

10 ways to enjoy MEDITERRANEAN CUISINE // THE PRIMAL DIET for Valentine's Day

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FALL IN LOVE

the best foods
for sexual health
& fertility

5 KEYS
TO A
**HEALTHY
HEART:**
the latest
research

the ANTI-
INFLAMMATORY
POWER of
BOSWELLIA
IS IT THE NEW
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a when-to-take guide to
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one of the secret
ingredients in our
Pumpkin Golden
Milk Smoothie.

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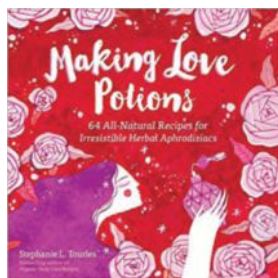
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Love Is in the Air

Love is one of the most powerful healing forces on earth. But many of us don't give it the consideration it deserves. "When life gets busy and demanding, we lose sight of the importance of love—and with it all the biochemical, social-emotional, and soul-nourishing benefits it bestows upon us," says Stephanie L. Tourles, author of *Making Love Potions*.

February is the perfect time to discover natural ways to nurture your love life. Tourles's book has 63 all-natural recipes for herbal aphrodisiacs. "The arena of love offers a supremely fertile realm for the ambrosial power of herbs, fragrances, and succulent foods," she says. (For a list of the top aphrodisiac foods and how to prepare them, see "Sexual Vitality" on p. 50.)



According to Tourles, aromatic baths are a great way to kindle passion (and soften your skin at the same time!). "Bathing is a wonderful way to pamper and soothe yourself, rejuvenate, relax, and refresh the senses," she says. "It is a tactile aphrodisiac honoring the sense of touch and opening the way to intimacy." Here's a romantic bath salt recipe from Tourles's book that is sure to put you in the mood for love:

ESSENCE OF ROSE MILKY BATH SALTS

- ♥ **¾ cup powdered milk (whole or nonfat), preferably organic**
- ♥ **¾ cup sea salt**
- ♥ **1 cup dried or 2 cups fresh rose petals, preferably organic**
- ♥ **10 drops essential oil(s) of your choice (try palmarosa, geranium, and rose absolute)**

Combine powdered milk, sea salt, and rose petals in muslin bag, handkerchief, or square of double-thick cheesecloth. Add essential oils to the mix and tie up tightly. Hang from nozzle of the tub. Turn on the tap and let the water pour through the bag. When the tub is full, untie the bag and let it float in the water.

With lots of love,

Nicole

nbrechka@aimmedia.com



COMING NEXT MONTH

Total Detox Guide

From intermittent fasting to juicing to dry brushing, we are covering the latest and greatest cleansing therapies for spring.

Just Breathe

Respiratory infections, sinus problems, allergies, pollution, asthma, and even stress can make it hard to breathe easy. Here's help!

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7 Ways to Fix Your Cholesterol

The focus? Eating healthy fats, lowering triglycerides, and getting enough sleep.



Apricot Chicken with Arugula & Frisée

Thin chicken cutlets are glazed with fresh apricot jam and served over peppery arugula.

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[§]As measured by SPINS 2014 data.

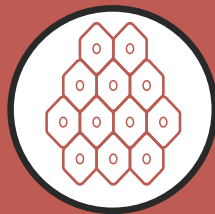
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Dr. Axe

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5 Types of Food
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TYPE I, II, III, V and X



SKIN



GUT



JOINTS

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The truth is that collagen is literally everywhere in the body, and when there's enough collagen in the body, then we can "keep ourselves together" and are humming along.



DR. JOSH AXE, Founder

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ADD COLLAGEN BOOST
TO ANY MEAL

HOW TO USE

FOR BEST RESULTS, USE 1 (OR UP TO 3) SERVINGS DAILY.

- ▶ Include 2 Tablespoons in your morning smoothie.
- ▶ Add to baking dishes, muffins, bars or pancakes to increase protein intake.
- ▶ Replace unhealthy protein powder with this.
- ▶ Create a chia coconut collagen pudding.
- ▶ Take several Tablespoons of collagen pre- and post-workout.

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trendWATCH

///BY VERA TWEED

Best Way to Use Hemp CBD Oil

"CBD is the next big thing in the so-called health industry," says Earl Mindell, PhD, pharmacist, long-standing pioneer in educating the world about the benefits of nutritional supplements, and author of *Healing with Hemp Oil: A Simple Guide to Using the Powerful and Proven Health Benefits of CBD*. The popularity of CBD oil stems from its many and varied benefits, including relief from pain, muscle tension, and high blood pressure, as well as mood, sleep, and skin problems.

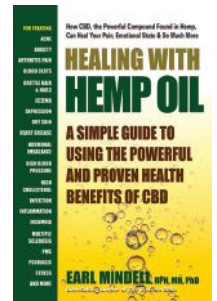
Short for "cannabidiol," CBD oil in dietary supplements comes from the

industrial hemp plant, which is in the same family as marijuana, *Cannabis sativa*, but doesn't produce a "high." Despite hemp's lack of psychoactive power, the familial connection breeds confusion. "Most physicians are frightened by it," says Mindell, "because of lack of knowledge."

What It Does

CBD oil is anti-inflammatory, acts as an antioxidant, and has a therapeutic effect on the brain and central nervous system, which influences many processes, including the sensation of pain, mood, memory,

and appetite. Epilepsy, anxiety, ADHD, Alzheimer's disease, arthritis, and fibromyalgia are among the conditions that CBD may help. And, says Mindell, "It has no side effects."



How to Use CBD Oil

For all forms, including capsules, tinctures, liquids, and sprays, Mindell recommends:

1. In the Supplements Facts, always look for the amount of CBD oil per serving.
2. Take between 2.5 and 30 mg daily, starting low, seeing how you feel, and gradually increasing as needed.
3. For pain in specific parts of the body, rub a CBD oil, cream, or lotion on the area. For a headache, rub it on the forehead and temples.



SWEET



HEART



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¹ *Circulation*. March 13, 2017 The American Heart Association does not endorse Nordic Naturals products or brand.

[†] Based on SPINS scan data

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trendWATCH

Beware the Snack Trap

We're more likely to overeat when foods are considered snacks rather than meals, according to a study of 80 people at the University of Surrey in the UK, where appetite for candy was compared after people ate pasta.

Even though all pasta dishes were identical, some were labelled as snacks, came in a plastic dish with a plastic fork, and were eaten while standing, while others were labelled as meals and were eaten off a ceramic plate with a real fork, sitting at a table. When offered candy afterward, those who had the snack version ate up to twice as much.

"Those who are consuming snacks are more likely to overeat as they may not realize or even remember what they have eaten," says lead study author Jane Ogden, PhD. She recommends:

- ✦ Eat food as a meal rather than a snack.
- ✦ Sit down when eating.
- ✦ Pay attention to the food instead of other activities.



WINTRY WEATHER BONUS

Outdoor exercise in cold weather burns extra calories. In a study at the University at Albany, State University of New York, hikers burned 34 percent more calories in temperatures of 15–23 degrees, compared to hiking in mid-50s weather. For the less adventurous, just shivering in chilly weather makes muscles secrete a hormone that triggers fat burning to produce heat.



40%

The Natural Resources Defense Council estimates that about 40 percent of the U.S. chicken industry has eliminated or pledged to eliminate routine use of antibiotics that are essential for treating human infectious diseases. As it stands, more than 70 percent of medically important antibiotics in the U.S. are used to produce beef, pork, and poultry, making the drugs less effective for treating infections in people.





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Egg White Myths Busted

Body builders have traditionally viewed egg whites as superior to whole eggs for muscle growth, and many people believe that the fat content of yolks isn't healthy. But a study led by the University of Illinois at Urbana-Champaign labelled both ideas as "unsubstantiated." After comparing the effects of egg whites and whole eggs on 10 weight lifters, researchers concluded that whole eggs were more effective at supporting muscle recovery and growth. For overall health, they noted, a variety of essential nutrients and about 40 percent of an egg's protein are in the yolk, and "its removal seems counterproductive for meeting protein recommendations."



