

how to improve your **SLEEP** // **PET GROOMING TIPS** for the cold-weather months

betternutrition

THE SHOPPING MAGAZINE FOR NATURAL LIVING

DECEMBER 2017 | betternutrition.com

Winter Wellness

THE BEST HERBS
FOR STRESS,
FATIGUE,
IMMUNE
CHALLENGES,
& MORE!

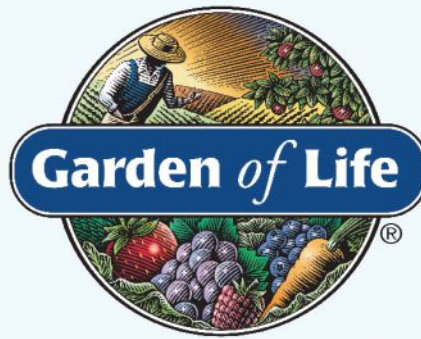
COZY &
NOURISHING
**BONE
BROTH,**
WITH A
VEGGIE
TWIST, p. 54

7 ESSENTIAL OILS TO
EASE COLDS & FLU

**31 DAYS
OF
GIVEAWAYS!**

Enter to Win Gift
Baskets, Cookbooks,
& Supplements,
p. 28

natural
HOLIDAY
DESSERTS



Empowering Extraordinary Health®

Introducing Organic Grass-Fed Whey

New!



Creamy, delicious and oh so nutritious, Organic Grass Fed Whey is available in five organic flavors—Vanilla, Chocolate Cacao, Chocolate Peanut Butter, Strawberry and Lightly Sweet with no Stevia. Easily add to your protein intake by using Organic Grass Fed Whey in shakes and smoothies or by adding to baked goods—the options are endless!



California Grass Fed



Family Dairy Farmers Committed to Organic, Grass Fed Farming Since the Early 1900s



Cows Live in Their Natural Outdoor Habitat, Roaming and Feeding in Green Pastures



American Humane Certified

How It's Made



Low Temperature, Microfiltered and Acid Free



With Probiotics for Easy Digestion





40

Healthy and decadent? Our Holiday Apple Cobblers are the best of both worlds.



30

Adaptogenic herbs can take the edge off stress—and much more.

features

28 31 Days of Giveaways

In the spirit of the season, we're giving the gift of health all December long. Check out all of the goodies that you could find under your tree this year, and then enter to win at betternutrition.com.

30 Adaptogenic Herbs

Often called "tonic herbs," these beneficial botanicals help defend the body against chronic stress, enhance immunity, combat fatigue, and encourage muscle development and repair. Here's a look at some of the best adaptogens and how to use them.

38 Festive Delights

It's the most wonderful time of the year, but the holiday season is also filled with dietary pitfalls. Celebrate a healthful holiday this year with these recipes that are long on flavor, but short on suspect ingredients.



46

Cinnamon essential oil is a warming scent with powerful antifungal and antioxidant properties.

departments

8 TREND WATCH Bee Healthy

Harness the power of the hive with these buzz-y supplements. Plus wellness tips from *Dynasty* star Linda Evans, two healing tea recipes, the latest organic research, and more.

18 HOT BUYS Winter Round-Up

Natural food, beauty, and supplement products that we're excited about this month.

20 CHECK OUT Probiotics Update

The latest studies on friendly gut bugs—including surprising new uses.

24 ASK THE NATUROPATH

Improve Your Sleep

When you have difficulty getting to sleep or staying asleep, these natural strategies can help.

26 NATURAL BEAUTY

Holiday Beauty Gifts

Nontoxic personal care suggestions for everyone on your shopping list.

44 NATURAL PET

Winter Pet-Grooming Guide

Chilly temperatures and thicker coats pose special challenges when it comes to grooming your pet.

46 7 WAYS

Aromatherapy for Colds & Flu

Boost your immunity and avoid seasonal maladies with these wholesome essential oils.

50 EATING 4 HEALTH Stress Busters

Make your holidays happier with these seven foods to calm your mind, support your body, and keep you celebrating into the New Year.

54 HEALTHY DISH

Taking Stock of Bone Broth

Our collagen-rich Winter Warmer Blended Soup hits the healthful spot on cold December nights.

55 SHOPPING CART Product Spotlights

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

56 QUIZ WHIZ The Scoop on Protein

This basic nutrient performs key functions in the body, but how much do you really know about it? From powders to plant sources, our quiz covers the basics.



SMILE

BE HAPPY YOU TOOK YOUR ESTER-C®

The only vitamin-C that offers 24-hour immune support*



Eat healthy, get your rest—and take Ester-C® every day.* Taken just once a day, Ester-C® capsules, vegetarian tablets and effervescent powder packets absorb into your system and stay there to deliver 24-hour immune support and potent antioxidant activity.* So now, more than ever, trust your immune health to Ester-C®... Nothing else works like it.*

Ester-C® The Better Vitamin C.®

Ester-C®, Ester-C® and The Better Vitamin C® are registered trademarks of The Ester C Company. U.S. Pat. Nos. 6,197,813 & 6,878,744.

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

AMERICAN HEALTH®
good health made simple

Learn more at AmericanHealthUS.com

©2017 American Health Inc. | 16-AH-1272

Essential Oils Make Scents

The holiday season is the perfect time to discover the healing benefits of aromatherapy. Essential oils are a natural antidote to stress, fatigue, low mood, overeating, muscle aches, and immune challenges—all of which are compounded this time of year.

Aromatherapy products also make great gifts. Most health food stores carry a variety of essential oils and beautifully designed diffusers. Tiny diffusers work best for bathrooms, small bedrooms, and offices, while the larger ones are better suited to spacious rooms.

Essential oils are easy to use, and there are lots of different ways to reap their benefits. For instance, add a few drops of spruce, fir, pine, and cypress to a diffuser to fill your home with winter scents, improve your mood, and soothe frazzled nerves. These nontoxic oils can also help boost the effectiveness of your favorite hair or face care products. If you have dry skin, for example, mix a few drops of helichrysum and frankincense into face creams, serums, or body lotions for extra softening power.

Explore the world of essential oils and learn how to pick the best scents for your wellness goals with the help of our new aromatherapy series. Visit betternutrition.com (starting December 1) to read articles on a range of topics, from essential oils for cleansing and detox to skin care to kids' health.

And to help you sidestep colds and flu this season (or ease symptoms if you catch something), see p. 46 for seven essential oils that help support immune system health.

Wishing you a happy and healthy holiday season!

Nicole
nbrechka@aimmedia.com



COMING NEXT MONTH

Weight Loss, Demystified

Get the inside scoop on the most popular diet books and other notable regimens.

Kick Your Caffeine Habit

Get natural advice on getting off coffee and other caffeine-containing beverages.

7 Uses for MCT Oil

A concentration of certain fats found in coconut oil, MCT oil promises to deliver quick energy and a host of other benefits.



Web Exclusive Recipe!

Spicy Sweet & Smoky Wings

These killer wings are laced with maple syrup and hot sauce. Plus they make a great snack for game days.

SIGN UP FOR OUR NEWSLETTER!

Healthy Buzz

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

betternutrition

YOUR GUIDE TO NATURAL LIVING

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

Contributing Designer Rachel Pilvinsky

Contributing Writers Jeannette Bessinger, CHHC, Jonny Bowden, PhD, CNS, Cheryl Cromer, Emily A. Kane, ND, LAc, Chris Mann, Julia Szabo, Lisa Turner, Neil Zevnik

Production Director Cynthia Lyons
Production Manager Mark Stokes

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

Chief Innovation Officer Jon Dorn
jdorn@aimmedia.com

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

Associate Publisher Bernadette Higgins
bhiggins@aimmedia.com

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

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

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

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

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

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

Marketing Designer Judith Nesnadny
jnesnadny@aimmedia.com

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



ACTIVE INTEREST MEDIA

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

facebook.com/
BetterNutritionMagazine

twitter.com/
betternutrition

pinterest.com/
bnutritionmag

instagram.com/
betternutritionmag

BETTER NUTRITION, ISSN #0405-668X, Vol. 79, No. 12. Published monthly by Cruz Bay Publishing, an Active Interest Media company, 5720 Flatiron Parkway, Boulder, CO 80301; 303-253-6300; fax 303-443-9757. © 2017 Cruz Bay Publishing. All rights reserved. Mechanical requirements and circulation listed in Standard Rate and Data Service. The opinions expressed by the columnists and contributors to BETTER NUTRITION, are not necessarily those of the editor or publisher. Fraudulent or objectionable advertising is not knowingly accepted. Advertisers and advertising agencies assume liability for all content of advertising and for any claims arising therefrom. Articles appearing in BETTER NUTRITION may not be reproduced in whole or in part without the express permission of the publisher. Microfilm copies of BETTER NUTRITION, are available from University Microfilms, 300 N. Zeeb Rd., Ann Arbor, MI 48106. Authorization to photocopy items for internal or personal use of specific clients is granted by Cruz Bay Publishing, provided that the base fee of US \$2.25 per copy, per page is paid directly to Copyright Clearance Center (CCC), 222 Rosewood Dr., Danvers, MA 01923 USA. The fee code for users of this Transactional Reporting Service is 0405-668X/1999 \$2.25. For those organizations that have been granted a photocopying license by CCC, a separate system of payment has been arranged. Prior to photocopying items for educational classroom use, please contact CCC at 908-750-8400. Organizations or individuals with large quantity photocopy or reprint requirements should call 770-988-9991.

WHOLE EARTH & SEA®



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

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

FRESH RAW INGREDIENTS • NON-GMO • SUSTAINABLE



**natural
Factors®**

wholeearthsea.com



ANCIENT NUTRITION

IS BONE BROTH THE MISSING LINK TO YOUR HEALTH?

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

CELEBRITY TREND *DU JOUR*

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

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

PERFECT FOR PALEO LIVING

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

WHY ALL THE HYPE?

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

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



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

BONE BROTH PROTEIN™

MODERN SUPERFOOD

BRINGING THE BENEFITS OF BONE BROTH TO THE PEOPLE

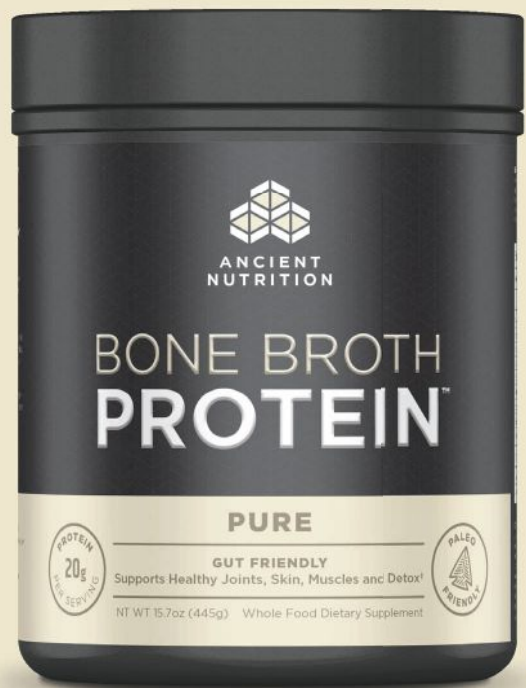
Two major drawbacks to experiencing the benefits of bone broth is the time to make it at home and expense to buy it pre-packaged. Introducing **Bone Broth Protein™**—a breakthrough in protein supplementation that delivers the benefits of bone broth in an easy-to-mix, convenient and on-the-go form.

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

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

5 BIG BENEFITS OF BONE BROTH PROTEIN™

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



Other Delicious and Functional Flavors Available

WWW.BONEBROTHPRO.COM

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

trendWATCH

Bee Healthy ///by Lisa Turner

Three bee products and how to use them

1

Royal Jelly

What it is. High in protein and rich in nutrients, royal jelly is secreted by young worker bees, and is the main source of food for a colony's queen.

What it does. Royal jelly has traditionally been used to treat infertility and ease menopausal symptoms, and research validates these benefits. In one study, it was more effective than prescription estrogen in reducing menopausal symptoms. Other studies show that it improves sperm count and testosterone levels, enhancing male fertility. Royal jelly also supports immune function, enhances collagen production, and reduces diabetes risk. And it may also help protect against Alzheimer's.

How to use it. Royal jelly is available in powders and capsules, combined with other ingredients in tinctures, or frozen in its whole, fresh state. It's traditionally held in the mouth before swallowing to increase bioavailability. Because it's bitter, mix it with a spoonful of honey or jam, then let it dissolve under your tongue.



2

Manuka Honey

What it is. This potent, healing honey is made by bees from the pollen of the Manuka plant in New Zealand.

What it does. Manuka honey is traditionally used to treat digestive conditions. Topically, it can speed healing of burns and wounds. It also supports immune function, and helps stop the growth of *Streptococcus pyogenes*, the bacteria that causes strep throat.

How to use it. Look for a UMF rating of 10 or higher, or a K Factor of 16–22 to ensure a high percentage of Manuka pollen. It's best not to use Manuka honey in hot beverages, to avoid damaging the enzymes. Take it by the spoonful, or stir it into yogurt, drizzle it over berries, or add it to smoothies.

3

Bee Pollen

What it is. Used by bees to feed their young, bee pollen is about 40 percent protein, and rich in vitamins, minerals, antioxidants, and fatty acids.

What it does. Bee pollen has antibacterial, antifungal, and antiviral properties. Studies show it can treat chronic and acute inflammatory conditions, speed the healing of wounds and burns, and relieve pain. Studies also suggest bee pollen can relieve stress, treat allergies, ease symptoms of menopause, and boost immunity.

How to use it. Add bee pollen powder or tinctures to smoothies. Whole granules can be sprinkled over oatmeal, salad, or peanut butter toast.



BEE SAFE

While bee products are generally considered safe to use, they may not be appropriate for anyone with a bee or pollen allergy. Check with your doctor first. Even if you have no history of allergies, it's best to start small; some companies advise taking one raw bee pollen kernel or a drop of royal jelly under your tongue to start, then slowly increasing your dose every day. And be sure your honey, pollen, and royal jelly are free from pesticides and chemicals, and are sustainably harvested.

