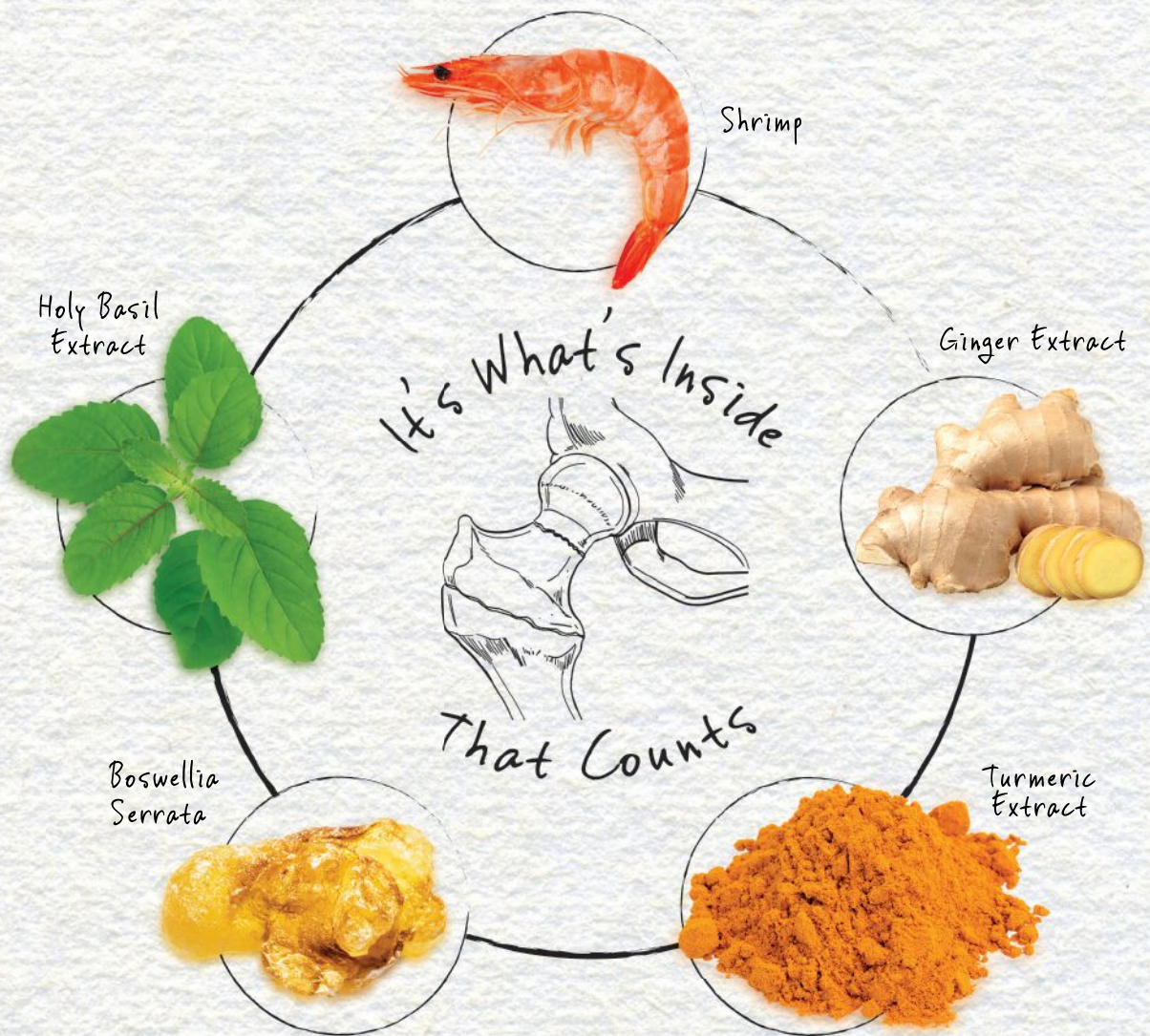
- a) They are anti-inflammatory
- b) They are building blocks of cartilage, which cushions joints
- c) They lubricate joints
- d) All the above

8. Which of these is a natural remedy for rheumatoid arthritis?

- a) Fish oil
- b) Boswellia
- c) Both

ANSWERS

1. b) A study led by Harvard University, published in the *Proceedings of the National Academy of Sciences*, found that knee osteoarthritis has doubled since the mid-20th century.
2. d) The same study found that physical inactivity is likely the biggest reason for the rise, though poor diets and excess weight are also factors. A longer lifespan doesn't explain the increase in osteoarthritis.
3. e) There are more than 100 types of arthritis. The most common form is osteoarthritis, followed by rheumatoid arthritis, and then psoriatic arthritis.
4. b) Psoriatic arthritis symptoms include inflamed skin, joint inflammation, and pain.
5. c) Cartilage wears away in osteoarthritis, causing painful bone-on-bone contact.
6. c) Exercise that does not stress or aggravate joints will strengthen supporting muscles and ligaments, decrease inflammation, and reduce pain. Exercise in water is a good option.
7. b) Chondroitin and glucosamine are building blocks of cartilage. They can help prevent damaged cartilage due to osteoarthritis from worsening, and relieve pain.
8. c) Rheumatoid arthritis is an autoimmune disease that causes inflammation in joints, and both fish oil and boswellia, an herb used for centuries in Ayurvedic medicine to treat joint problems, are anti-inflammatory. Each works in a different way, so both may be beneficial.



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