CHAMOMILE EXTRACT ENHANCES SLEEP

Quality of sleep often declines later in life, but chamomile can help, according to a study of 60 nursing home residents in Iran. For 28 days, half the group took a placebo and half took 200 mg of a chamomile extract, twice daily. All those in the study experienced poor sleep previously, but those taking chamomile showed a significant improvement within the first two weeks, and the beneficial effects lasted for at least two weeks after they completed the study regimen.



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4 steps TO FIX DRY LIPS

Lips can get dry any time but more so in cold weather. "The problem is exacerbated in winter by the reduced environmental humidity due to forced air heat, which increases water loss, making the barrier problem worse," says Peter Elias, MD, dermatology professor at the University of California San Francisco. To reduce dryness, he recommends:

1. **Don't lick dry lips.** Saliva contains enzymes that break down lipids, fatty substances that form a natural protective barrier.
2. **Keep yourself hydrated** by drinking lots of water.
3. **Day and night, moisturize** with a restorative lip balm that contains natural lipids and fats, and healing ingredients such as shea and aloe.
4. **Avoid lip products with parabens or petrolatum**, which are irritants.



1 in 2

In a British study of 298 overweight people with type 2 diabetes, nearly half were cured—meaning they regained normal levels of blood sugar without taking any medication—by losing weight. Slightly over 30 lbs. was an effective amount of weight loss.



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

Jamnation

The story of this delicious jam started with love of family and the desire to share // By Neil Zevnik

Meet Gillian Reynolds, who had never before made jam in her entire life. An economics major at Stanford University, she had gravitated after graduation to a liberal think tank in Washington, D.C., for a couple years, working on policies related to low-income families and children. She knew she wanted to do something in life that would help people, but fruit entrepreneur was hardly on her to-do list.

Then Reynolds visited Brazil and became enticed by the succulent and exotic fruits that made up her morning breakfasts. When she returned to Northern California, the search was on to replicate the intensity of that experience. Could it be done? She thoroughly investigated local farmers' markets, sampling and assessing their offerings before selecting a few that filled the bill—Arctic Star nectarines, Royal Blenheim apricots, and Josephine raspberries.

Sharing this newly discovered bounty with family across the country seemed to be in order. But, as she says, "I couldn't ship a carton of raspberries or a basket of nectarines to New York City."

The Passion

So she decided to make jam. And after 40 batches of jams in 30 days, her fingers were fruit-stained and her heart was hooked—and her friends were urging her to share her concoctions with the world at large.

As she contemplated making the move to full-time jam making, Reynolds brought a unique set of circumstances and experiences to the canning table. The child of a family of "foodies," she was challenged to create flavor profiles that were out of the ordinary; her social consciousness dictated her approach to sourcing; and her background in economics made her aware of the impact of global trade on farmers in developing countries. She was determined to utilize Fair Trade sugar and spices from those farmers. And her commitment to clean eating insisted that she find a way to make her jam as wholesome and nutritious as possible.

With her family's blessing and assistance, Reynolds plunged head-first into the jam pot. Thus was born an array of internationally inspired creations with evocative names: Turkey gave rise to "Rose to the Grindstone," Morocco can be sensed in "To Peach His Own," and London expresses itself in "Cardamom Knows Zest." (For



Reynolds uses local, organic fruit from small Northern California farms and Fairtrade sugar and spices in her jams.

more flavors, see jamnationjams.com.)

Reynolds developed a network of local organic farmers that she relies upon for her fruit. "All of the farms are organic, and they're all family farms. I'm on the phone with almost all of my farmers. If there's a heat wave, we do the fruit early and we're in the kitchen late. If it rains, there are no strawberries that week, so we label. Our schedule is dictated by the fruit."

The spices she uses are all Fair Trade and Certified Organic, supporting sustainable growth and practices in developing countries. And with 20–40 percent less sugar than traditional jams—and no pectin—Jamnation places the focus squarely on the fruit, creating sublime tastes that are as healthy as jam gets.

Reynolds also discovered that creating these succulent concoctions could help her realize her life's dream of helping people. "I found working on a consumer product is one of the most direct ways you can have an impact. Changing consumer behavior is really exciting to me."

And making a whole lot of lives better with jam is about as sweet as it gets.

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



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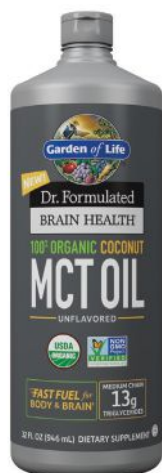
Available in natural health food stores, select grocery stores, and pharmacies.

Even Better You

Upgrade your beauty and health regimen with our February favorites

1 MCT Means More Energy & Brain Power

MCT oil—a concentration of fats from coconut oil—is the new “it” supplement, and for good reason. It’s been shown to help boost weight loss, energy, brain health, and more. We like **Garden of Life Dr. Formulated Brain Health 100% Organic Coconut MCT Oil**. This fast source of fuel has 13 grams of medium-chain triglycerides, which quickly convert to energy in the body. Developed by noted health expert David Perlmutter, MD, FACN, this clean formula is not hydrogenated, bleached, refined, or deodorized. Need something to get you going in the morning? Add this to a smoothie for a natural lift.



2 Ironclad Nutrition

One of the most popular iron supplements is now available in a new form. **MegaFood Blood Builder Minis** is the same formula as Blood Builder, but in smaller, easier-to-swallow tablets. This award-winning preparation features a gentle, plant-based form of iron from whole foods, including beets, oranges, and broccoli. It’s non-GMO, soy- and dairy-free, and certified gluten-free. And it’s been clinically shown to increase iron levels. Take 2 tablets daily for best results.



3 Get Glowing with Charcoal

Brighten, tone, and clear up your complexion with **Reviva Labs Complete Charcoal Regimen**. Charcoal (from bamboo or coconut) is one of the best skin-care ingredients because it removes dirt and toxins without stripping skin’s natural oils. It also helps tighten pores and lessen acne breakouts. This line features five fantastic products: Bamboo Charcoal Pore Minimizing Mask, Bamboo Charcoal Pore Minimizing Cleansing Gel, Coconut Charcoal and White Lava Body Wash,



Coconut Charcoal Moisturizing Day Crème, and Activated Charcoal Time Release Night Crème. You can use these on their own or combine them with other skincare products.

4 Sparkling Greens

There’s a new “green foods” kid in town—**Amazing Grass Green Superfood Effervescent**. Now you can get your daily blast of energizing and immune-bolstering green foods in a convenient, fizzy tablet. Each serving has more than 30 antioxidant-rich superfoods, including wheat and barley grasses, alfalfa, spirulina, chlorella, açai, camu camu, green tea, elderberry, and mangosteen. We like how simple they are to use—just drop one tablet into an 8–10 oz.

glass of water and enjoy. Pick from two flavors: Lemon-Lime or Berry.

5 Chai Tea Creations

Calling all chai tea latte lovers! **Bhakti Chai Concentrate, Original and Unsweetened**, lets you re-create the coffee house-style favorite at home. Now featuring new packaging, these craft-brewed mixes are made with organic, fresh-pressed ginger, non-GMO ingredients, Fair Trade Certified black tea, and a blend of masala spices such as cardamom and fiery black pepper. What’s especially great is that you can use this with any type of milk. Try making a vegan version with rich cashew milk. You can also add these to smoothies, baked goods, and marinades.



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Boswellia: The New Turmeric?

You've heard of turmeric and its remarkable anti-inflammatory benefits. But did you know that there's an herb that may be even *better* at easing pain, reducing inflammation, and protecting against cancer? // BY LISA TURNER

Boswellia, also known as Indian frankincense, comes from the *Boswellia serrata* tree native to India. It has been used for thousands of years in Ayurveda to treat conditions including arthritis, pain, fever, and heart disease. Other types of boswellia, including *Boswellia sacra* and *Boswellia carteri*, have similar effects.