Year-Round Pet Health



Support a Healthy Immune System with NOW® Pets

With new Immune Support from NOW® Pets it's never been easier to support your pet's immune system and innate resistance to common pathogens. Made with natural herbs and botanicals, an organic mushroom blend, and free radical-scavenging selenium, Immune Support not only assists immune system function, but also helps to enhance liver and kidney function. Immune Support is formulated by renowned veterinarian Dr. Barbara Royal, DVM, CVA.

Look for the complete line of NOW Pets supplements at fine health food stores nationwide.

- G.I. Support
- Immune Support
- Joint Support
- Omega-3 Support
- Pet Allergy
- Pet Relaxant
- Urinary Support
- Weight Management
- L-Lysine for Cats



nowfoods.com/Pets



MAKES
WRINKLES
ALMOST
DISAPPEAR

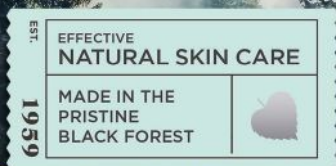


Firms, tightens and
strengthens the skin for a
smooth, radiant complexion.

www.borlind.com

ANNEMARIE
BORLIND

NATURAL BEAUTY



trendWATCH

In the Spotlight: Linda Evans

The *Dynasty* icon
embraces mind-body
wellness to stay active
and centered at 74

///By Chris Mann

She made 40 fit and fabulous as Krystle Carrington on the '80s TV hit *Dynasty*. But after a recent bout with back pain and depression, actress Linda Evans found renewed health by nourishing her mind, body, and soul. "Meditation is the best wellness pill that exists," she says. "Taking time to create an inner sense of peace and well-being is how I start each day. When I'm centered, I face the day with clarity."

Embracing the link between science and spirit helped Evans heal. "There are so many stressors in life that adversely affect our health," she adds. "[*The Biology of Belief* author] Bruce Lipton's research on mind-body connection—that our genes are affected by our thinking—changed my understanding of life. I've



After her morning meditation, Evans, who recently updated her book *Recipes for Life: My Memories*, embarks on an hour-long walk with her dog, Alexie.

always believed this to be true. Wellness is a state of mind as much as it is a condition in our bodies. When I seek healing, I set an intention to deepen the relationship between my mind, body, and spirit."

An expanded focus on nutrition also fortified Evans' overall health. "I look for dishes rich with nutrition that bolsters the integrity, resilience, and optimal function of every cell in my body."

SUPPORTING SUPPLEMENTS

Bone Broth: "Everyone knows the world's best source of natural collagen is bone broth. As we age, it's so important to support our body's longevity by protecting joints and having healthy bone mineral density. It's also so good for the gut and strengthens our immune systems. I drink chicken broth like tea. I can feel the good it does for me."

Colloidal Silver: "When I need antiviral and antibacterial support, I reach for colloidal silver. It's very effective at eliminating infection with its immune-boosting benefits."

B-Complex Vitamins: "To maintain my energy levels, I take a full spectrum of B vitamins—key nutrients in nerve health, heart wellness, and even healthy skin and hair."

Magnesium: "In the evenings, I take magnesium to support relaxation of my mind and muscles. It also has a nerve-calming effect that makes my sleep feel restful and deep."

Chris Mann is a celebrity wellness and fitness writer, natural health brand storyteller, entertainment author and journalist, and digital-content producer (ChrisMann.tv).



yourself



Show your body the love it deserves.

Fight the effects of aging by replenishing proteins vital to skin hydration and elasticity. Our pure, clean collagen enhanced with Vitamin C is an excellent addition to your daily beauty routine.*

www.youththeory.com

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

GIVES
YOUR FACE
A PICK-ME-UP

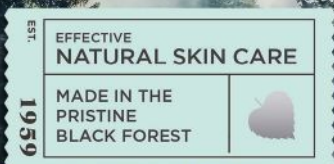


Blood Orange Serum with vitamin C stimulates, refreshes and vitalizes skin for a fresh and vibrant look.

www.borlind.com

**ANNEMARIE
BÖRLIND**

NATURAL BEAUTY



trendWATCH

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

the sweet life

How Robb Turner turned his family's wilderness retreat into Crown Maple Syrup, a source of this natural treat

/// By Neil Zevnik

As the cofounder of a private equity firm with degrees from West Point and Harvard Business School, Robb Turner's route from managing a boardroom to tapping sugar maple trees was far from direct.

Raising his own family in the suburbs, Turner wanted his kids to have a closer experience of nature—maybe not exactly like the Illinois farm where he grew up, but something untrammelled by the noise and distraction of city living. Four hundred acres of untouched forest in upstate New York filled the bill; and trying to protect neighboring properties from development resulted in the acquisition of almost 600 more acres. He named the property “Madava Farms” after his two daughters, and set about creating a family retreat. Syrup was the farthest thing from his mind.

The Passion

One day, Turner was strolling the property with a neighbor, who wondered aloud what he intended to do with all those maple trees. And that question started Turner's journey from weekend nature lover to syrup entrepreneur.

After performing his due diligence, approaching the property like any other investment possibility, Turner saw the opportunity to build a world-class maple operation with benefits beyond just the



“To me, maple syrup isn't just a food—it's a natural resource,” says Robb Turner, pictured here with his wife and daughters.



financial. “Introducing a premium, select quality maple syrup seemed the right fit for the land, the environment, and the community,” he says.

So Turner traded his vision of a private family sanctuary for something grander—a chance for his family to give back, to create a sustainable natural enterprise that would preserve a centuries-old environment while energizing and inspiring an entire community. Not to mention producing “quite possibly the purest maple syrup on earth,” he says.

For Turner, it all goes back to his childhood in Illinois. “Being in nature, roaming the streams and patches of forest, ingrained in me an appreciation and respect for nature. To me, maple syrup isn't just a food—it's a natural resource, an edible bounty created in a self-sustaining environment. I'm now even more passionate about preserving and sustaining our world.” And what could be sweeter than that?



web exclusive!

Go to betternutrition.com for a Spicy Sweet & Smoky Wings recipe starring Crown Maple Syrup.

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.

DON'T PAIR YOUR WILD CAUGHT SALMON WITH A MAINSTREAM CRACKER.

HARVEST STONE
CERTIFIED
GLUTEN-FREE
HARVEST STONE



Life, well accompanied.

A great snack can flop with a limp, lifeless cracker. Insist on the simply better flavor of Harvest Stone.



HarvestStone.com



MAKES
EYES
LOOK
YOUNGER



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

www.borlind.com

ANNEMARIE
BÖRLIND

NATURAL BEAUTY

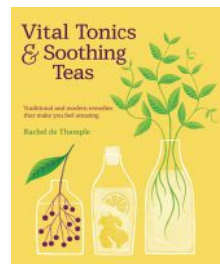


trendWATCH

JUST YOUR

CUP of TEA

Tea is the most popular nonalcoholic beverage (after water). And new healthy benefits of both true tea (from the *Camellia sinensis* plant) and tisanes continue to be discovered. But why settle for steeping a plain old tea bag in a cup of water? Step up your tea game with creative brews by Rachel de Thample, from her new book *Vital Tonics & Soothing Teas*. Here are two of her favorites:




SPICE C TEA
Serves 1
Cumin is a wonderful cleanser for the small intestine, which plays an important role in nutrient absorption. You may be eating the best food, but if your ability to absorb and assimilate the nutrients is diminished, your health will be affected. If this is the case, try this tea for one month.

- 1 tsp. cumin seeds
- ½ cinnamon stick
- 2 tsp. black tea leaves or 1 black tea bag
- 1 cup freshly boiled water

Put cumin, cinnamon, and tea leaves into teapot, and pour in freshly boiled water. Steep 7 minutes, then strain into a mug.



ROSY GINGER TEA
Serves 1
Rose works to calm the emotions, making it a medicine for your heart, while ginger and star anise are great digestive soothers—perfect for stressful, often heavy holiday meals.

- 1 (1¼-inch) piece fresh ginger, peeled and roughly chopped
- 1 Tbs. rose petals or rose buds
- 1 star anise pod
- 1 cup freshly boiled water

Put ginger, rose petals, and star anise into teapot, and pour in freshly boiled water. Steep 10 minutes, then strain into a mug, and drink.



— *FLAX*
(OMEGA-3)

— *SESAME*
(OMEGA-6)

— *SUNFLOWER*
(OMEGA-6)

— *COCONUT*
(OMEGA-9)

OMEGAS MADE EASY.

OMEGA-3, -6, & -9 IN ONE CONVENIENT BLEND

Udo's Oil provides all the omegas you need in one spoonful...we're talking about omega-3 & -6 plus the added benefits of omega-9. We use pure, fresh-pressed flax oil and blend it with sunflower, coconut, and sesame oils ensuring that we provide you with all the omegas your body needs. Since your body can't make them, it's important to use Udo's Oil daily...just blend, mix, and drizzle it into every meal. Udo's Oil...because getting the omegas your body needs shouldn't be complicated.

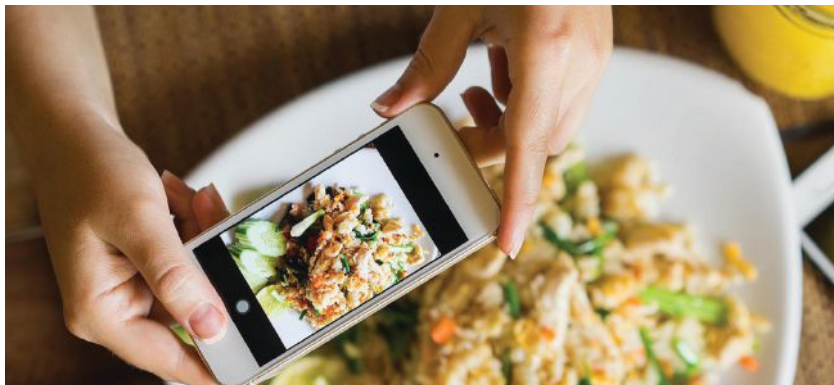


GLUTEN-FREE | NON-GMO | ORGANIC | PLANT-BASED | VEGAN

WWW.FLORAHEALTH.COM

trendWATCH

/// BY VERA TWEED



Instagram's Health Benefit Discovered

Taking pictures of everything you eat and posting the images on Instagram can help you stick with a healthy diet more so than a traditional journal or app, according to a study at the University of Washington in Seattle. "When you only have one data point for a pizza or donut, it's easy to rationalize that away as a special occasion," says senior study author Sean Munson, PhD. "But when you see a whole tiled grid of them, you have to say to yourself, 'I don't actually have that many special days.'"



6 YEARS

The longest study comparing an organic crop to a conventional one, lasting 6 years, found that organic onions contained significantly higher levels of beneficial antioxidants and flavonols, nutrients that help to prevent common diseases. Because of its length, this study, published in the *Journal of Agricultural and Food Chemistry*, likely gives a more accurate picture of organic benefits, compared to earlier, shorter studies that sometimes had conflicting results.

For over 20 years, Irwin Naturals has formulated "best-in-class" supplements that address a wide spectrum of health needs. Our extensive line uses an all liquid soft-gel delivery that offers superior advantages over hard-to-digest tablets and capsules. Plus, our signature BioPerine Complex enhances nutrient absorption and potency.

To our most popular products we added **Nitric Oxide Boosters**. Nitric Oxide is a naturally-occurring compound in the body that plays a key role in cardiovascular health. Nitric Oxide is produced in the inner lining of blood vessels and helps to relax and dilate vessels, allowing more blood to flow throughout the body.

If you are not yet familiar with the entire breadth of this amazing health conscious brand, then check us out at www.IrwinNaturals.com and put yourself on the path to better health.

Are you seeing **RED**

Look for our most popular products that now feature **Nitric Oxide Boosters**

NEW PRODUCTS!



Is Your Job LOW-VITAMIN D?

People in certain jobs are more likely to be deficient in vitamin D, Canadian researchers concluded after analyzing 71 studies with a total of more than 53,000 people. These were the percentages of vitamin D-deficient people in different types of occupations:

- * **SHIFT WORKERS: 80%**
- * **INDOOR WORKERS (NOT HEALTHCARE): 77%**
- * **HEALTHCARE STUDENTS: 72%**
- * **MEDICAL RESIDENTS: 65%**
- * **OUTDOOR WORKERS: 48%**
- * **PRACTICING PHYSICIANS: 46%**
- * **NURSES: 43%**

The study was published in the journal *BMC Public Health*.



chocolate CALMS fluttering hearts

Atrial fibrillation, the medical term for irregular heart rhythms, is associated with stroke, heart failure, dementia, and earlier death, but high-cocoa chocolate can reduce the flutters. A study tracked more than 55,000 Danish men and women for about 13 years and found that eating chocolate two to six times per week reduced risk of flutters by 20 percent, likely because chocolate contains antioxidants, anti-inflammatory and anti-platelet nutrients, and magnesium. However, researchers warned against eating large amounts of the treat.



Save \$2.00 on any product at www.IrwinNaturals.com by entering coupon code: **013160**

ANY IRWIN NATURALS PRODUCT
SAVE \$2

EXPIRES 02/28/18 MANUFACTURERS COUPON

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



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

Follow Us On...



Winter Roundup

These energizing, beautifying products are sure to make your season brighter

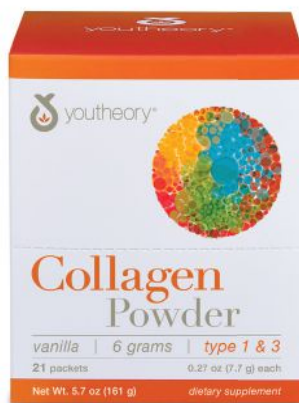


▼ A Definite Plus

From exploring new trails to running longer distances to just keeping up with your kids, your body needs clean, wholesome fuel to run its best. **Flora Omega Sport+ 3-6-9 Oil Blend** helps you push the boundaries of what's possible. This formula provides the foundation for good health by providing your body with the essential fatty acids (omega-3, -6, and -9) it requires—and so much more. The addition of medium-chain triglycerides (MCTs) further supports energy production in the brain, heart, and muscles. Anti-inflammatory turmeric also aids in digestion, and vitamin D supports bone health. Plus, it comes in eco-friendly, recyclable amber glass bottles.