It's similar to turmeric in mechanisms of action and conditions treated, and together, curcumin and boswellia may have synergistic effects that make them more powerful than using each alone. In one study, a combination of boswellia and turmeric was more effective in reducing pain than the prescription NSAID celecoxib.

Boswellia's anti-inflammatory benefits come mainly from boswellic acids and terpenes, antioxidant compounds that are also found in citrus fruits, eucalyptus, and other plants. Studies suggest that boswellic acids work by inhibiting the synthesis of a specific proinflammatory enzyme, 5-lipoxygenase (5-LO).

Boswellia has numerous reported benefits. Some of the main applications:

Rheumatoid Arthritis & Osteoarthritis

The anti-inflammatory actions of boswellia have been shown in several studies to ease pain, reduce swelling,

and improve mobility in patients with arthritis or osteoarthritis. Research shows a profound effect, including a reduction in arthritis symptoms by 45–67 percent, which is comparable to prescription medications, and a 35 percent reduction in inflammation. It appears to be especially helpful in osteoarthritis of the knee, and several studies have found reductions in knee pain, knee jerking, swelling, and pain while walking in test subjects who took boswellia. Unlike some herbs, which may take weeks to be effective, boswellia works quickly—in one study, boswellia extract reduced pain and improved knee-joint functions within seven days.

Inflammatory Bowel Disease

Because of its anti-inflammatory action, boswellia may be effective in treating inflammatory bowel diseases, including Crohn's disease and ulcerative colitis. Studies also suggest that boswellia can improve gastrointestinal health by maintaining immune activity in the lining of the digestive tract and offering antioxidant protection. In one study comparing boswellia extract with an anti-inflammatory prescription drug, the herb performed as well as the drug in managing Crohn's disease. In other studies, up to 82 percent of ulcerative colitis patients who took boswellia went into remission.

Asthma Aid

Frankincense, derived from boswellia, has traditionally been used to treat respiratory system ailments, including coughs, bronchitis, and breathing disorders. And modern studies show that the boswellic acids in frankincense can modulate the inflammatory process that drives asthma,



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Did you know that there are two forms of CoQ10?

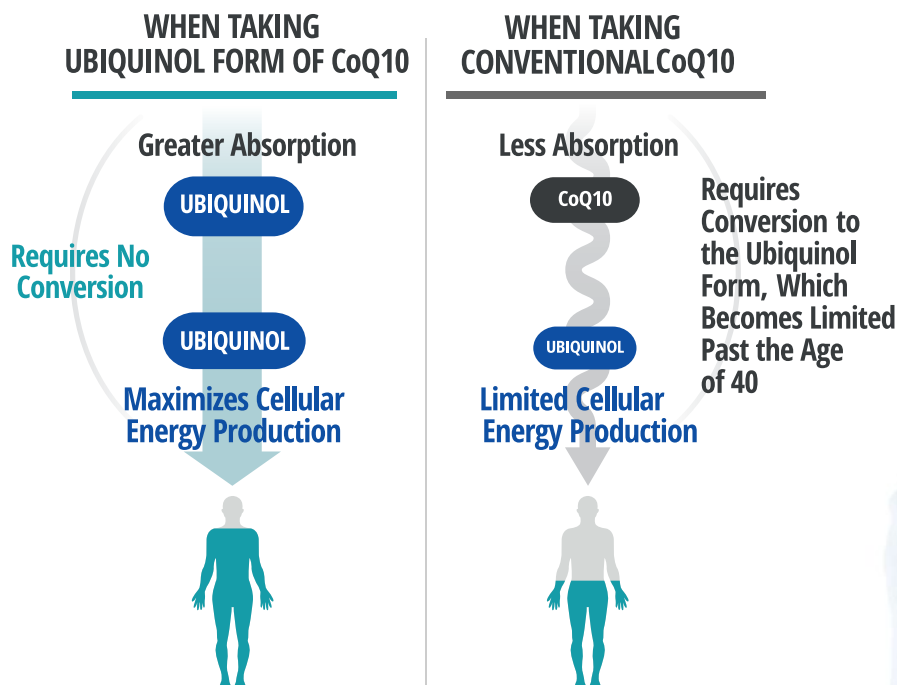
CoQ10 comes in two main forms: Ubiquinone (the oxidized form) sometimes called conventional CoQ10 and Ubiquinol, sometimes called the advanced or active CoQ10.

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dramatically improving symptoms. In one study of patients with asthma, 70 percent of those who took 300 mg of boswellia three times daily showed significant improvements in breathing and number of attacks. In another study, asthma patients who took a combination of boswellia, curcumin, and licorice root showed a significant decline in levels of inflammatory compounds and markers of oxidative stress.

Cancer Protection

Boswellic acids appear to act in several ways that can inhibit cancer growth. They may prevent changes to DNA and induce apoptosis (cell death) of cancer cells. Other boswellia compounds, called triterpenoids, have demonstrated antitumor properties. A number of cell culture studies show boswellia can:

- * Slow even aggressive tumor growth in breast cancer cells
- * Suppress pancreatic cancer progression and metastasis
- * Inhibit prostate tumor growth
- * Stop cancer cell viability and induce bladder cancer cell death

You'll find *Boswellia serrata* extract as a single supplement in capsules, powders, and tinctures. It's also often included in anti-inflammatory formulas with turmeric (and/or curcumin) and other herbs.

Though recommendations vary, a typical dose is 300 mg, three times a day, or follow the directions on the package. Some experts say that boswellia is safe for children at half the adult dosage. Check with your physician first, or if you're pregnant or



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taking other medications. Side effects noted in clinical trials did not occur more commonly than placebo. Some reported side effects include diarrhea, nausea, abdominal pain, and heartburn.

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



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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.

Dry Skin Savers

An inside-out guide to nourishing and softening your skin //BY EMILY A. KANE, ND, LAC

Q: Why are my cuticles and skin so dry all the time? I've heard that fish oil can help. Am I deficient in omega fats? What are other nutrient imbalances that cause dry skin?

—Leanne W., St. Cloud, Minn.

a: You're right to think that fats are key. Especially in the winter, a misguided low-fat diet combined with cold temperatures can really stress the skin. And keeping your skin healthy is important. Skin's thin outer layer is your largest organ of elimination, and it also provides a protective barrier to the outside world. Skin cells turn over quite quickly—completely new skin is formed every three weeks or so, unless you have a hyper-proliferation condition such as psoriasis.

Dry Brushing & Cleansing

Almost all skin care salons help your skin by exfoliating. You can do this much less expensively, and daily, in the comfort of your home with dry skin brushing. I highly recommend this pleasurable ritual as part of your self-care routine. I use a fairly stiff long-handled Bass or Yerba Prima brush first thing in the morning. Brush the belly clockwise and up the limbs, front and back, toward the heart. Use the handle to scrub down the back. I like to use a softer Bass or Sephora brush for my face and neck—brush upward on the face.

Another tip for beautiful skin is to moisturize within 3 minutes of stepping out of the shower. Water removes natural oils from the skin, especially if you use soap. I don't recommend soap for bathing unless you have dirt

or grease streaks on your skin, and even then, oil will remove stains more gently. It's okay to soap occasionally, but many people use too much soap, too often, and this contributes to dry skin. Also avoid putting petroleum-based products (such as Vaseline or Eucerin) on your skin. In addition to being potential carcinogens, they can plug up your pores and lead to blackheads or boils.

Skin-Supportive Fats

In terms of nourishing your skin, nails, and hair from the inside, minimally processed fish or vegetable oils are excellent options. If you enjoy eating fish, the "SMASH"

species—salmon, mackerel, anchovy, sardine, and herring—are your best options. These small fish are less likely to be contaminated with mercury than large fish such as tuna, swordfish, and halibut, which grow old and bio-accumulate toxins as they age. If you don't eat a lot of fish, take 1,000–4,000 mg per day of a high-quality fish oil supplement.

Dry skin may also be a sign of omega-3 deficiency. These oils work with water to keep skin smooth and hydrated. Omega-3 fats help normalize the good fats in your skin and prevent dehydration. They're also anti-inflammatory, so they calm irritated skin when taken internally. Consider increasing your dose during the winter.

For a vegetable-based skin nutrient that

Healthy Tip!

Coconut oil, which can be applied externally and taken internally, can improve the appearance of fine wrinkles and speed exfoliation.





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can be used topically *and* taken internally, coconut oil can't be beat. It has been shown to improve the appearance of fine skin wrinkles and speed exfoliation of the outer layer of dead skin cells. In addition, coconut oil (especially its lauric acid component) is antimicrobial, effectively reducing fungal, bacterial, and viral skin infections.

Try rubbing a small amount (1/4 cup) all over your body right after a shower. It's really fantastic. Other ingredients that will contribute to smooth, moist, beautiful skin—which can be eaten or applied topically—include shea butter, cocoa butter, jojoba oil, and aloe vera (juice for internal, gel for topical).

Olive oil is great for dry hair. Rub up to a cup into your scalp a half-hour before washing your hair, then wrap your head in a hot, thin, wrung-out towel. The heat helps the oil penetrate more deeply into the scalp and hair follicles.

It's also easy to forget to drink water when the weather is cooler and you're not sweating. So remember to stay hydrated!

The Skin-Saving Diet

Dietary tips for healthy skin are the same as for a healthy life. Eat fresh vegetables—they're critically important to good health, and should be the centerpiece of every meal. Veggies are by far the most nutrient-dense of all the food categories, packed with fiber, vitamins, minerals, and healing pigments. They're moist foods, thus contributing to hydration. And eating a diet high in carotenoids from carrots, squashes, and robust greens will eventually impart a gently bronzed look to the skin that's much healthier than going to a tanning booth.

Gut health has a huge impact on skin health, because the gut is where good nutrients are absorbed. In fact, there is a good amount of research showing that a

healthy gut microbiome can help reduce acne, among other skin conditions. Fermented foods promote the growth of good bugs in the gut, which help to break down food and make nutrients easier to absorb. If you don't care for fermented foods, take a high-quality probiotic.

To keep your skin (and yourself) as healthy as possible, avoid processed grains, sugars, and any "food" that comes in a box. Instead, set up your pantry with apples, squashes, whole grains and legumes, seaweed snacks, tangerines, and nuts. (Keep nuts in the fridge so they don't go rancid.) At work, keep tinned fish, durable fruit, and hard-boiled free-range eggs on hand for snacking. And just say no to crackers, chips, cookies, and baked goods that came from a box.

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

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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[†]



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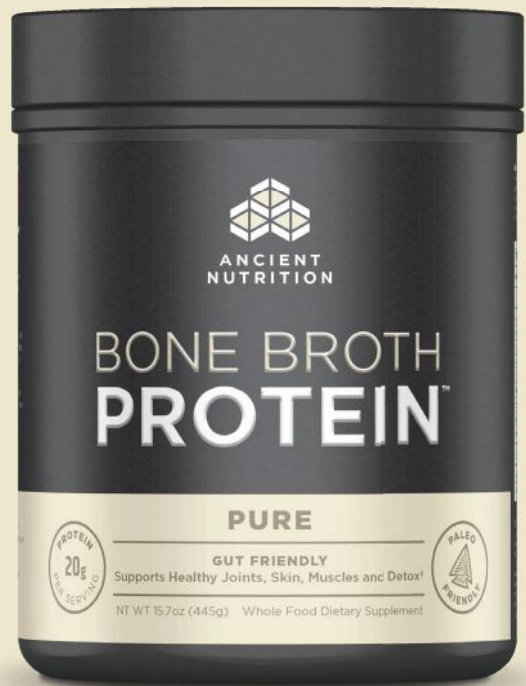
Two major drawbacks to experiencing the benefits of bone broth is the time to make it at home and expense to buy it pre-packaged. Introducing **Bone Broth Protein™**—a breakthrough in protein supplementation that delivers the benefits of bone broth in an easy-to-mix, convenient and on-the-go form.

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

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

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Beauty Serums

These potent formulas can work wonders on your skin /// BY SHERRIE STRAUSSFOGEL

Take the time to add a serum to your skincare routine, and you will see results. Concentrated serums target your main skin concerns, delivering potent ingredients that penetrate deeper than moisturizers. Unlike moisturizers that sit on the surface, serums are formulated with smaller molecules, so they are easily absorbed. In fact, a few drops of serum applied 3–5 minutes before a moisturizer can actually *improve* the absorption of your moisturizer.

Formulas vary, but most serums are designed to smooth, soften, and hydrate skin, which diminishes wrinkles and fine lines. They may also brighten your skin tone and fade discoloration. Or they may firm skin, boost collagen, soothe irritation, or stimulate circulation for a natural glow.

Depending on their specific purpose, serums may include vitamin C, plant stem cells, and peptides to help stimulate collagen; alpha hydroxy acids and vitamin A (retinols) to help increase cell turnover; hyaluronic acid to hydrate and smooth skin; bearberry and licorice extracts to brighten skin and fade brown spots; and/or sea buckthorn to reduce inflammation and repair skin damage.

“The best antiaging serums are packed with plant stem cells and vitamin C,” says Nancy Neet, esthetician at The Allison Inn & Spa in Newberg, Ore. “They help stimulate collagen and elastin—the strands of tissue that give the skin its strength and flexibility.”

The Allison’s Herbal Infusion Facial relies heavily on a plant stem-cell booster serum to help rejuvenate skin and smooth fine lines and wrinkles. Echinacea stem cells stimulate new collagen, plump and firm skin, and improve elasticity. Stem cells from the butterfly bush (a plant native to Eastern Asia that is traditionally used for wound healing) help protect the skin against sun and environmental damage and increase lipid barrier protection. Vitamin C and other antioxidant vitamins reduce inflammation, boost collagen production, and also protect skin.

“Plant stem cells in this facial work so well because they come from plants that are intentionally stressed,” says Neet. “When the plant defends itself, the cells that are extracted are stronger and more effective. Use a serum every morning and night and you really can improve the health of your skin.”

Did You Know?
A few drops of serum applied 3–5 minutes before a moisturizer can improve the absorption of your moisturizer.



1



2



3



4



5



6

1 Blitz your skin with antioxidant and antipollution protection with **MyChelle Dermaceuticals Perfect C PRO Serum**. This professional-level formula boasts 25 percent L-ascorbic acid, the highest and most active form of vitamin C in skincare products. Concentrated vitamin C brightens and renews skin, while plant stem cells and CoQ10 protect mature or damaged skin.

2 Recharge your skin with **Reviva Labs Swiss Apple Stem Cell Serum**. Mature skin will be energized with these resilient stem cells, which help revive the skin and decrease lines and wrinkles. Apply to clean skin or under your favorite day or night moisturizers to boost the effects.

3 Solve a variety of skin problems while you sleep with **Nourish Organic Overnight Recovery Serum**. Argan and evening primrose oils hydrate, soften, increase elasticity, and reduce signs of stress and fatigue. Go to bed with dry and damaged skin, and wake looking more refreshed.

4 Rejuvenate and repair dehydrated skin with **John Masters Organics Green Tea & Rose Hydrating Face Serum**. Green tea helps cellular turnover, rose oil nourishes, sea algae soothes, rice extract softens and heals while helping to prevent wrinkles, and sunflower oil hydrates and forms a protective barrier against environmental pollutants.

5 **Annemarie Borlind Orange Blossom Energizer** is a 2-phase skincare composition with first- pressing botanical oils and blossom extracts, including carrot (rich in vitamin A) and orange fruit extract (high in vitamin C). It helps firm and revitalize skin. Apply to cleansed skin in the morning and evening. Then use a day or night cream to suit your skin type.

6 Care for your skin the way nature intended with **Hyalogic Stem Cell Face Serum with Hyaluronic Acid**. Restorative orange stem cells and hyaluronic acid support cell longevity, maintain skin vitality, and combat the visible signs of aging.

try it!