► Crazy for Collagen

Each packet of vanilla-flavored **youtheory Collagen Powder** replenishes collagen reserves that decline as we age. Collagen is the “glue” that binds us together—providing the basic structural framework of the inner body. The collagen in this formula (type 1 and 3) has undergone a gentle enzyme process that breaks down collagen into small, easy-to-absorb peptides. Plus, it adds 18 amino acids that serve as “building blocks” for new tissue formation—including hydroxyproline (an amino acid found only in collagen), which stimulates cells to manufacture new collagen protein. Benefits include increased skin hydration and elasticity, and fewer wrinkles. You get single-serve 21 packets per box.



◀ Pure Energy

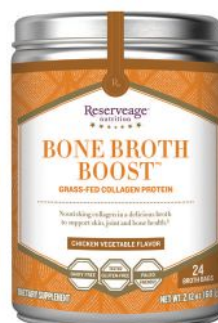
Whole-food-based **Bluebonnet Simply Energy** are three blends of herbal extracts, amino acids, and electrolytes to pick you up and power you through the day. The amino acids L-arginine,

L-citrulline, and beta-alanine enhance blood flow, while L-theanine promotes mental clarity. Available in Grape, Strawberry Kiwi and Lemon flavors in canisters and convenient single-serving packets, Simply Energy contains no artificial sweeteners, flavors, or colors. Use it for a revitalizing boost whenever you need it.



▲ Voluminous Vegan Lashes

Inika Organic Long Lash Vegan Mineral Mascara uses 100 percent plant-derived and natural ingredients to boost length, volume, and lash span. Long-wearing and clump-free, it's ideal for sensitive eyes. Conditioning ingredients include vitamin E, magnolia bark extract, and sunflower oil. A voluminous brush head lets you apply the perfect amount of mascara every time. This revolutionary formula is certified vegan and contains natural mineral pigments for intense, rich color that really does last all day.



◀ A Savory Sip

Enjoy a one-of-a-kind broth that fits perfectly into a gluten-free, dairy-free, or Paleo lifestyle. **Reserveage Nutrition Bone Broth**

Boost delivers grass-fed collagen protein in a comforting broth form. Made from top-quality beef and rich in amino acids, the broth comes in individual “broth bags” that work just like tea bags. Add one to hot water to create a savory bone broth rich in collagen, the protein that adds strength and structure to skin, joints, and bones. It makes a great afternoon snack too. Pick from Hearty Beef or Chicken Vegetable Flavor (shown here).

Breathe Better. Winter Better.



XLEAR PROACTIVE HEALTH

Don't let the cold & flu season keep you down. Xlear® Saline Nasal Spray with xylitol is proven to alleviate dryness and congestion better than saline alone. Find Xlear at your favorite retailer.

xlear.com

Did You Know?

Bacteria make up about 2 percent of a person's body weight.

Probiotics Update

The latest research on friendly gut bugs—including new and surprising uses for probiotic supplements ///BY VERA TWEED

The gut microbiome—the bacterial community in our digestive tract—continues to be a hot topic as scientists find more ways in which it influences human health, from improving resistance to colds and flu to enhancing the ability to maintain a healthy weight. And scientists have recently discovered that a healthy gut may also help fight serious lung diseases.

A study at the University of Michigan in Ann Arbor found errant gut microbes in the lungs of patients with acute respiratory distress syndrome (severely inflamed, fluid-filled lungs). “We suspect that the gut wall gets leaky and gut bacteria ‘escape’ to the lungs,” says researcher Robert Dickson, MD. The misplaced gut bugs contribute to the disease, and this discovery may lead to new treatments for the condition, a leading killer of patients in intensive care units for which there is no effective medical treatment. Other lung diseases that may be influenced by the gut microbiome include chronic obstructive pulmonary disease (COPD), cystic fibrosis, pneumonia, and even lung cancer.

Solving the Leaky Gut Problem

Also referred to as hyperpermeability of the gastrointestinal tract, leaky gut means that toxic particles, which can be eliminated if they remain in the digestive tract, escape into the blood and circulate. The leakiness triggers systemic inflammation and contributes to a variety of ills, including weight gain, inflammatory bowel disease, type 2 diabetes, heart disease, mental decline, and even Alzheimer’s disease or other forms of dementia. Probiotics can help reverse this condition.

At the University of North Texas Denton, the first human study of its kind measured levels of “endotoxins,” which are markers of leaky gut, in a group of 28 healthy men and women. Those in the study were especially vulnerable to elevated levels of endotoxins after eating a high-fat meal such as thin-crust pizza. After 30 days of supplementation with a probiotic combination (Just Thrive Probiotic & Antioxidant), levels of endotoxins after a high-fat meal were 42 percent lower, indicating lower odds of a leaky gut and

FEEDING GOOD GUT BUGS

Although all types of fiber from plant foods are an essential part of a healthy diet, some foods are especially good sources of prebiotics—special types of fiber that nourish beneficial gut bugs. These foods include asparagus, Jerusalem artichoke, leeks, onions, and tiger nuts.

In supplements, prebiotics include inulin, fructooligosaccharides (FOS), galactooligosaccharides (GOS), and xylooligosaccharides (XOS). A study at the University of California Los Angeles found that 1 gram daily of XOS reduced bad gut bacteria and enhanced beneficial bacteria in people who were healthy, overweight, or had elevated levels of blood sugar.

ARE YOU TAKING THE RIGHT FORM OF CoQ10?



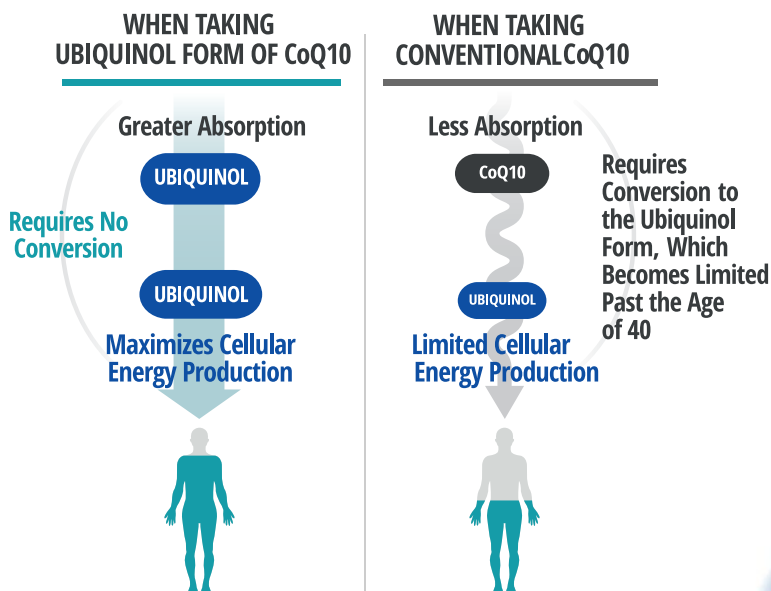
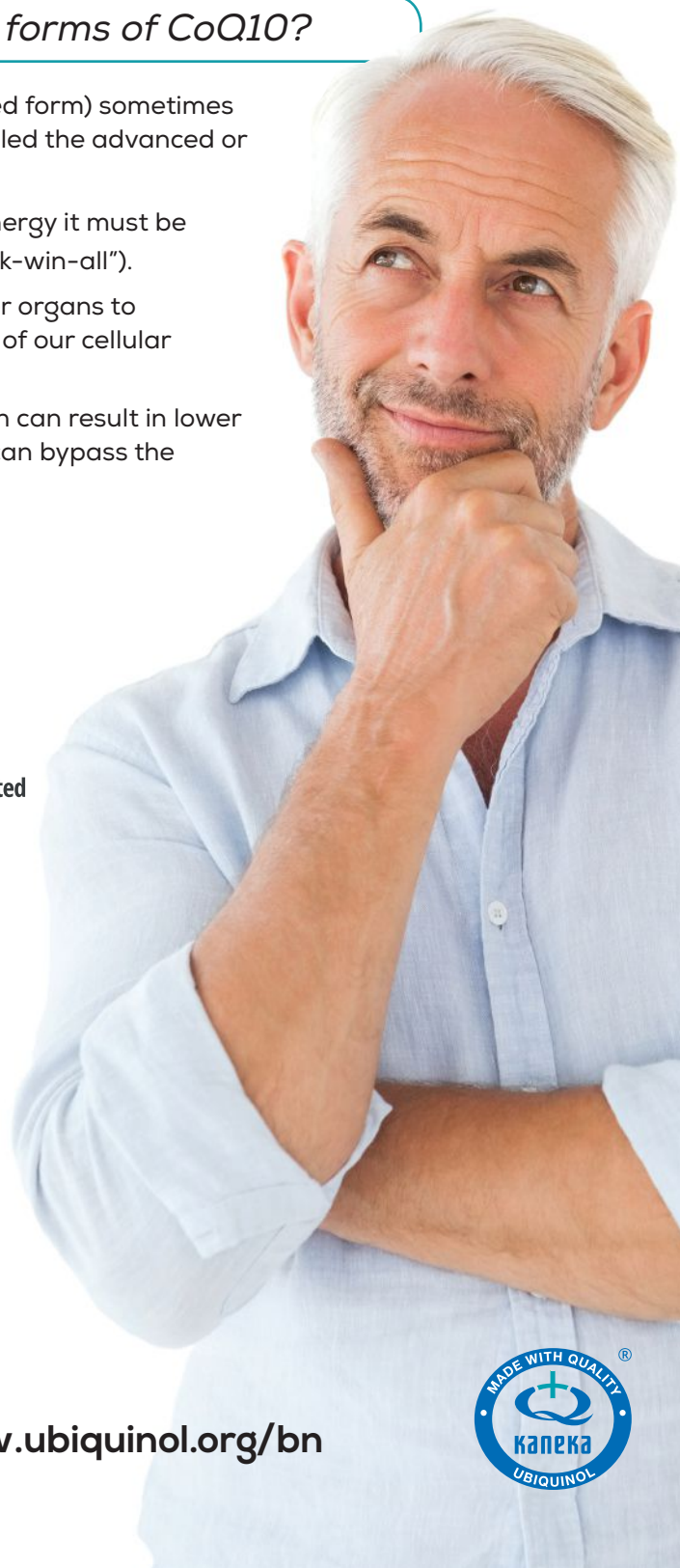
Did you know that there are two forms of CoQ10?

CoQ10 comes in two main forms: Ubiquinone (the oxidized form) sometimes called conventional CoQ10 and Ubiquinol, sometimes called the advanced or active CoQ10.

For CoQ10 to be effective in the production of cellular energy it must be converted to its active form – **UBIQUINOL** (“you-bik-win-all”).

Our bodies rely on cellular energy for our heart and other organs to function properly. Ubiquinol is associated with over 90% of our cellular energy production.

After the age of 40 our bodies produce less CoQ10 which can result in lower Ubiquinol levels. By taking a Ubiquinol supplement, you can bypass the conversion process and replenish Ubiquinol levels.



Because of Ubiquinol's greater absorption and the limited conversion of Conventional CoQ10 after the age of 40, it is better for your heart and vascular health than Conventional CoQ10.



Look for the Kaneka quality seal on your favorite brand of Ubiquinol

For more information, please visit www.ubiquinol.org/bn

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



GREAT SKIN STARTS WITH A GREAT PRODUCT.



Voted #1
Skin
Supplement

Herpanacine® Skin Support

Used for most skin conditions.

Immune boosting & blood cleansing.

Works internally where it counts!

Used by men, women & kids.

27 years & millions of thrilled clients!

Gluten free & non-GMO.

GREAT FOCUS STARTS WITH A GREAT PRODUCT.



2017
betternutrition
BEST OF
SUPPLEMENTS
AWARD
WINNER

DiamondMIND® Cognition Formula

Award winning results!

*Newly enhanced, quality formulation
packed with proven brain nutrients.*

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

Gluten free, non-GMO, vegan.

Diamond Herpanacine of PA
www.diamondformulas.com

(888) 467-4200

#ClearSkinNaturally

checkOUT



Studies have found benefits—including improved weight loss—with all types of probiotics.

related ills. In contrast, among people taking a placebo, endotoxin levels were 36 percent higher.

Types of Probiotics

The supplement used in the study cited above contained a combination of “spore” probiotics. Spores are a dormant form of bacteria with a natural protective coating that prevents them from being destroyed by stomach acid and enables them to travel to the intestines, where the bacteria can emerge, much like a butterfly from a cocoon.

About one-third of the bacteria in a healthy human gut produce spores, according to the Sanger Institute, a nonprofit research organization in the United Kingdom. In nature, spore-forming bacteria are mainly found in soil. For bacteria that don’t produce spores, some probiotic supplements have a protective coating to prevent stomach acid from destroying beneficial microbes before they can reach the intestines.

The names of spore probiotics begin with “*Bacillus*.” Names of popular probiotics that begin with “*Lactobacillus*” or “*Bifidobacterium*” are not spores.

More Probiotics Benefits

Studies have found benefits with all types of probiotics. For weight loss, a review of 25 studies following more than 1,900 people found that supplements with multiple types of probiotic bacteria produced the most weight loss, more so if

taken for at least 8 weeks. Other benefits include prevention or relief from:

- * Diarrhea
- * Antibiotic side effects
- * Colds and flu
- * Hay fever
- * Eczema
- * Irritable bowel syndrome
- * Ulcers
- * Digestive side effects of cancer therapy
- * Constipation
- * Indigestion
- * Impaired mental function in people with Alzheimer’s
- * Toxicity from mercury, arsenic, and cadmium
- * Vaginal infections
- * Depression in people with IBS
- * Unhealthy blood-sugar levels in diabetics

product PICKS

Just Thrive
Probiotic &
Antioxidant



Natural
Factors
TravelBiotic

Renew Life
Ultimate
Flora
Extra Care
Probiotic
50 Billion



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

THE #1 SELLING CURCUMIN PRODUCT!^{††}

Stronger, More Effective Curcumin

1 CuraMed®
Softgel 750mg = Up to **500**
Capsules of
TURMERIC



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

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

Terry Lemerond, Founder and President of Terry Naturally® products



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

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



Our Passion is Your Health!™

EuroPharmaUSA.com

MONEY-BACK GUARANTEE

†Occasional inflammation due to exercise or overuse. ††SPINScan Other Herbal Formula Subcategory Product Item Rank, data ending 8/13/17.

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

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



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.

Improve Your Sleep

Can't fall asleep? Or have trouble sleeping through the night? Here's what you can do to fix your sleep problems // **BY EMILY A. KANE, ND, LAc**

Q : My sleep isn't regular. I'm concerned this will have long-term health consequences. What can I do to help without drugs?
—Georgiana N., Springfield, Mass.

a: A good night's sleep will fix a lot of what seems wrong at the end of the day. There are two basic patterns of poor sleep, and both can occur together.

When You Can't Fall Asleep

First, there's difficulty getting to sleep (sleep onset), which may be caused by anything from racing thoughts to chronic pain to overuse of stimulants such as caffeine. Our overuse of artificial lighting, however, may be the biggest culprit.

Melatonin is a calming substance produced by the body when light stops hitting the retinae. When the sun goes down, melatonin production is supposed to kick in. But when we flip on artificial lights, this inhibits our natural production of calming melatonin.

It's no wonder, then, that supplemental melatonin often works very well for people who have trouble getting to sleep. I recommend starting small, with doses

of 1–2 mg taken in the late afternoon or early evening. But up to 10 mg is fine, and won't suppress your natural melatonin production. Also avoid caffeine and chocolate too close to bedtime—your body doesn't need the extra stimulation.

If pain is an issue, try a decompression move when you first lie down. If you favor lying on your back, move your bottom a little further away from your pillow than usual. Then lift up your chest, prop yourself up on your elbows, and press down lightly with your elbows, and traction your spine away from the tailbone. Then lie yourself down one vertebrae at a time. When your head goes down, use your hands cupped over the ears on either side of your head and gently pull your skull away from the neck before completely relaxing.

If you're a side sleeper, it's the same idea. Place your hip a little lower in the bed, and using your elbows, draw your

BENEFICIAL BEDTIME BOTANICALS

Herbal medicine is a lovely way to gently encourage relaxation, with no potential for addiction or unwanted side effects. Here's a classic calming formula that's safe enough for children:

Combine equal parts of **PASSION-FLOWER** (*Passiflora incarnate*), **LEMON BALM** (*Melissa officinalis*), **CHAMOMILE** (*Matricaria recutita*), **CATNIP** (*Nepeta cataria*), and **CALIFORNIA POPPY** (*Eschscholzia californica*) with about ⅓ dose of **LAVERENDER** (*Lavandula officinalis*). The herbs can be acquired loose, or in tincture form. The lavender can be added as a few drops of essential oil after the other herbs have steeped for 10 minutes.

If you make this formula in tincture form, take ½ tsp. twice daily until you experience rapid sleep onset. For quicker action, a larger dose such as 2 tsp. can be taken up to four times during the day. These dosing suggestions are based on an adult who weighs 150–175 pounds. Adjust for weight.

spine long away from the hips, and then adjust the neck to a slightly longer, tractioned position before settling into sleep.

When You Can't Stay Asleep

The second major insomnia pattern is poor sleep durability. This means you wake up several times during the night and can't resume a deep sleep pattern readily. If you get up to pee once or twice but go right back to sleep, that's fine. If

you need to urinate more than 2–3 times per night, this is likely due to enlarged prostate in a man, or overactive bladder in a woman. Both of these problems can be treated naturally, but neither is a quick fix.

If you wake more often during the night, this is usually because you are a “light” sleeper and easily disturbed by noises, light, or even temperature fluctuations. This isn’t necessarily easy to fix, but comfortable eye shades and good earplugs can help. I prefer wax earplugs that, when held in the hand to soften for a few moments, can be molded to fit snugly but comfortably in the ear canal.

Cortisol spikes during the night are another cause of frequent waking. Cortisol is a hormone that helps keep blood sugar steady overnight when we’re not eating. As we “fast” overnight (12 hours a night is optimal, every night), our adrenal glands secrete a very small, but steady,

stream of cortisol to prevent blood sugar from crashing, which would result in our waking up in a panic. But cortisol can also be a “stress” hormone if secreted unnecessarily. If your adrenal glands are easily stimulated (often due to stress or nervousness), it takes very little to trigger an adrenaline response, which, of course, will wake you up.

Although I’m not usually a fan of bedtime snacking, sometimes a small protein or fat snack can help. The proverbial glass of milk is a good idea, because its protein and fat are satiating, which can help you rest easy until morning without the threat of a blood sugar crash. You can also try a spoonful of nut butter or ¼ avocado—it doesn’t have to be a lot to be effective.

If that doesn’t work for you, I recommend herbal adrenal support. Evolutionarily, we developed to respond to stress as though it were immediately life-threatening.

Today, most of our stressors are chronic—and no amount of “fight or flight” response can help us escape the news, bills, traffic, or a bad boss.

For that reason, it’s important to nourish the adrenal glands. Some of my favorite tonics include licorice, ashwagandha, astragalus, motherwort, hawthorn, vitamin C, vitamin B₅ (pantothenic acid, 100 mg daily), and Siberian ginseng (*Eleutherococcus senticosus*). Many adrenal formulas contain some or all of these ingredients. Herbal remedies are fine to take in the evening, but spreading doses throughout the day, for several months, often works better. Herbal tonics are profoundly healing, but don’t have rapid action. Avoid taking B vitamins close to bedtime, as they can be stimulating.

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



Lip

volcano
eruption
explosion
flare-up



Help your *lips* out this season while staying immune strong with Super Lysine+® Tablets and Ointment.*

Challenges await the immune system at every turn. And those immune challenges can appear in many uncomfortable ways, from sniffing setbacks to prickling, stinging lip discomfort. The immune-boosting power of lysine, along with other effective natural ingredients, help fend off those painful lip sensations while helping promote immune health.

Find SuperLysine+ at a store near you.
QuantumHealth.com

Quantum
HEALTH

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

© 2017 Quantum Health

Holiday Beauty Gifts

Free from synthetic chemicals and infused with nourishing oils and uplifting scents, natural beauty products make luxurious treats for family, friends, coworkers—and even yourself /// BY SHERRIE STRAUSFOGEL

Whether your holiday shopping list is teeming with wellness-loving, toxic-phobic, cruelty-free advocates, or not, everyone will appreciate a basketful of natural, organic, eco-chic beauty products that feature safe ingredients, luscious textures, and gorgeous packaging.

Clean-and-green beauty brands are leading the way in effectiveness and innovation. They feature ingredients that are produced by nature, not synthetically derived in labs. And they're minimally processed and free of artificial ingredients, such as dyes and fragrances that could irritate sensitive skin. What better way to show how much you care? Hint: you may also want to add some of these to your own wish list.



1



2



3



4



1 Treat anyone who appreciates organic, steam-distilled essential oils to the **John Masters Organics Hand Cream Collection**. Three invigorating scents—Lemon & Ginger, Lime & Spruce, and Orange & Rose—provide deep hydration to dry hands, while aromas revitalize the senses. The convenient size makes it easy to have these healing creams at your fingertips for smooth, soft hands anytime.

2 Gift the global-minded with **Nubian Heritage Raw Shea Butter Body Wash** and **Body Lotion**. This duo contains unrefined, fair trade, certified organic, ultrarich shea butter from West Africa to moisturize and soften dry skin. Apropos to the holiday season, they boast essences of toning and antiaging frankincense and skin-revitalizing myrrh to help renew dull-looking skin.

3 Surprise the nail polish lover in your life with **Flora 1761 Nail Lacquer**. This conscious-yet-elegant alternative to mainstream nail care is nontoxic, certified vegan, cruelty-free, and 8-free (formaldehyde, formaldehyde resin, toluene, dibutyl phthalate, camphor, parabens, triphenyl phosphate, and sulfates). The colors are long lasting and inspired by flowers and botanicals. Shades shown on p. 26 are (left to right): Black Iris, Chrysanthemum, Dogwood, and Scotch Thistle.

4 Give friends and family a decadent treat with **Giovanni Hot Chocolate Sugar Scrub**. Crushed cocoa beans, sugar, and walnut shell powder gently exfoliate and polish, leaving skin feeling revived, invigorated, and smelling sweet. Safflower seed and kukui nut oils, plus shea butter, moisturize and freshen skin.

5 Anyone who takes a pure approach to health will appreciate the gift of **21 Drops Natural Wellness Gift Set**, a collection of six 100 percent organic and naturally wild-crafted blends. Roll on and inhale to de-stress, fight colds and flu, increase passion, manage pain, detox, and get a good night's sleep.

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.



KIDS WISH FOR MANY THINGS. BETTER HEALTH SHOULDN'T HAVE TO BE ONE.

The hopes and wishes of our children should be left to more colorful aspirations than wanting to feel better. Syntol for Kids helps that. As a berry-flavored combination of probiotics, prebiotics, and vitamins, Syntol for Kids helps defend against a young immune and digestive system troubled by irregularity, immune challenges, and digestive issues caused by sudden changes in their diet and environment, like daycare or school.

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



ARTHUR + ANDREW
MEDICAL

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

Learn more by calling (800) 490-1566.

WELCOME TO OUR 31 DAYS OF GIVEAWAYS!

We want to make your holidays bright and cheerful with these natural products, cookbooks, gift cards, and gift baskets—we are giving away one gift per day throughout the month. **Enter for your chance to win at betternutrition.com.** And be sure to register daily to increase your odds of winning. Let the merriment begin!



S	M	T
<p>3 The Winter Table by Lisa Lemke</p>	<p>4 Dr. Axe Multi Collagen Protein</p>	<p>5 Bio Nutrition Premium Black Seed Oil</p>
<p>10 Flora Elderberry Crystals</p>	<p>11 Essential Formulas • <i>The Probiotic Cure</i> by Martie Whittekin, CCN • Reg'Activ Detox & Liver Health • Dr. Ohhira's Probiotics</p>	<p>12 Toast & Jam by Sarah Owens</p>
<p>17 Quantum Health Organic TheraZinc Lozenges</p>	<p>18 Terry Naturally AnxioCalm</p>	<p>19 American Health Probiotic CD</p>
<p>24 Natural Factors Stress-Relax Mind Retreat</p>	<p>25 GIFT BASKET Features a selection of natural products</p>	<p>26 Diamond Herpanacine • Herpanacine Skin Support • Diamond•MIND</p>
<p>31 \$50 VISA GIFT CARD</p>		

No purchase necessary. Winners will be selected in a random drawing among entries received via betternutrition.com through December 31, 2017. One winner per household. Winners will be contacted in January 2018.

W

TH

F

S

6

**\$50
VISA
GIFT CARD**

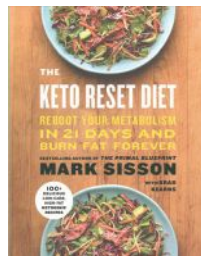
7

NOW
Krill & CoQ10



8

**The Keto
Reset Diet**
by Mark
Sisson



9

Enzymedica
• Digest Gold
with ATPro
• Purify
Complete
Body
Cleanse



13

**ANNEMARIE
BORLIND**
Eye Wrinkle
Cream



14

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



15

**Natural Factors
Whole Earth
& Sea**
Pure Food
Super
Mushroom



16

**GIFT
BASKET**
Features a selection of
natural products

20

Kyo-Green
Harvest
Blend
Immune
Defense



21

**Irwin
Naturals**
• Quick
Energy
RED
• Super
System-Six RED
• Brain Awake RED



22

Health Logics
Black Seed Oil



23

youthery
Collagen
Powder



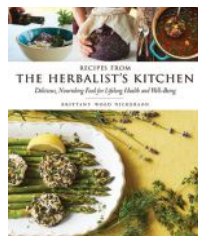
27

**Ancient
Nutrition**
Organic Bone
Broth Protein
Peanut Butter



28

**The
Herbalist's
Kitchen**
by Brittany
Wood
Nickerson



29

Xlear
Cough Drops



30

**Arthur Andrew
Medical**
Neprinol AFD



betternutrition



ADAPTOGENIC HERBS

STRESS BUSTERS FOR THE MODERN AGE

These body-balancing
superstars can help
take the edge off
stress, boost energy,
improve sleep, and
much more

BY KARTA PURKH SINGH KHALSA, RH

Anxiety, edginess, fatigue, and insomnia may seem like modern problems, but they've always been with us. While today's version of a "bad day" doesn't involve a saber-tooth tiger as it did in Stone Age times, it might include an attack from a wild boss, leaving you spent, sore, and sleepless. We live in the same bodies as those of our caveman ancestors, and that primitive body responds to stress by producing hormones that cause adrenal gland and sympathetic nervous system stimulation—as well as increased respiration, blood pressure, blood sugar, and heart rate.

With acute stress, the body returns to normal quickly. But if stress is prolonged, the effects can be damaging, spawning elevated cholesterol, digestive ulcers,

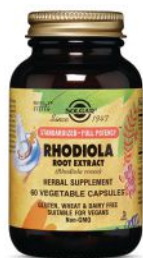
and diabetes. Herbal adaptogens, often called "tonic herbs," can help defend against this chronic stress and its deleterious effects on the body. They are safe, nontoxic, and have a generalized, normalizing, balancing influence on the body—these herbs not only help the body to cope with stress, but they also enhance immunity, combat fatigue, promote strength, and encourage muscle development and repair. "I consider adaptogens to be among the most important class of herbs to utilize for general health purposes," says Roy Upton, executive director of the American Herbal Pharmacopoeia.

Here's a look at some of the most popular adaptogenic herbs and how you can benefit from their use:



RHODIOLA

For centuries, Siberians have used rhodiola, also known as golden root or arctic root, to thrive in cold climates. A traditional folk medicine in China, Serbia, Scandinavia, and Ukraine, tea made from rhodiola root helps people deal with physical stresses.