MyChelle is giving away 25 bottles of Perfect C PRO Serum to Better Nutrition readers! To enter, email your name and address to community@mychelle.com. Please put "BN PRO C" in the subject line.

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.



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by Vera Tweed

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simple
tips**

Hearth disease continues to be America's leading killer, but unless it strikes close to home, most of us probably don't think about it too much. At the same time, there's some good news: Deaths from the most common form, plaque build-up (aka coronary artery disease), have been decreasing in the last decade. But there's a lot more we can do to protect ourselves. Perhaps surprisingly, some of the biggest heart-healthy benefits come from these simple lifestyle changes and heart-smart supplements.

Get More Oxygen

It's no secret that smoking, high blood pressure, unhealthy cholesterol, and diabetes increase the odds of heart disease, but the American Heart Association has concluded that there's "a potentially stronger predictor." Called "cardiorespiratory fitness," it's all about our ability to use oxygen.

When we breathe air into our lungs, oxygen gets absorbed into blood, transported to the heart, and pumped through arteries to various organs and muscles. How well that process works, and how efficiently the



muscles absorb and use oxygen, determines our cardiorespiratory fitness. Exercise that makes the heart pump harder is the chief way to improve and maintain this type of fitness, but as we get older, the process can get sidelined if we aren't able to produce enough nitric oxide, a gas that dilates blood vessels and enhances blood flow and oxygen transport.

"Nitric oxide is the molecule that controls blood supply to the heart," says Nathan Bryan, PhD, professor of medicine at Baylor College of Medicine in Houston, a leading nitric oxide researcher, and author of the upcoming book, *Functional Nitric Oxide Nutrition*. "Heart disease is a slow process where the arteries become stiff and then, over time, plaque builds up and it ruptures, and that's a heart attack," he says, adding, "The loss of nitric oxide production in the lining of the blood vessels precedes the structural changes and the plaque development by many years, sometimes decades."

What to do: Bryan recommends doing four things:

- ♦ Walk daily or do other moderate exercise such as biking or swimming. The key is to raise your heart rate during the activity. Over time, gradually make it more challenging, for example, by walking faster, longer, or uphill, or by running.
- ♦ Make it a daily habit to eat green leafy vegetables, which are a natural source of nitrates, the raw material for nitric oxide production. Beets are one of the richest food sources of nitric oxide.
- ♦ Don't use antibacterial mouthwash. Nitric oxide production begins in the mouth, but antibacterial mouthwash kills beneficial oral bacteria that generate about half of our daily nitric oxide, says Bryan. Switch to an herbal mouthwash instead.

3 INNOVATIVE HEART-HEALTHY TIPS

Healthy habits can be surprisingly simple. Here are three from researchers who presented their latest findings at the American Heart Association's Scientific Sessions 2017.



SAVOR FOOD SLOWLY: "Eating more slowly may be a crucial lifestyle change to help prevent metabolic syndrome," said Takayuki Yamaji, MD, author of a study showing that slow eaters are less likely to gain weight and develop metabolic syndrome. "When people eat fast," he said, "they tend not to feel full and are more likely to overeat."



BE A SMART TV VIEWER: "Watching TV itself isn't likely bad, but we tend to snack and sit still for prolonged periods while watching," said Mary Cushman, MD, author of a study showing that avid TV watchers were nearly twice as likely to develop a dangerous blood clot, compared to people who rarely watch TV. "You could put a treadmill or stationary bike in front of your TV and move while watching," she suggests. Or, record your favorite show while you're out for a walk, and watch it later, minus the ads.



KEEP GUMS HEALTHY: Where there's gum disease, getting it treated significantly lowers blood pressure. One study found that after intensive dental treatment, blood pressure began to gradually drop and within six months, systolic pressure (the top number) was 13 points lower and diastolic pressure (the bottom number) dropped by nearly 10 points.

- ♦ Avoid antacids and heartburn drugs that suppress stomach acid, which is necessary to break down nitrates in food to produce nitric oxide.

Beat the Silent Killer

"Silent" because it doesn't usually produce noticeable symptoms, high blood pressure really is a killer, and it plagues nearly one in two Americans. Healthy levels are below 120/80 mm Hg, but if they're 10–20 points higher, risk of heart disease doubles, according to Paul Whelton, MD, lead author of the latest medical blood pressure guidelines. "It doesn't mean you need medication," he says, "but it's a yellow light that you

need to be lowering your blood pressure, mainly with non-drug approaches." For accurate readings, blood pressure should be checked on at least two separate occasions, at home and in the doctor's office.

What to do: Leading integrative cardiologist Stephen Sinatra, MD, author of *The Great Cholesterol Myth*, recommends setting small, achievable goals to lose some weight, be more active, and cut back on sugars and high-carb foods, which drive up blood pressure and inflammation. "Baby steps are better," he says, "because you need motivation." Among his patients, he found that losing

Effective support for heart healthy cholesterol levels.*

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



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5–10 pounds likely means dropping one clothing size, 4–6 points in the top blood-pressure number, and 2–4 points in the bottom one. And these visible changes help motivate healthier lifestyle habits and further improvements. And, he adds, “A small drop lowers risk substantially.”

Understand the Markers

Along with blood pressure, there are three other markers that dramatically affect heart health, says Sinatra: HDL “good” cholesterol; triglycerides, which are usually tested along with cholesterol; and blood sugar. At unhealthy levels, the combination of these three factors makes up metabolic syndrome, the big driver of chronic inflammation, the culprit behind heart disease and diabetes. A large waist or belly is the most common outward sign.

“People don’t realize that the fat around the tummy, that’s where the inflammatory mediators live in your fat cells,” he says; “So basically, when you get rid of fat cells, you’re getting rid of inflammation.”

What to do: To see where you stand and monitor progress, says Sinatra, cholesterol numbers by themselves don’t tell the whole story. Instead, he recommends tracking the ratio of triglycerides to HDL cholesterol, which should be no higher than 2. For example, triglycerides at 95 and HDL at 55 (95:55) would be a good ratio, below 2, but a 300:30 ratio of 10, often found among type 2 diabetics, is far from healthy. The other key marker is blood sugar: lower is better. Following the steps to lower blood pressure will also improve these markers and lower inflammation and heart risk.

Harness Supplement Power

While there are many nutrients that can contribute to a healthy heart, these are Sinatra’s favorites:

Broiled Salmon with Honey-Mustard Sauce

Serves 4

This easy-to-make salmon dish is teaming with heart-healthy omega-3 fats.

2 Tbs. spicy brown mustard
2 Tbs. Dijon mustard
2 Tbs. honey
1 Tbs. extra-virgin olive oil
1 Tbs. fresh lemon juice
1 Tbs. fresh thyme leaves
1 tsp. minced garlic
4 salmon fillets, skinned (4–5 oz. each)
Juice of ½ lemon
Salt and black pepper
Lemon slices, for garnish
Fresh thyme sprigs, for garnish

1. Preheat broiler with rack 6 inches from element. Line baking sheet with foil, and coat with nonstick spray; set aside.
2. Whisk together brown mustard, Dijon, honey, oil, 1 Tbs. lemon juice, 1 Tbs. thyme, and garlic in bowl, and set aside.
3. Arrange fillets on prepared baking sheet, drizzle with juice of ½ lemon, and season with salt and pepper. Broil fillets until firm and cooked through, 5–7 minutes. Serve fillets with mustard sauce and lemon slices; garnish with thyme sprigs.

Per serving: 280 cal; 23g prot; 15g total fat (4g sat fat); 11g carb; 55mg chol; 310mg sod; 0g fiber; 9g sugar

Broccoli Olive Slaw

Serves 4

Broccoli slaw mix is a crunchy blend of shredded broccoli, carrot, and red cabbage, a nice contrast to salmon’s flaky, delicate texture. Plus, broccoli is a great source of B vitamins, magnesium, and other cardio-smart nutrients.