Try:
Solgar Rhodiola Root Extract

Folk use and modern research tell us that rhodiola supports the nervous system, immunity, exercise capacity, energy, memory, and sexual performance, and may even lengthen lifespan. A recent study found that rhodiola root extract had benefits for physical fitness, mental fatigue, and coordination tests for students during stressful examinations.

Swedish Herbal Institute scientists and their Russian colleagues compared 180 elite Russian cadets before and after routine night duty. Those who had taken a low-to-medium dose of rhodiola did significantly better than those taking either a placebo or nothing. Standardized preparations are commonly used at doses of 100–300 mg, one to three times per day.

ASHWAGANDHA

Ayurvedic herbalism uses ashwagandha for general debility and exhaustion, memory loss, nerve diseases, cough, anemia, and insomnia, as it nourishes and regulates metabolic processes. According to Michael Tierra, author of numerous books on herbalism, “Ashwagandha is widely regarded by Ayurvedic doctors as the single most important and valuable herb for both men and women. It is good for all weakness and deficiency conditions. By building health overall, it builds sexual energy, and this is noticeable usually after three or four days of regular usage. It’s not a stimulant.”



Try:
NOW Ashwagandha



Ashwagandha has antioxidant activity in the brain, which may help explain its effects, including its reported antistress, immunomodulatory, anti-inflammatory, cognition-enhancing, and antiaging benefits. A typical dose is about a gram per day, taken over long periods, up to many years, as a rejuvenator.



HOLY BASIL

An unassuming little garden plant, holy basil, aka tulsi, plays a central role in the folk medicine of South Asia. Much more pungent than pesto basil, holy basil has a bitter taste and larger leaves. In addition to its anti-inflammatory properties, tulsi is believed to have



Try:
New Chapter Holy Basil force

adaptogenic benefits, and modern research confirms that it protects against damage from stress.

Tulsi is gaining serious attention in the scientific literature for diabetes, normalizing both blood sugar and blood fats, including cholesterol and triglycerides.

A placebo-controlled crossover study showed a significant reduction in blood sugar (17.6 percent) among people taking the herb. And a recent study showed that a tulsi extract significantly reduced fasting blood glucose. Research also reveals that tulsi is an antioxidant—not surprising, considering its high flavonoid content. Traditionally, tulsi is given as a tea, but you can also take it in capsule or liquid form. Follow label instructions for dosage.

SCHISANDRA

Russian and Chinese traditional medicine has long used schisandra for increasing stamina. “Schisandra has a specific and powerful ability to support adrenals, lessening the negative effects that stress can have on the body. For those living a typical



Try:
**Planetary
Herbals
Schisandra
Adrenal Complex**



high-stress, high-performance, under-nourished and under-rested American lifestyle, it is ideal,” says Upton.

Athletes have used schisandra to both increase endurance and combat fatigue. Multiple animal and human studies have determined that schisandra can help increase stamina and speed, and also improve concentration. One recent paper reported that this famous fruit even improved blood sugar and testosterone levels during heavy exercise. Another study found that schisandra enhanced exercise capacity by lowering lactate accumulation in the tissues. Remember that the effects are slow and gradual. Follow label instructions for dosage.

GINSENG

This well-known, but often misunderstood, herb has been shown in human studies to have a long-term antistress effect; to improve physical and mental performance, memory, and reaction time; and to enhance mood. Ginseng increases physical working capacity in humans in many ways, including stimulating the central nervous system, lowering blood pressure and glucose levels when they’re high, and raising them when they’re low. A preparation of Asian ginseng was tested among 232 chronically fatigued people. Those taking the supplement had improved energy, better concentration, and less anxiety.

A double-blind study tested the effect of ginseng on reaction time during exercise. Fifteen 19-year-old soccer players exercised until exhaustion. Ginseng improved their reaction time at rest and during exercise, and improved psychomotor performance during exercise without affecting exercise capacity.

Recently, Korean scientists studied whether ginseng extract would influence exercise-induced muscle damage and inflammation responses. Eighteen male college students took ginseng or a placebo, and then performed a high-intensity running task. Inflammation markers



Try:
**Solstice Medicine
Company San Qi**





GREEN MEANS Go!

Drink to your health with **KYO-GREEN® HARVEST BLEND**

A SMOOTH-TASTING IMMUNITY BOOST TO KEEP YOU GOING!

Our Harvest Blend powdered drink mix supports a robust immune response with a wholesome blend of organic and naturally sourced grains and seeds, fruits and veggies, prebiotics, herbal actives, and nutrient-dense spirulina and broken cell-wall chlorella. Adding a daily serving of fast dissolving Kyo-Green® Harvest Blend to a healthy lifestyle can help support whole body wellness every day!

Find us at your local natural market or online.



TRY OUR SPROUTS BLEND
FOR DIGESTION,
AND OUR GREENS BLEND
FOR ENERGY!

FROM THE MAKERS OF KYOLIC!

Kyo-Green® Powdered Drink Mix
30 YEARS STRONG AND STILL GROWING!

www.kyolic.com

were significantly decreased during the recovery period, and plasma glucose and insulin responses reduced markedly. These results suggest that ginseng could reduce exercise-induced muscle damage and inflammatory responses.

Ginseng is generally indicated for daily, consistent use in moderate doses. "Ginseng and other adaptogens work best after one to three months of moderate use by regulating hormone levels and other biological functions to protect against the damaging effects of chronic stress," says herbalist Christopher Hobbs, author of *The Ginsengs*. Follow label instructions for dosage.

ELEUTHERO

Practitioners of traditional Chinese medicine have recommended eleuthero (aka Siberian ginseng) to boost energy and vitality for more than 2,000 years. And modern science has revealed that the herb contains a treasure trove of beneficial constituents.

A recent review paper pointed out that a great number of chemical, pharmacological, and clinical studies on eleuthero have been carried out worldwide, and considerable pharmacological experiments have persuasively demonstrated that the root possesses antistress, anti-inflammatory, and liver-protective activities. A paper in the *Journal of Ethnopharmacology* concluded that the active constituents, eleutherosides, help to alleviate both physical and mental fatigue. In one study, a 20-day course of eleuthero tincture caused a decrease in the blood coagulation induced by intensive



Try:
Kyolic Brain Memory



physical activity, and the herb increased energy capacity and rehabilitation among athletes.

German Commission E, the standard for European herbal uses, lists eleuthero as a "tonic for invigoration and fortification in times of fatigue and debility, or declining capacity for work and concentration, also during convalescence." Use 2–3 grams per day as a powdered root in capsules.

CORDYCEPS

In 1993, the Chinese women's track team smashed nine world records. Not one of them was ranked in the top 10 before these contests. Their secret? Cordyceps, a Chinese herbal remedy.

Cordyceps is one of the most unusual substances found in herbal medicine. The fungus grows on moth caterpillar larvae. The

mycelium invades the carcass of the insect, converting the flesh slowly into fungal material. The end product is a mushroom-like construction in the exact shape of the bug. This form of fungus is found only in the harsh high-altitude environments of southwestern China, Nepal, Tibet, and isolated localities in Norway, Finland, and Sweden. Wild cordyceps is rare, and extraordinarily expensive. The source of medicinal fungus in most modern supplements is from mycelium grown in a controlled environment, on soybeans or a similar nutrient source, making the medicine much more available and affordable.

In traditional Chinese medicine, cordyceps has been used for approximately 1,500 years. It is classified as a general health tonic, with all the usual adaptogen qualities.

The main claim to fame for cordyceps, as with the Chinese athletes mentioned above, is increasing stamina. For example, the swimming endurance capacity

of mice that took cordyceps tea was prolonged from 75 to 90 min. It also reduced stress-induced high cholesterol levels in rats. This was confirmed in a study published in the *Journal of*



Try:
Mushroom Wisdom Super Cordyceps



ENZYMEDICA®

Purify Your Life™

Formulated by **Dr. Michael Murray**

One of the world's leading authorities on natural medicine, Dr. Murray has literally written the **Textbook of Natural Medicine** as well as **The Encyclopedia of Natural Medicine**.

A **New** Paradigm in Cleansing / Detox!



enzymedica.com/purify



Ethnopharmacology, where cordyceps again lengthened swimming time, while reducing levels of toxic exercise waste products. In humans, cordyceps was shown to produce improvements in fatigue, dizziness, cold intolerance, tinnitus, frequent nighttime urination, low libido, and memory loss in elderly people at a dose of 3 grams per day.

Cordyceps has a number of qualities to recommend it for cardiovascular benefits. It lowered cholesterol in animals fed a cholesterol-enriched diet in a Korean study. A daily dose of 3–4 grams improved quality of life in a study of 64 chronic heart failure patients. Chinese scientists say that the mycelium lowers blood sugar and increases insulin sensitivity. In Chinese research, rats taking the fungus had less liver damage and subsequent fibrosis when exposed to a toxin.

Cordyceps is also strongly associated with increased sexual function. In-vitro research found that cordyceps increased 17-beta-estradiol, a type of estrogen that is vital to fertility, in human cells. In animals, it significantly stimulated testosterone production.

Most practitioners recommend taking 2–3 grams daily with meals, although Chinese doses are 3–12 grams per day. It may be one or two months before you will see the benefits of cordyceps, as it tends to take effect slowly.

LICORICE

Rich in both saponins and flavonoids, licorice root is anti-inflammatory. The structure of the saponins resembles adrenal hormones. This herb also enhances immune system functioning. Additionally, licorice is a potent liver herb, assisting the liver's role in hormone balance.

This herb is commonly used in Ayurveda to improve eyesight, strength, sexual potency, and libido. Like many adaptogens, it is thought to enhance the effects of other herbs, which is why licorice is widely used in combination formulas. The generally recommended dose is 500 mg per day.



Try: **Alvita Organic Licorice Root tea**

ADAPTOGEN BENEFITS

- › Blood sugar balance
- › Antioxidant, quenches free radicals
- › Liver protection
- › Improved ability to process toxins
- › Reduced alcohol and sugar cravings
- › Improved immunity, increased antibody production
- › Increased energy and physical work capacity
- › Increased stamina, motivation, and productivity
- › Improved muscle tone and strength
- › Enhanced recovery from illness
- › Improved cognitive function
- › Reduced anxiety
- › Improved sleep
- › Improved color perception, eyesight, and hearing
- › Stabilized mood
- › Longevity
- › Enhanced protein assimilation

Use Adaptogens to Benefit these Conditions:

- › Asthma
- › Cardiovascular conditions (angina, hypertension)
- › Cold and flu
- › Depression
- › Diabetes
- › Headaches
- › Immune suppression diseases
- › Irritable bowel syndrome
- › Menstrual conditions (heavy bleeding, PMS)
- › Rheumatoid arthritis
- › Ulcerative conditions (gastritis, colitis)

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



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

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

†Relieves occasional anxiety and stress.

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

*Terry
Naturally*
EuroPharma.

Our Passion is Your Health!™

EuroPharmaUSA.com

MONEY-BACK GUARANTEE

CELEBRATE THE SEASON
IN GOOD HEALTH
THIS YEAR WITH
THESE DECEPTIVELY
GOOD-FOR-YOU
DESSERTS

Festive Delights

It's the most wonderful time of the year, but the holidays are also filled with pitfalls—especially if you're trying to stick to any sort of healthy eating plan. So how do you celebrate the season without ruining the good work you've been doing all year long? It's easier than you think!

Culled from the pages of three of today's best (and healthiest) cookbooks, the following recipes make delicious use of wholesome, natural ingredients in place of the white sugar, flour, and other suspect components found in typical holiday confections—without sacrificing the flavor. Just give them a try. Your family and friends will never notice what's missing!



*Chewy Ginger Cookies with
Melasses Date Caramel, p. 40*

CHEWY GINGER COOKIES WITH MOLASSES DATE CARAMEL

Makes 15 cookies

These cookies have a lovely balance of spice and sweet, with a hint of earthiness from molasses. The texture is both tender and chewy, pleasing multiple cookie palates. And they are gluten-free and Paleo-friendly.

Recipe excerpted from *The Laura Lea Balanced Cookbook* by Laura Lea Goldberg.



MOLASSES DATE CARAMEL

1 cup canned full-fat coconut milk
 ½ cup packed pitted medjool dates
 1 tsp. molasses
 ¼ tsp. sea salt

COOKIES

1¼ cups coconut sugar, divided
 1¼ tsp. ground ginger, divided
 1¼ cups blanched almond flour
 6 Tbs. coconut flour
 1½ tsp. ground cinnamon
 ½ tsp. sea salt
 ½ tsp. baking powder
 1 egg plus 1 egg white
 ¼ cup room-temperature grass-fed butter
 2 Tbs. molasses

- 1. TO MAKE MOLASSES DATE CARAMEL:** Add coconut milk and dates to blender, and purée until as smooth as possible (you will still see tiny pieces of date). Add mixture to small sauce pot over medium heat. Heat to simmer, then reduce heat to low. Cook, stirring every 30 seconds, until mixture is reduced by half and is a light brown color, about 10 minutes. Remove from heat, and stir in molasses and sea salt. Refrigerate mixture in heatproof container until completely cooled.
- 2. TO MAKE COOKIES:** Preheat oven to 325°F, and line two baking sheets with parchment paper. Mix ¼ cup coconut sugar and ¼ tsp. ground ginger, and spread on a plate.
- In large mixing bowl, combine remaining ginger, flours, cinnamon, salt, and baking powder. Whisk to incorporate.



- In standing mixer or hand mixer, combine remaining 1 cup coconut sugar, eggs, and butter. Mix on high speed 1 minute, until mixture has formed small, soft peaks and lightened in color. Add molasses. Mix 30 seconds more, until molasses is incorporated and mixture has slightly firmer peaks. (When you turn your spatula upside down, peaks should hold for just a second before collapsing.)
- Fold wet mixture into dry until incorporated. Cover dough, and refrigerate 30 minutes. Remove from fridge.
- Fill small bowl with lukewarm water, and place next to baking sheets and coconut sugar plate. Scoop and roll 2-inch balls of dough, roll in coconut sugar mixture to coat, and place balls on baking sheet, leaving plenty of room for balls to expand (7–8 balls per sheet).
- Dampen fingers, and flatten balls to approximately ½-inch thickness. Bake 20 minutes, and allow to cool 10 minutes before topping with caramel. Cookies will keep tightly sealed on countertop for 2 days, or in the refrigerator for 5 days. Reheat in oven at 300°F for 5 minutes before serving.

Per serving: 210 cal; 4g prot; 12g total fat (6g sat fat); 27g carb; 20mg chol; 210mg sod; 3g fiber; 23g sugars

HOLIDAY APPLE COBBLERS

Makes 6 cobblers

Simplify your holiday baking with this easy-as-pie oat and seed crust. Sunflower seed butter lends a peanut-buttery flavor to the crust. The strategic use of ramekins for serving gives you your very own cobblette, so you have permission not to share.

Recipe excerpted from *Sweet, Savory & Free: Insanely Delicious Plant-Based Recipes Without Any of the Top 8 Food Allergens* by Debbie Adler.



CRUST

1 cup gluten-free oats, ground (try a coffee grinder)
 ½ cup pumpkin seeds, ground (try a coffee grinder)
 1 Tbs. sunflower seed butter (see p. 42)
 1 tsp. ground cinnamon
 2 Tbs. coconut nectar
 ½ cup green tea or water

FILLING

6 medium sweet apples, cored, peeled, and chopped into ¼-inch pieces (Pink Lady, Gravenstein, and Braeburn are good choices)

Discover the Dr. Ohhira Difference!™

Why I Recommend This Whole-Food Probiotic

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



Naturally Yours,

Howard Garrett

"The Dirt Doctor"

National Talk Show Host

President of the Texas Organic Research Center



ESSENTIAL FORMULAS™

Find these formulas at better health food stores nationwide. www.EssentialFormulas.com • (972) 255-3918

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

3 Tbs. freshly squeezed lemon juice
 ¼ cup coconut sugar
 2 Tbs. tapioca flour
 1 tsp. ground cinnamon

TOPPING

1½ cups gluten-free oats, ground
 (try a coffee grinder)
 ½ cup coconut sugar
 ¼ cup unsweetened shredded coconut
 ¼ cup coconut milk
 1 tsp. ground cinnamon

1. Preheat oven to 350°F. Place six 6-oz. ramekins on 15x10-inch baking sheet.

2. **TO MAKE CRUST:** Add ground oats and pumpkin seeds to medium bowl. Add sunflower seed butter, cinnamon, coconut nectar, and green tea, and stir until combined. Spoon about ¼ cup of crust mixture into each ramekin, dividing evenly. Press mixture firmly into the bottom of each ramekin, and slightly up the sides. Bake until light golden brown, about 9 minutes. Remove from oven.

3. **TO MAKE FILLING:** Add apples and lemon juice to medium bowl, and stir to coat. Add coconut sugar, tapioca flour, and cinnamon, and stir until thoroughly combined. Spoon filling mixture into crusts, dividing evenly.

4. **TO MAKE TOPPING:** Add oats, coconut sugar, shredded coconut, coconut milk, and cinnamon to small bowl, and stir to combine. Cover each cobbler completely with topping, dividing evenly.

5. Return ramekins to oven, and bake cobblers until topping turns a toasty golden brown, about 25 minutes. Transfer baking sheet to wire rack, and allow to cool 10 minutes before serving. Top with vegan, soy-free ice cream or coconut cream, if desired.

Per serving: 470 cal; 10g prot; 14g total fat (4g sat fat); 81g carb; 0mg chol; 55mg sod; 10g fiber; 45g sugars

SUNFLOWER SEED BUTTER

The heat from the food processor brings out the natural oils from the sunflower seeds, so there's no need to add any oil. Blending the seeds into a paste can take



a while, so I suggest giving your food processor a break about halfway through so it doesn't burn out.

2 cups raw, unsalted sunflower seeds

1. Add sunflower seeds to large skillet over low heat. Heat, stirring occasionally, until seeds turn a light golden brown, about 8 minutes.
2. After seeds cool, place in food processor, and blend, scraping down sides, until smooth paste starts to form, about 25 minutes.
3. Transfer sunflower seed butter to glass jar, and store in refrigerator for up to 2 months.

RAW THREE-INGREDIENT CHOCOLATE BROWNIES

Makes 12 brownies

This recipe is simplicity in itself, but for a little extra kick, you can add ¼ teaspoon salt and ¼ teaspoon pure vanilla extract.



Recipe excerpted from 10-Minute Recipes by Liana Werner-Gray.

1 cup nut meal (finely ground almonds or other nuts)

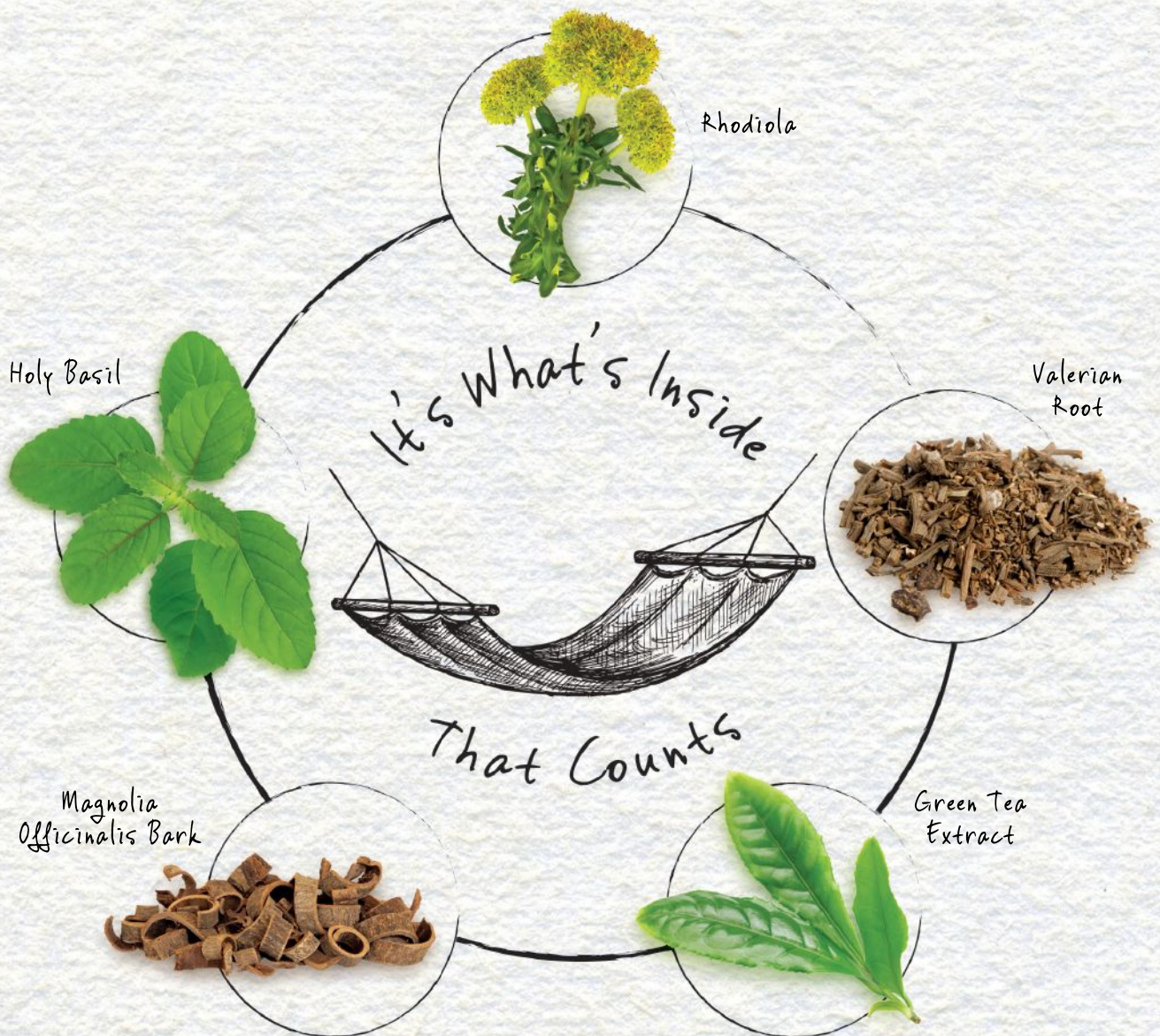
¼ cup cacao powder

3 Tbs. maple syrup or raw honey

Mix all ingredients in bowl, then form mixture into squares (or balls, if preferred) with your hands. If dough sticks to hands, add more nut meal. If dough is too dry, add water. Eat immediately, or store in fridge or freezer for a different texture.

Per serving: 90 cal; 4g prot; 6g total fat (1g sat fat); 7g carb; 0mg chol; 0mg sod; 2g fiber; 4g sugars





NOW® knows that feeling and looking healthy radiates from within. This is why we use only the highest quality raw materials to manufacture NOW® supplements in our own state-of-the-art facilities. Whether you're helping your body adapt to everyday stress with Rhodiola, promoting a relaxed mood with True Calm™, or supporting a healthy adrenal response with Super Cortisol Support, NOW® offers 900 of the highest quality natural supplements, including these stress management formulas, to help you look and feel your best from the inside out.*

Stress Ease*

nowfoods.com/moodsupport

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

now®
Live Happy. Live Healthy. Live NOW.



Winter Pet-Grooming Guide

Chilly temperatures and thicker coats pose special challenges when it comes to grooming your pet //BY JULIA SZABO

Pets with long hair are especially prone to health problems caused by cold dry air and matted fur, as Ulysses Rosenzweig, DVM, of Argos Animal Hospital in Boiceville, N.Y., in Catskill State Park, knows all too well. “It’s important to keep pets well-groomed all year-round,” he emphasizes. Otherwise, coats will become matted, resulting in skin infections and other issues that require veterinary intervention. A good grooming regimen can prevent serious health issues.

That said, cold weather presents special challenges to proper pet grooming. “Grooming in winter is even more important than at any other time of year,” contends Jodi Judson of All Groomed

Up, a pet grooming service based in Saugerties, N.Y. “The snow and overall wetness wreak havoc on animals’ skin,” says Judson. “If the coat becomes matted, the skin stays moist underneath, creating a breeding ground for bacterial infection—but you’d never know it under all that hair.”

Until, that is, the situation gets so painful for the pet that he doesn’t tolerate being touched. That’s when it’s time to see a veterinarian. Vets and groomers agree that pet owners should perform basic grooming duties at least two or three times weekly to prevent the need for drastic shave-downs, antibiotics, and medicated shampoos.

A Winter’s Tail

Indoor pets of all stripes develop seasonal dry skin from winter’s hyper-heated interiors; combined with the mats that plague long-haired animals, this is a formula for wintertime woes.

Keep feline skin moisturized from within with supplemental fish oil formulated for pets, and brush your cat’s coat daily. After

KEEP CALM AND GROOM ON

When gearing up for at-home grooming, take care to assume a comfortable position that doesn’t put knots in your back and neck. If your pet protests or seems anxious, encourage compliance by offering treats and/or a mild, calming sedative (such as a valerian capsule formulated for pets, cloaked in peanut butter). A spoonful of coconut oil makes a tasty bribe—plus, ingesting this emollient, antibacterial superfood helps skin and hair gleam with radiance—especially important for maintaining short-coated pets’ insulation against the cold.



brushing, rub a spoonful of coconut oil between your palms and massage with your hands; this will encourage a glossy coat and remove any loose hair your brush missed, so it can't start forming new mats.

If you have a long-coated cat or a dog with a thick, double coat, an expert groomer is just as important as your vet: use good, old-fashioned word of mouth to find the best ones.

Wintertime terrain cramps long-haired pets' style. Dry branches, briars, and burrs all conspire to create chaos, catching on the coats of long-haired animals, especially their tails. If not de-tangled, pets soon sprout tight mats, like small nests, sometimes

accented with ice balls. Those mats are not only uncomfortable for your pet, they also prevent you from noticing potential trouble areas on your pet's skin, such as a rash or lump.

If a burr is the source of a knot, use your fingertips and the end of a metal comb to gently remove fur from the burr-knot until it's loosened enough to be removed without causing a yelp. Run your hands along your pet's coat after your cat or dog spends time outdoors, and use a wide-tooth metal comb to detangle any clumps you find. Pay special attention to the area around the collar, where friction promotes matted fur and chafed skin.

Healthy Tip!

Vets and groomers agree that pet owners should perform basic grooming duties at least two or three times weekly.

The Big Brush-Off

Once the big knots are out, it's time for a brushing. For pets with thick, double coats, an undercoat rake is the best way to remove dead hair, stimulate the skin, and encourage healthy regrowth.

Use a slicker brush (with fine, short wires) to distribute your pet's own oils across the coat. If your pet needs extra conditioning—on the elbows or tail, for instance—apply a dab of coconut oil where skin or hair feels dry, and brush it in.

Use neem oil to moisturize paw-pads; this will prevent cracking from dry, indoor heat or exposure to the icy ground outside. (Don't use coconut oil for this application, as your pet will just lick it right off.) And examine your pet's toenails: too-long nails make it difficult for pets to gain footing on icy ground.

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*.

DR. MERCOLA®
PREMIUM PRODUCTS

Comfort & Joy

**YOUR SOLUTION
TO PET STRESS**

We all look forward to the holidays, and it's no surprise that our stress levels can skyrocket during the festivities.

Your dog or cat picks up on your demeanor, so they're likely to be feeling the pressure too. Even the most laid-back pets can get stressed—especially during loud celebrations or travel.