3 Tbs. extra-virgin olive oil
2 Tbs. white wine vinegar
2 Tbs. spicy brown mustard or Dijon mustard
1 Tbs. minced shallots
2 tsp. honey
¼ tsp. red pepper flakes
1 bag broccoli slaw mix (10 oz.)
⅓ cup sliced pimiento-stuffed green olives
Salt to taste
¼ cup chopped fresh chives

1. Whisk together oil, vinegar, mustard, shallots, honey, and pepper flakes in small bowl
2. Combine slaw mix and olives in large bowl, and toss with vinaigrette. Season slaw with salt, and chill until ready to serve. Stir in chives right before serving.

Per serving: 140 cal; 2g prot; 11g total fat (1.5g sat fat); 8g carb; 0mg chol; 100mg sod; 3g fiber; 5g sugar



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- CoQ10 is an essential nutrient for the heart. After age 40, take 100 mg daily to maintain heart health, but if blood pressure is high or there's any chronic disease, take 150–200 mg daily. For heart failure, take 300 mg daily.
- Fish oil reduces inflammation. Take 1,000–2,000 mg of an EPA-DHA combination, and up to 3,000 mg if there is chronic disease.
- Magnesium performs hundreds of functions that help keep us alive, including relaxing blood vessels, producing energy, and lowering blood pressure and blood sugar. Start with 100–200 mg daily and gradually increase to 400–600 mg. If loose stools become a problem, reduce the dose or split the daily amount into several smaller doses.
- Astaxanthin improves triglyceride-cholesterol ratios and reduces inflammation. Take 6–12 mg daily.
- Vitamin K₂ (MK-7 form) takes calcium out of blood vessels and into bones. Take 150–300 mcg daily.
- Ribose drives energy production, eases muscle cramps, and improves recovery from exercise. Take 1 scoop of ribose

Ubiquinol CoQ10 = Better Absorption

CoQ10 provides energy to cells, especially the cells in the heart, and low levels of this critical nutrient are linked to nearly every form of cardiovascular disease, including angina, hypertension, cardiomyopathy, and congestive heart failure. CoQ10 supplements can be hard to absorb, particularly the ubiquinone form. But studies show that a more bioavailable form of CoQ10—ubiquinol—provides 60 percent better absorption than standard CoQ10 supplements. Studies have demonstrated that ubiquinol effectively inhibits LDL oxidation and may have a direct effect on the progression of atherosclerotic lesions. Ubiquinol has also been found to improve the symptoms of congestive heart failure.

Ubiquinol supplements are generally labeled as “CoQ10 Ubiquinol,” “Super Ubiquinol CoQ10,” and “Ubiquinol QH.” To be sure you're getting ubiquinol and not ubiquinone, look for the word “ubiquinol” on the Supplement Facts panel.

—Kim Erickson

powder daily, in juice or added to food.

- B vitamins are essential for healthy metabolism. Take a B complex with up to 750 mcg of the methylcobalamin form of B₁₂, 100–400 mcg of folic acid, and up to 30 mg of B₆.
- Vitamin D helps protect against heart disease and diabetes at adequate levels. Take 1,000–2,000 IU daily.
- Vitamin C strengthens artery walls, protects against plaque deposits, and increases the availability of nitric

oxide, which helps to dilate blood vessels and improve blood flow. Take at least 1,000 mg daily.

- Delta tocotrienol, one of the natural forms of vitamin E, reduces dangerous, inflammatory cholesterol. Take 50–100 mg daily.

Take 5-Minute Breaks

Even for people who get some regular exercise, sitting for prolonged periods is bad for the heart. To see what it takes to reverse damage, the American Council on Exercise sponsored a study at Western State Colorado University in Gunnison. Seven middle-aged men and six women, who did some regular exercise but also spent at least six hours per day sitting, all had unhealthy markers of heart health. Taking a 5-minute movement break, once every hour of sitting, for one week, produced these improvements:

- HDL cholesterol increased by 21.2%
- Triglycerides decreased by 24.6%
- Blood glucose decreased by 6.1%
- Blood pressure dropped 6–12 points

But there's a catch: When those in the study stopped taking breaks for a week, the benefits reversed.

EDITOR'S PICKS: HEART-SMART SUPPLEMENTS



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

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HEALTHY

A close-up photograph of a rustic wooden bowl filled with a hearty risotto. The risotto is made of small, rice-shaped orzo grains. It is topped with sautéed mushrooms, vibrant green Swiss chard leaves, and slivered pine nuts. A dusting of white cheese and fresh herbs is sprinkled over the top. A wooden spoon rests inside the bowl. In the background, a glass of white wine and a sprig of fresh herbs are visible on a light-colored surface.

Orzo Risotto with Mushrooms & Swiss Chard, p. 42

EATING

made easy

BY LISA TURNER

10 simple ways to enjoy the benefits of a Mediterranean diet

Based on the traditional diet of Greece, southern Italy, and Spain, the Mediterranean diet focuses on high consumption of vegetables, fruits, olive oil, legumes, and whole grains, along with moderate fish, dairy, and red wine consumption, and infrequent use of meat. It's a plan worth following: studies show that the Mediterranean diet lowers the risk of heart disease, stroke, cancer, diabetes, and early death; more recent studies also link it with increased brain health in older adults and lower risk of Alzheimer's disease. Take full advantage of this healthy eating plan with these 10 simple tips.

1 **DOUBLE (OR TRIPLE) YOUR VEGGIES**

We're not kidding: the cornerstone of the Mediterranean diet is lots and lots of vegetables. Research overwhelmingly supports the health benefits of a plant-heavy diet: one study found that people who ate seven or more servings of fruit and vegetables per day had a reduced risk of dying from cancer and heart disease. In another study, more than five servings per day slashed the risk of heart attack, stroke, cancer, and early death; and researchers estimated that 10 servings per day could prevent up to 7.8 million premature deaths. Some ideas to try:

- › Add vegetables to your breakfast, with an asparagus, mushroom, and zucchini omelet, or mixed-vegetable breakfast burritos.
- › Turn spinach, shredded carrots, tomatoes, onions, red peppers, avocado, and hummus into a hearty wrap.

- › Layer vegetables—eggplant, tomatoes, broccoli, leeks, sweet potatoes, and more—into a casserole, or make a seven-veggie stew.
- › Make tomato sauce with herbs, garlic, and olive oil—heating tomatoes with oil makes their heart-protective lycopene more available to the body.

2 **LEARN TO LOVE LEGUMES**

Beans, peas, and lentils are a significant source of protein in the Mediterranean diet, and they're also one of the best dietary sources of fiber—a cup of navy beans, for example, has more protein than two eggs and as much fiber as nine slices of whole-wheat bread. Legumes are also high in polyphenol antioxidants and resistant starch, an indigestible type of starch that has been shown to improve gut bacteria, reduce body weight, and protect against colon cancer and inflammatory bowel diseases. To add more legumes to your diet:



- › Purée white beans with garlic and roasted red peppers for a zesty dip.
- › Sneak red kidney beans into vegetable soups.
- › Toss French lentils with arugula, tomatoes, red onions, radicchio, and olive oil for a protein-rich salad.
- › Turn chickpeas, brown rice, and chopped vegetables into easy veggie burgers.

3 GET HOOKED ON FISH

Fish and seafood are a good catch: they're high in lean protein, selenium, vitamin B₁₂, and vitamin D, and studies show that eating two ounces of fish per day could reduce risk of death by 12 percent. Fatty fish is even better: salmon, tuna, sardines, anchovies, herring, and mackerel are loaded with omega-3 fats that reduce the risk of heart disease, lower blood pressure, prevent cardiac arrhythmias and sudden death, relieve arthritis, improve mood, and protect eye health. To get more fish on your dish:

- › Layer cod or tilapia with asparagus, leeks, peppers, olives, and herbs; wrap in parchment; and bake.
- › Thread shrimp on skewers with mushrooms, tomatoes, and chunks of zucchini, and grill.
- › Turn canned salmon or tuna into sandwich spreads or dips.
- › Add scallops or leftover cooked fish to pasta with peas, spinach, cherry tomatoes, and basil.