Dr. Mercola's Zen Pet features a custom blend of eight calming agents to help your pet handle stressful situations that would normally bring discomfort and fear. Safe for both cats and dogs, the chicken-flavored formula helps with serotonin production and allows pets to adapt to their surroundings. Order today for peace of mind during this holiday season!

shop.mercola.com

Find us on:



Aromatherapy for Colds & Flu

Essential oils are a surprisingly powerful and effective way to boost your immune system //BY CHERYL CROMER

With the advent of winter comes a rush of holiday celebrations. But when uninvited guests arrive—e.g., cold and flu germs—show them the door with the help of essential oils. Not familiar with some of these unsung heroes? They offer a natural method for combating seasonal ailments, and they also add new scent profiles to your aromatherapy regimen. Here are seven of our favorites for staying well this winter—and for easing colds and flu symptoms if you do get sick:

1 Eucalyptus. The leader of the pack has to be eucalyptus (*Eucalyptus globulus*). This essential oil packs a punch to ailing respiratory systems, yet it's gentle enough to put in a child's diffuser at night to clear stuffy heads. Eucalyptus has a fresh scent that may smell a bit medicinal to some noses, but it's worth it: The oil's super antibacterial properties fight germs and ease congestion.

Dr. Mercola
Eucalyptus Organic
Essential Oil



2 Cinnamon. With a change in weather, reach for enticing, warm aromatics such as cinnamon (*Cinnamomum zeylanicum*). But consider these spices for more than just tasty culinary uses (like that pumpkin spice latte). Essential oil of cinnamon has powerful antifungal and antioxidant properties that help bolster the body's immune system. A little bit of this essential oil, however, goes a long way. It has a richer scent than the ground spice, but it's an essential oil you'll want to use—even a small amount is effective, and the aroma is comforting.

Nature's Answer
100% Pure Cinnamon
Organic Essential Oil



3 Clove. Clove (*Eugenia caryophyllata*) essential oil is a rich spice that adds warmth to a cold and flu blend while opening nasal airways and improving breathing. Clove is also an excellent companion oil that will boost the scent of other spices or sweeten the sharpness of eucalyptus. Just a drop or two, though—like cinnamon, clove's robust aroma can overpower. These distinct spice oils (clove and cinnamon) will help you avoid getting sick when it seems like everyone is sneezing in your direction.

Simplers Botanicals
Fortify and Protect
Organic Roll-On
Wellness Blend with
Grapefruit and
Clove Essential Oils



WINTER WARRIOR ROLLER BLEND

Not feeling 100 percent? Roll this aromatic blend on the inner wrist and dab a dot under your nose and breathe deeply. Not only is this blend naturally antiviral, it's also emotionally uplifting for when you're feeling under the weather. Use your favorite carrier, or opt for tamanu (or beauty leaf) oil, an excellent choice since it's a little thicker than other carrier oils and holds up to the deeper aromas of the spice oils.

- * 2 drops Eucalyptus
- * 2 drops Cinnamon
- * 2 drops Clove
- * 6 drops Black Pepper
- * 8 drops Lavandin

Did You Know?

It's easy to adapt most aromatherapy recipes for use in a diffuser. Start with fewer drops per essential oil, since aerial diffusion will quickly disperse oils. Set a timer for 30–45 minutes—plenty of time to clear nasal passages and start the healing process.

Black Seed Oil

Premium Quality

**Hot Item
Alert**



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

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

**MADE IN
USA**



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

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

4 Black Pepper. Less aggressive than cinnamon or clove, yet still effective for easing influenza's aches and pains, black pepper (*Piper nigrum*) is a woody, green aromatic that smells very little like the table spice, but offers a similar stimulating kick. Blend it with other essential oils to tackle bugs and viruses and add a bright scent to the mix.



NOW
Essential Oils
100% Pure
Black Pepper

5 Lavandin. A cousin to balancing lavender, lavandin (*Lavandula intermedia* or *Lavandula hybrid var. Super*) offers a more floral, herbal scent and a higher camphor level that makes it

effective in respiratory blends. Like its cousin, lavandin in small doses is also relaxing and perfect for diffusing to encourage restful sleep—one of the best remedies when you're fighting a cold or the flu.



Aura Cacia
Lavandin
Purifying

6 Green Mandarin. Opt to go green this season—green Mandarin (*Citrus reticulata blanco*), that is. Despite being a member of the typically stimulating citrus family of essential oils, green Mandarin has relaxing properties similar to lavender. Blended with other oils, it offers additional antiseptic properties

and a gentle, fruity aroma. Distill this light citrus oil before bedtime: It's safe for even the most fretful, feverish child in the family.



Starwest Essential Oils
Certified Organic Mandarin

7 Grand Fir. Essential oil of grand fir (*Abies grandis*) is a decongestant that also offers anti-inflammatory and pain-reducing properties, especially when combined with clove. Grand fir can be added to a massage oil blend or a to a bath (along with a carrier oil) to relieve achy muscles and joints associated with seasonal colds or the flu.



Nature's Alchemy
Fir Needle

Shocking truth revealed about our drinking water

FREE Report
\$15.00 value



WATERWISE®
Drinking Water Scams Exposed!
Myths, Half-Truths, Deceptions & Lies

REVISED JANUARY 2017

\$15.00



Which one is best for you?

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

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

800-874-9028 Ext 714

Waterwise Inc • PO Box 494000
Leesburg FL 34749-4000

© 2007-2017 Waterwise Inc

BREATHE EASY BLENDS

You can add these blends to a diffuser or use them to make a massage oil: mix oils in a 1 oz. glass bottle with a carrier oil such as grapeseed or sweet almond oil.

BLEND I

- * 8 drops **Eucalyptus**
- * 8 drops **Black Pepper**
- * 12 drops **Lavandin**

BLEND II

- * 4 drops **Eucalyptus**
- * 10 drops **Lavandin**
- * 14 drops **Green Mandarin**

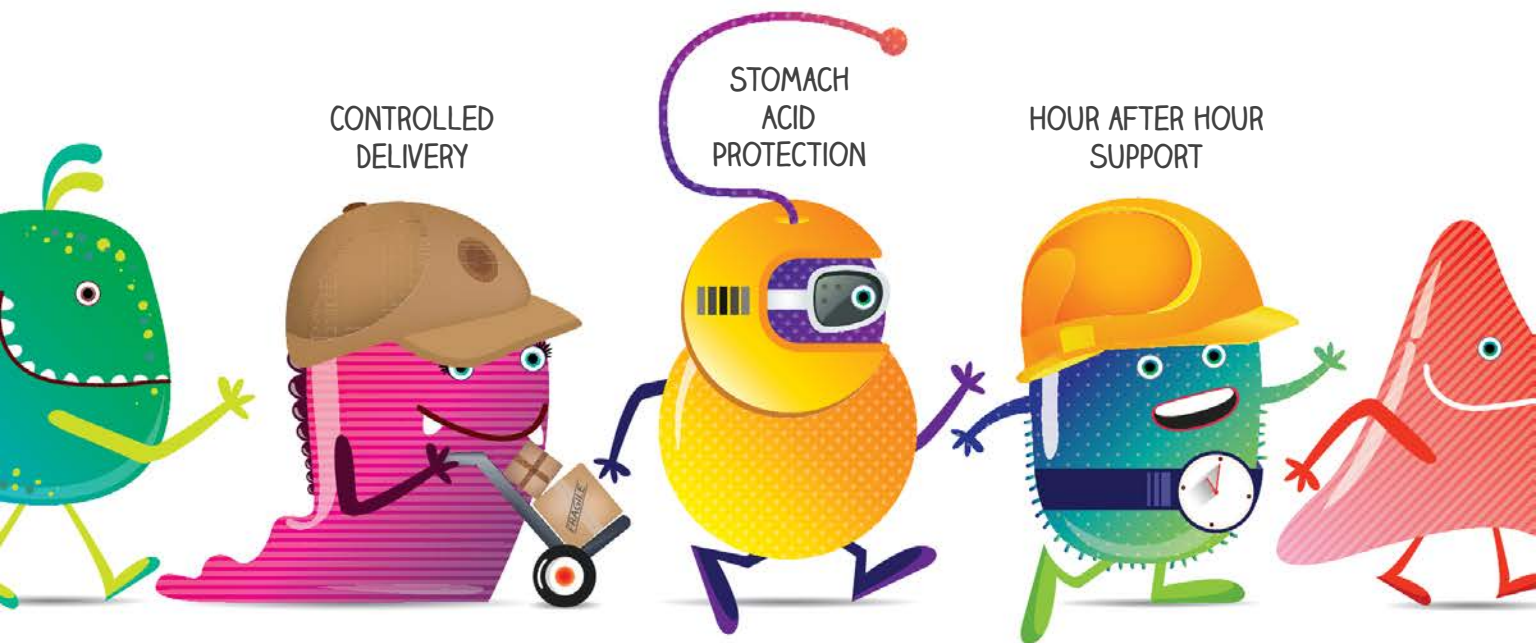
Healthy Tip: Make effective use of your respiratory blends. A few times daily, apply blends in a circular motion on the chest and solar plexus, the base of and behind your neck, behind your ears, and on other lymph nodes. Then place a drop under the nose to hasten the benefits of aromatherapy.



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

With just one tablet and 12 billion friendly probiotic organisms[^]
working hour after hour...*

IT'S ALL IN A DAY'S WORK.



Probiotic CD™
all you need to help keep your digestive tract... on track!*



Once-daily Probiotic CD™ works differently than other probiotics. Not only does it protect friendly probiotic cultures from harmful stomach acid... but, with its unique **BIO-tract®** controlled-delivery technology, Probiotic CD™ continuously releases active probiotics hour after hour through your digestive system... where you need them most! That means your digestive health is consistently supported with 12 billion bioactive organisms[^] from 10 vegetarian cultures.* Now that's one hard-working probiotic! That's **PROBIOTIC CD™**.

NON-GMO, VEGETARIAN, GLUTEN AND PRESERVATIVE-FREE.

AVAILABLE AT HEALTH, NATURAL FOOD AND VITAMIN SPECIALTY STORES.

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

 BIO-tract® is a registered trademark of Probi USA, Inc. in the United States (reg. in the name of Probi USA, Inc.). * At time of manufacture.

AMERICAN HEALTH™
good health made simple

©2017 American Health, Inc. | 16-AH-1299

Stress Busters

Keep your cool this holiday season and give your mood a lift with these seven foods // BY LISA TURNER

Between visiting in-laws, family challenges, shopping frenzies, maxed-out credit cards, and just too many parties, the holidays can be a season of stress—not joy. This year, make your holidays happier: try these seven foods to calm your mind, support your body, and keep you celebrating until the New Year.



1 Black beans are rich in magnesium, a mineral that has a relaxing effect on the body and brain. Magnesium plays an important role in central nervous system (CNS) function, and studies have linked magnesium deficiency with stress. Other studies have linked a deficiency in this mineral to increased anxiety and levels of the stress hormones adrenaline and cortisol. Other high-magnesium foods include peanuts, almond butter, seeds and leafy greens. Try this: cook black beans with onions, bell peppers, garlic, bay leaves, and vinegar for a traditional Cuban soup; toss cooked black beans with cubes of sweet potatoes and finely chopped kale, and drizzle with olive oil; make a Southwestern pizza—top pizza dough with black beans, corn, chopped red and green peppers, and cotija cheese.



2 Quinoa, like other whole grains, is rich in B vitamins, which are critical for normal brain function, mood, and stress. Studies have linked the B vitamin thiamine to a significant improvement

in anxiety levels, and B₁₂ has been linked with improved mood. Vitamin B₆ (pyridoxine) has a significant impact on production of serotonin and GABA, neurotransmitters that control anxiety. Other studies show increased intake of B vitamins improves mood and reduces stress—especially workplace stress, and anxiety and stress after a natural disaster. More good grains for B-vitamins: oats, barley, brown rice, amaranth, and buckwheat. Try this: toss cooked red quinoa with chopped green beans, black olives, red peppers, and yellow corn for a colorful side; combine quinoa with sesame seeds and whole-grain flour to make a crunchy crust for fish; cook quinoa with white beans, collards, and acorn squash for a hearty stew.



3 Edamame (green soy beans) are rich in tryptophan, an amino acid that helps the brain produce serotonin and can have a calming effect. Studies have linked low dietary tryptophan with increased anxiety, stress, and aggressive behaviors. In one study, tryptophan significantly decreased argumentative behaviors and increased agreeable behaviors in both men and women. Other foods that are high in tryptophan include turkey, beef, cheese, and pumpkin seeds. Try this: combine edamame, green peas, baby arugula, baby spinach, and avocado cubes for a striking, emerald green salad; toss edamame with sliced radishes, chicken or tofu cubes, and a spicy mayonnaise; purée edamame with tahini (sesame paste), garlic, lemon juice, and olive oil for a bright green hummus.



4 Pumpkin seeds are loaded with zinc, an important mineral that helps ease stress and anxiety. In one study, people who had anxiety and were diagnosed with zinc deficiencies took zinc supplements for eight weeks and reported significant reductions in anxiety. Others studies have shown that zinc levels are associated with GABA and glutamate, neurotransmitters that regulate anxiety and depression. Other foods high in zinc: oysters, beef, chicken, nuts, and adzuki beans. Try this: make pumpkin-seed brittle—cook butter, brown sugar, and honey in a saucepan for 5–7 minutes, stir in pumpkin seeds, and pour onto parchment to cool; toss raw pumpkin seeds with olive oil, garlic salt, and cayenne pepper, and bake until golden; combine pumpkin seeds, cashews, and honey in a high-powered blender, and process into a creamy nut butter.



5 Chamomile tea is rich in a phenolic flavonoid called apigenin, which appears to be responsible for its relaxing effects. Other relaxing herbal blends include passionflower, lavender, and lemon balm. Try this: simmer chamomile leaves in apple juice with nutmeg, a stick of cinnamon, and a slice of ginger for a warm, calming drink; mix cooled chamomile tea with lemon juice, honey, and sparkling water for a refreshing mocktail; mix loose chamomile flowers, lavender flowers, and dried lemon balm for a relaxing tea blend.

STOP PAIN NOW^{*†}

SAFE • EFFECTIVE • NON-ADDICTIVE



Voted #1 for Pain Relief^{*†}

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

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

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

Terry Lemerond, Founder and President of Terry Naturally® products



It is so amazing the way this has worked for me...