4 CHANGE YOUR OIL

Olive oil, the primary cooking and seasoning oil of the Mediterranean area, is known for its remarkable health benefits. It's high in monounsaturated fats that protect against cardiovascular disease, stroke, and other diseases, and one study found that olive oil reduced the risk of death from all causes by 26 percent. Nuts, olives, and avocados are other good whole-food sources of monounsaturated fat. To make your oil change easy:

- › Add avocado, olives, nuts, and seeds to salads and sandwiches.
- › Make your own homemade mayo with pastured eggs or silken tofu, olive oil, and lemon juice.
- › Combine 1 part softened butter with 3 parts olive oil for a healthier spread for cooked pasta, vegetables, or bread.
- › Use olive oil and balsamic vinegar in place of bottled salad dressing to slash sodium.

5 EAT FRUIT FOR DESSERT

It's high in fiber, low in fat, and loaded with antioxidants. And studies show that eating whole fruit is associated with a reduced risk of diabetes. Another study found that apples and pears significantly reduced the risk of stroke. Serve fruit for dessert, or snack on it between meals instead of chips or cookies. Some more sweet ideas:

- › Drizzle blackberries with Greek yogurt and sprinkle with chopped walnuts.
- › Poach pears in white wine, vanilla, star anise, and honey, and drizzle with crème fraîche.
- › Toss grapefruit segments with pomegranate seeds, blood oranges, and pistachios.
- › Serve a platter of grapes, sliced apples, and fresh figs with a selection of high-quality cheeses.

Orzo Risotto with Mushrooms & Swiss Chard

Serves 6

This smooth and creamy dish features classic Mediterranean flavors from olive oil, garlic, veggies, pasta, and cheese.

4 Tbs. olive oil, divided
1 lb. white mushrooms, sliced
1 tsp. garlic, minced
1 bunch Swiss chard, stemmed and chopped (10–12 cups)
¼ cup shallots, minced
2 cups dry orzo pasta
½ cup dry white wine
3½ cups warmed low-sodium chicken broth, divided
½ cup Parmesan cheese
2 Tbs. unsalted butter
1 Tbs. minced fresh sage
Kosher salt and black pepper to taste

1. Add 2 Tbs. olive oil to medium pan over medium heat. Sauté mushrooms until soft, and most of their liquid is evaporated. Add garlic, and sauté 1 minute more. Transfer to bowl, and set aside.
2. Blanch chard in boiling water, 1 minute. Drain and plunge into ice water to stop cooking. Squeeze out excess moisture, and set aside.
3. In pan from mushrooms, sauté shallots in 2 Tbs. olive oil over medium heat until softened. Add orzo, and continue cooking until pasta browns lightly. Add wine, and scrape up brown bits from bottom of pan.
4. Add 1½ cups of warmed chicken broth, and stir well. Continue cooking 10 minutes, add 1 cup of warmed broth, and cook 5 minutes more. Add remaining broth, and taste orzo for doneness. Stir in mushrooms and chard, and add Parmesan, butter, sage, salt, and pepper.

Per serving: 410 cal; 15g prot; 16g total fat (5g sat fat); 50g carb; 15mg chol; 300mg sod; 4g fiber; 4g sugar



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6 GARNISH WITH DAIRY

Eating dairy has been shown to reduce the risk of diabetes, metabolic syndrome, cardiovascular disease, and obesity. But we're not talking about adding heavy layers of processed cheese to sandwiches and pasta: the traditional Mediterranean diet included cheese and yogurt from pastured sheep and goats, in reasonable amounts. To get your cheese on mindfully:

- › Use Greek yogurt mixed with herbs and garlic instead of mayonnaise or salad dressing.
- › Add flavorful feta, Parmesan, or ricotta salata cheese to salads and sandwiches.
- › Top casseroles, cooked vegetables, or frittatas with shaved Asiago or Manchego cheese.

7 AMP UP SEASONINGS

The traditional Mediterranean diet includes lots of garlic and herbs, with less reliance on salt than the typical American diet. Garlic is rich in compounds that lower cholesterol, support healthy immune function, and may protect against cancer. And herbs are high in antioxidants and other chemicals; parsley, for example, contains phenolic compounds and flavonoids

that have been shown to have antibacterial, analgesic, brain protective, and other benefits. To savor garlic and herbs:

- › Combine garlic powder, onion powder, pepper, and dried herbs in a shaker, and use instead of salt.
- › Roast whole heads of garlic and spread on bread instead of butter or oil.
- › Add handfuls of basil and parsley to salads; stir minced herbs into soups and sauces; and garnish your meals liberally with chives or mint.

8 EAT LESS MEAT

The traditional diet of the Mediterranean coast didn't include a lot of meat, often for religious reasons. Additionally, the meat used was pasture-raised and grass-fed, and thus higher in omega-3 fats and conjugated linoleic acid (CLA), a compound that may reduce body fat, support immune function, and protect against cardiovascular diseases and cancer. Treat meat like a condiment, and eat only lean, organic, pasture-raised and/or grass-fed versions. Some more meaty suggestions:

- › Make legumes your main source of protein, and season them with small amounts of lamb cubes.
- › Sauté strips of chicken with lots of vegetables, garlic, herbs, and olive oil.
- › Layer a small portion of thinly sliced beef over a salad of arugula, spinach, and parsley, and sprinkle with feta cheese.



9 EAT PASTA

It's really okay: it's made from a kind of wheat called durum that's more slowly absorbed and is less likely to cause blood sugar spikes. Combining pasta with olive oil and high-fiber vegetables further slows absorption. Choose whole-grain versions (if you're gluten-free, look for pasta made with legumes), skip the fatty cream sauces and handfuls of shredded cheese, and do your pasta the Mediterranean way:

- › Toss linguini with olives, tomatoes, clams or shrimp, olive oil, and handfuls of basil and baby spinach.
- › Purée white beans with garlic and olive oil, and toss with fusilli and green peas.
- › Layer penne pasta with eggplant, zucchini, mushrooms, onions, and tomato sauce; sprinkle with cheese and bake as a casserole.

10 MAKE EATING A SOCIAL ACTIVITY

Fast food was unheard of in traditional Mediterranean diets; so was eating alone, in the car, or at the computer. Typically, a home-cooked meal was shared with friends, eaten slowly, and enjoyed with a glass of wine—studies show that moderate consumption of red wine protects against cardiovascular and other diseases. And this relaxed, stress-free way of eating may be as responsible for the health benefits of the Mediterranean diet as the food itself. To make your meals more social:

- › Learn to cook a few basics: a vegetable frittata, a bean and vegetable stew, or a pasta and vegetable casserole are easy ways to make shareable meals.
- › Invite friends over. Share a bottle of wine and relax with conversation.
- › If you must eat alone, enjoy it. Sit at the table, turn off the television or computer, eat slowly, and savor every mouthful.

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

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Reference

¹. McLean E, Cogswell M, Egli I, et al. Worldwide prevalence of anaemia, WHO Vitamin and Mineral Surveillance Information System, 1993-2005. Public Health Nutrition 2009; 12(4): 444-54.

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Are you iron-deficient?

- ☐ Do you often feel weak?
- ☐ Do you look pale, lack appetite, or feel tired?
- ☐ Are you often cold or chilly?
- ☐ Do you have brittle hair and nails?
- ☐ Are you vegetarian?

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When and how
you take your
supplements
may be as
important as
what you take

by Lisa Turner

You may have a near-perfect battery of supplements to strengthen bones, build blood, protect your heart, and prevent cancer. But are you taking them properly? Get the most out of these seven common supplements with this comprehensive guide to times, combos, and amounts.

CALCIUM: In doses higher than 250 mg, calcium and magnesium tend to compete for absorption. But both are critical for bone health, and the extra convenience of taking them in a combined supplement may outweigh the relatively small percentage of each that may not get absorbed. Studies suggest that too much calcium with too little magnesium may contribute to calcification of the arteries, increasing the risk of heart disease.

A 1:1 to 1:2 ratio of calcium and magnesium is best.