"I am a nurse, and I have always believed in herbs and natural remedies. But this has blown me away. It is so amazing the way this has worked for me. Thank you for the education that you give and the products you provide!" — Lauren L.

I could not believe how good I felt with Curamin...

"I could not believe how good I felt. Thank you for a great product. I will tell all my friends." — Dick J.

Terry Naturally
EuroPharma.

Our Passion is Your Health!

EuroPharmaUSA.com
MONEY-BACK GUARANTEE

†Occasional muscle pain due to exercise or overuse. *SPINScan Other Herbal Formula Subcategory Brand Rank, data ending 8/13/17.

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



6 Chocolate contains a number of beneficial compounds including anandamide, a psychoactive feel-good neurotransmitter, and PEA (phenylethylamine), a natural substance that creates a sense of calm and euphoria. In one study, people who consumed 40 grams of milk or dark chocolate per day for two weeks reported less stress at the end of the study. Black truffles also contain anandamide, and high-protein plant foods—such as lentils, peas, peanuts, almonds, and flax—contain PEA. Try this: make chocolate breakfast porridge—stir dark cocoa powder into cooked quinoa

cereal or oatmeal, and top with coconut cream; chop dates, cacao nibs, cocoa powder, pistachios, and goji berries in a food processor, and form into colorful energy balls; make a quick mole—sauté onion and garlic in olive oil, add tomato purée, chipotle peppers, cocoa powder, and cumin, and simmer.



7 Kefir, a fermented dairy product, is one of the best sources of probiotics, which can improve gut bacteria and help modulate stress via the complex gut-brain axis, the signaling loop between the GI tract and the central nervous system.

In one study, women who ate yogurt with probiotics showed reduced activity in areas of the brain that process stress. Kefir is also high in vitamin D, low levels of which have been linked with increased risk of panic and depression. And improving the gut flora in general can enhance the brain's serotonin levels. Other foods with probiotics: coconut (dairy-free) kefir, yogurt, kimchi, sauerkraut, and miso. Try this: purée vanilla kefir or coconut kefir with blueberries, hemp seeds, and frozen bananas for a creamy, protein-rich breakfast; combine unsweetened kefir with minced garlic, dill, lemon juice, and chives to make a savory ranch dressing; combine kefir, pumpkin purée, nutmeg, cinnamon, and ginger in a blender, purée until smooth, stir in pumpkin seeds or pumpkin brittle, then freeze for a pumpkin ice cream.

Organic relief, it's in the bag.



Introducing USDA Organic, individually wrapped drops in a convenient, resealable bag.

TheraZinc®, with the immune support of clinically proven zinc gluconate, is available in Elderberry Raspberry and Blood Orange. Perfect at the first sign of a throat tickle or sniffle.*

Cough Relief, quickly quiets coughs with effective menthol. Whether you prefer Meyer Lemon & Honey or Bing Cherry, Cough Relief will help ease you back to your feet.

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

Quantum
HEALTH

Find a store near you www.quantumhealth.com/organicdrops



QUINOA, POMEGRANATE & PISTACHIOS WITH RICOTTA SALATA

Serves 6

This colorful side dish takes only minutes to prepare and makes a lovely, festive addition to any holiday table. You can make the salad the day before; just wait to add the pistachios until the last minute, so they retain their crunch. Ricotta salata is a dry, salty cheese; feta is a fine substitute.

2 cups quinoa, rinsed well and drained
 ½ tsp. salt
 4 Tbs. olive oil
 2 Tbs. white balsamic vinegar
 ¼ cup chopped shallots
 ½ cup pomegranate seeds

⅓ cup shelled pistachios
 ¼ cup crumbled ricotta salata (or feta) cheese

1. In large pot, boil 4 cups of water. Add quinoa and salt. Reduce heat to low, cover, and simmer 15–18 minutes, until quinoa is tender but still has a bite. Remove from heat, and let cool.
2. While quinoa is cooking, whisk together olive oil, vinegar, and shallots to make vinaigrette. Transfer cooked quinoa to serving bowl, add vinaigrette, and toss to mix. Stir in pomegranate seeds, pistachios, and cheese, and serve immediately.

Per serving: 370 cal; 11g prot; 17g total fat (3g sat fat); 45g carb; 5mg chol; 210mg sod; 6g fiber; 5g sugars

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.



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

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

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

*From everyday activity



ARTHUR + ANDREW
 MEDICAL

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

Learn more by calling (800) 490-1566.

Taking Stock of Bone Broth

This collagen-rich soup hits the healthful spot on cold winter nights

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



If ever there was a nutritional fad that had some substance behind it, it would be bone broth. The idea behind bone broth is to simmer animal bones (like beef or chicken) for a really long time—up to 24 hours—for maximum flavor. What distinguishes the bone broths of today from say, ordinary chicken soup, is that the animal bones are from grass-fed or free-range animals that have never been subjected to steroids, growth hormones, or antibiotics.

The benefits of bone broth, most notably skin, bone, and joint health, come from its rich assortment of nutrients—minerals, amino acids, and particularly collagen, which is the most abundant protein in the body. We make less collagen with age, one reason why skin sags, wrinkles, and folds in on itself. Although you can't really eat "collagen" raw, you can eat gelatin, which is simply cooked collagen. Cooking collagen makes it easier to absorb, either by producing gelatin or a substance called collagen hydrolysate, which is used in most collagen protein powders.

Now let's move on to this terrific collagen-rich recipe from Chef Jeannette. Not only do you get all the dense nutrition from the bone broth itself, but you also get the health benefits of garlic, beans, vegetables, and spices. It's a high-fiber one-pot-meal that's warming and filling. —Dr. Jonny



Visit better-nutrition.com for recipes made with bone broth protein, such as Savory Herb Pizza and Carrot Cake Bites, courtesy of Dr. Axe.

WINTER WARMER BLENDED SOUP

Serves 4

If you struggle with digesting beans, add a 1-inch strip of dried kombu (a type of Japanese seaweed) when you add the broth; remove it before you purée the soup.

- 2 Tbs. olive oil
- 1 sweet onion, finely chopped
- 3 celery stalks, finely diced
- 3 large carrots grated (or 1 cup prepared)
- 1 large red bell pepper, seeded and finely diced
- 3 garlic cloves, minced
- 1 tsp. cumin
- 4 cups chicken bone broth (or vegetable broth for a vegan version)
- Juice and zest of 1 medium navel orange, optional, for more orange flavor
- 1 15-oz. can fire-roasted diced tomatoes, undrained
- 2 15-oz. cans black beans, drained and rinsed
- 1 15-oz. can cannellini or navy beans, drained and rinsed
- 2 Tbs. frozen organic orange juice concentrate, or to taste
- 1 tsp. salt (reduce to taste if using salted broth)
- ¼ tsp. cayenne pepper, or to taste, optional
- ½ cup chopped fresh cilantro, optional

1. Heat oil over medium heat in soup pot. Add onion, celery, carrots, and bell pepper, and sauté until onion is translucent and all vegetables are beginning to soften, about 8 minutes.
2. Add garlic and cumin, and sauté 1 minute more, stirring frequently. Add broth, orange juice, zest, tomatoes, beans, orange juice concentrate, salt, and cayenne, and mix gently.
3. Increase heat, and bring soup to a boil. Reduce heat to medium-low, cover, and simmer 20–30 minutes, stirring occasionally, until all veggies are tender.
4. Purée soup with immersion wand to desired consistency, and stir in cilantro, if using, just before serving. (If you don't have an immersion wand, purée in batches in a blender, being careful not to burn yourself with steam build-up.)

Per serving: 500 cal; 32g prot; 7g total fat (1g sat fat); 78g carb; 0mg chol; 1,310mg sod; 29g fiber; 18g sugars

Product Spotlights



American Health Probiotic Kidstiks

Getting your kids to take a probiotic ... now there's nothing to it! With Probiotic Kidstiks powder packets, kids don't even know it's there. It's super-easy because they have no flavor and will blend completely into foods and beverages. Your child will never taste them. Five billion multi-strain cultures from three kid-healthy strains. One packet daily supports immune health. Non-GMO. 100% vegetarian.



Quality of Life Kinoko Platinum AHCC

Arm your body's defenses this cold and flu season. Quality of Life Kinoko Platinum AHCC features a patented medicinal mushroom extract (AHCC) that is supported by more than 20 human clinical studies for its immune support benefits. This formulation offers a higher dosage of AHCC per capsule (750 mg), making it your ideal way to prepare for the cold!



Wakunaga Kyo•Green Harvest Blend Immune Defense

Reformulated Kyo•Green Harvest Blend Powdered Drink Mix is a wholesome blend of organic and naturally sourced grasses, ancient grains, fruits, vegetables, and herbal extracts combined with nutrient-dense spirulina in a fast-dissolving mix, for a quick and easy way to get balanced nutrition from one convenient source. From the makers of Kyolic.

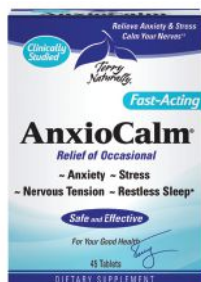


Flora Elderberry Crystals

Flora's organic Elderberry Crystals provide a burst of antioxidants and immune support when seasonal issues strike. They can be taken daily to help maintain a healthy immune system or at the first sign of seasonal symptoms. Enjoy Elderberry Crystals mixed in your favorite smoothie for a convenient and delicious boost daily.

Harvest Stone Brown Rice, Sesame & Flax Crackers

Carefully crafted to *your* standards, Harvest Stone organic, non-GMO, gluten-free crackers are packed with whole grains, seeds, and not much else. They're the perfect canvas for your wholesome creations.



Terry Naturally Anxiocalm

Anxiocalm is clinically studied to help relieve the occasional symptoms of stress, anxiety, nervous tension, and restless sleep. It's non-drowsy, non-addictive, and safe for ages 4 and up.

The Scoop on Protein

Lack of protein is a problem in developing nations, but in the U.S., teenage girls and the elderly are the ones most likely to fall short. The rest of us tend to get more than our fair share, especially from meat, and would benefit from eating more vegetables. Quality is also important. Deli meats can be high in sodium and chemical additives, and meat and poultry that isn't organic can be a source of toxins. Wondering what else there is to know? Take our quiz to find out. //BY VERA TWEED

1. Protein is most important for:

- a) Providing quick, short bursts of energy
- b) Providing sustained, lasting energy
- c) Building and repairing muscles, bones, and other tissues
- d) All the above

2. How much daily protein do most women need?

- a) 36 grams
- b) 46 grams
- c) 56 grams
- d) 66 grams
- e) 76 grams

3. How much daily protein do most men need?

- a) 36 grams
- b) 46 grams
- c) 56 grams
- d) 66 grams
- e) 76 grams

4. Meat is the primary source of protein for most Americans. Which is second?

- a) Eggs
- b) Fish and seafood
- c) Legumes, nuts, and seeds
- d) Dairy

5. Which of these plant foods are not protein sources in vegan meat alternatives, such as plant-based burgers and deli slices, or protein powders?

- a) Fungi
- b) Beets
- c) Beans
- d) Peas
- e) Rice
- f) Hemp

PROTEIN SNAPSHOTS

MEAT AND FISH: 21–25 grams of protein in a 3 oz. serving of lean steak, boneless pork chop, chicken or turkey breast, yellowfin tuna, halibut, octopus, sardines, or sockeye salmon.

PLANT SOURCES: 20 grams in 1 cup navy beans; 12 grams in a 3 oz. serving of Japanese-style soba noodles or tofu; 8 grams in 1 cup of quinoa.

DAIRY AND EGGS: 6 grams in 1 large egg; 14 grams in ½ cup cottage cheese; 12–20 grams in 5 oz. of Greek yogurt.

6. Per 8-ounce glass, cow's milk contains about 8 grams of protein. Protein content of plant milks varies, from less than 1 gram to more than 10 grams. Which type of plant milk tends to contain the most protein?

- a) Almond
- b) Oat
- c) Rice
- d) Hemp
- e) Soy
- f) Coconut

7. Which of these are dairy proteins?

- a) Whey
- b) Casein
- c) Neither
- d) Both

8. Protein can curb appetite.

- a) True
- b) False

a

ANSWERS

1. c) Protein is essential for building and repairing muscles, bones, skin, and other tissues. Protein can be burned for energy if a diet lacks carbohydrates, the body's preferred energy source, but providing energy is not the main role of protein.

2. b) Most women need about 46 grams of protein daily. Women who are pregnant or breast feeding, and athletes, need more.

3. c) Most men need about 56 grams of protein daily. Athletes need more.

4. a) Eggs rank second as a main source of protein in the U.S., followed by dairy, fish and seafood, and plant protein from legumes, nuts, and seeds.

5. b) Beets are used as an ingredient in some vegan meat alternatives, such as Beyond Burger, where they are a natural source of color. But they are not the protein source.

6. e) Soy milk tends to be highest in protein. Individual products vary, but the label should list exact protein content.

7. d) These are the two main proteins in milk, and both are popular in protein powders. Whey is digested rapidly, whereas casein is digested more slowly.

8. a) A study at the University of Missouri found that yogurt with 24 grams of protein delayed hunger significantly longer than the same type of yogurt with 5 or 14 grams.

HEALTH LOGICS™

Discover your natural potential™

i-Sabi™
Wasabia Japonica

The Master Switch to Wellness™



i-Sabi™ is made only from genuine wasabi plants. It is a powerful Nrf-2 stimulator, a genomic master switch that induces a set of genes that are involved in liver detoxification, the protection of cells, and healthy immune function.*

iSabi™ is a registered trademark of BioCell Technology, LLC
Newport Beach, CA

www.health-logics.com
1 (888) 402-1600

INTRODUCING
Solgar® Energy Kicks

the
NATURAL
Caffeine Energy Source.



NO
artificial colors,
sweeteners or flavors

2017
betternutrition
**BEST OF
SUPPLEMENTS
AWARD
WINNER**

ISN'T **NATURE** WONDERFUL?



  FOLLOW US

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

† Vitamin B12 supports energy by aiding in the conversion of food into energy.

Live Vibrantly.