Take calcium with food to boost absorption

and reduce the risk of kidney stones, and in split doses—the body absorbs smaller doses better than large ones. Avoid calcium carbonate, the hardest-to-absorb form of the mineral. And if you can, take calcium at a different time of day than zinc and iron.

Best way to take calcium: two 500 mg doses, one with breakfast and one with lunch.



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IRON: Don't take iron with magnesium, calcium, or zinc—it can inhibit the absorption of other minerals. As for food, it's best to take iron on an empty stomach for maximum absorption; unless you have a sensitive stomach, take it first thing in the morning. Wash it down with orange juice, not coffee or milk—caffeine and the calcium in dairy can interfere with the body's ability to take in iron, while vitamin C can enhance iron absorption from supplements.

To prevent constipation, avoid ferrous sulfate, the form that's most likely to cause constipation; look for a non-constipating formula, and be sure to drink plenty of water. Iron is best absorbed from animal protein.

Best way to take iron: 60–75 mg before breakfast, with orange juice, two hours before taking vitamin E or a multivitamin. A second dose can be taken at a later time in the day.



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VITAMIN D: Like the other fat-soluble vitamins (A, E, and K), vitamin D is better absorbed if taken with a meal that contains some fat; one study found that taking it with dinner—usually the heaviest meal of the day—increased blood levels of vitamin D by 50 percent.

If you're a late diner, lunch may be your best option. Just add healthy fats such as avocado, olives, salmon, or nut

butter to your midday meal to improve vitamin D absorption.

Best way to take vitamin D: up to 4,000 IU with a meal that contains healthy fats.



Rainbow Light
Berry-D-Licious
Vitamin D₃
2,500 IU

B COMPLEX: Because B vitamins are water-soluble, the body can only hold onto so much at a given time (unlike excess fat-soluble vitamins, which are stored until they're needed). Splitting the dose can ensure steady blood levels.

Taking a B complex that combines all the Bs is more convenient; just be sure not to overdo it on the B₆, since high doses over a long period of time can cause nerve damage. B vitamins tend to boost energy, so take them in the morning; at night, they can lead to restlessness and insomnia. They're absorbed well on an empty stomach, but if you have a sensitive tummy, take them with food.

Best way to take Bs: in the morning and afternoon, with breakfast and lunch, or on an empty stomach if possible, and in a formula that contains no more than 100 mg of B₆, the recommended upper limit.



Country Life
Coenzyme
B-Complex Caps

VITAMIN C: Like B vitamins, vitamin C is water-soluble and doesn't require dietary fat to be effective. Splitting the dosage improves absorption, keeps blood levels elevated all day, and prevents the gastrointestinal distress that some people experience with large doses (1,000 mg or more).

Vitamin C enhances calcium absorption, but may interfere with the absorption of B₁₂, so take them separately. Buffered forms of vitamin C are best if you have a sensitive stomach.

Best way to take C: 250–500 mg twice a day, with breakfast and lunch.



American Health
Ester-C 500 mg
Veggie Tabs

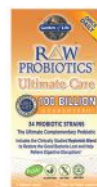
PROBIOTICS: Because harsh stomach acids may destroy probiotics they're best taken when digestive enzymes, bile salts, and stomach acids are low—in other words, on an empty stomach. Some studies suggest that probiotics survive in the largest numbers when taken 30 minutes before a meal that contains some fat (which buffers stomach acids and helps probiotics survive to reach the intestines). However, some evidence also exists that food buffers stomach acid, so taking probiotics with a meal may increase protection for the microorganisms—and it's hard to argue with the fact that probiotics were traditionally taken via cultured foods such as yogurt or sauerkraut, which were eaten with meals.

Additionally, different strains of bacteria may have different tolerances to

stomach acids. The jury's still out on this idea, so your best bet is to experiment—try taking some of your probiotics before meals, and some with meals, and see what works best for you. But don't take them after a meal: several studies show that probiotic survival tends to be lowest when taken 30 minutes after eating.

Choose a probiotic with a variety of strains for maximum effectiveness, including *L. acidophilus*, *B. Longum*, *B. bifidum*, *L. rhamnosus*, and *L. fermentum*.

Best way to take probiotics: 5–25 billion CFUs of a broad-spectrum formula, half an hour before eating, or with breakfast, lunch, or dinner.



Garden of Life
RAW Probiotics
Ultimate Care

FISH OIL: Because they can cause gastric distress, fish oils should be taken with food; the fat in a meal will also help their absorption. Because they can be hard to digest, take them in divided doses, and never right before physical exercise or bedtime—the increased activity or prone position can interfere with digestion. If you struggle with digesting fish oil supplements, try an emulsified version.

Best way to take fish oil: 500–600 mg, twice a day, with breakfast and lunch, or with lunch and an early dinner.



Nordic Naturals
Ultimate Omega
2X Mini

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



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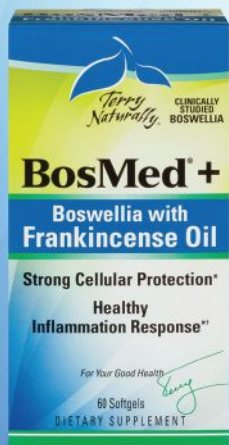
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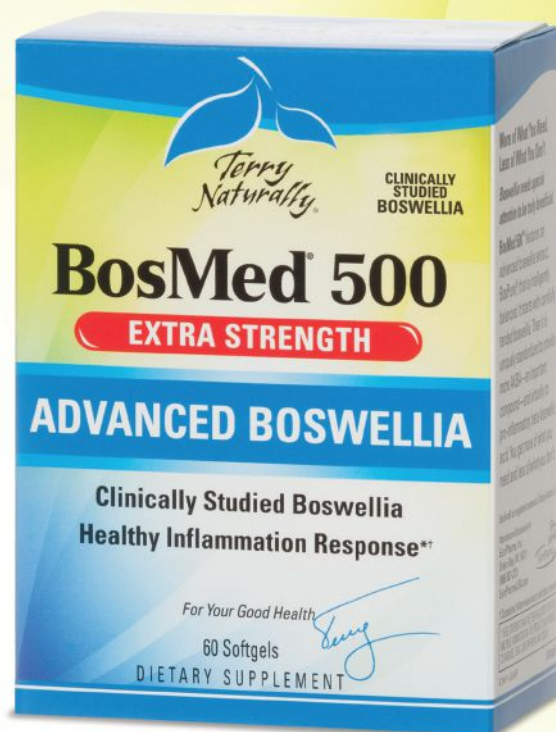
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Sexual Vitality

Six foods to put you in the mood // BY LISA TURNER

If your love life's lackluster, there's time to get back on track before Valentine's Day. Try these six foods to inspire desire:



1 Saffron

From the stigmata of the crocus flower, saffron has a long history of use as an

aphrodisiac, and modern studies support its benefits. In one study, women who suffered from lower libido as a result of taking antidepressants showed increased arousal and lubrication, decreased pain, and improvement in sexual function after taking saffron. In another study, men who took 200 mg per day of saffron for 10 days also had improvements in symptoms of erectile dysfunction (ED).

Try this: Crumble saffron into tomato sauce; steep it in warm water and drink with honey; add a generous pinch of saffron threads to a pint jar of olive oil and allow to infuse for five days.



2 Oysters

Because they resemble female genitals, oysters (as well as mussels

and clams) have long been considered aphrodisiacs. And there's truth behind the legend: oysters are the richest dietary source of zinc, necessary for healthy testosterone levels. And increased zinc has been shown to improve sexual performance. Zinc also inhibits the body's production of prolactin, a compound that contributes to decreased libido.

Try this: Dredge oysters in bread crumbs and fry until golden, then serve over arugula with hot sauce; top oysters in the shell with a mixture of puréed garlic, spinach, onions, butter, breadcrumbs, and anise-flavored liquor, then sprinkle with

shredded Parmesan, and broil; simmer oysters in fish stock, white wine, tarragon, and shallots, then serve with lemon aioli.



3 Tuna

Tuna is loaded with omega-3 fats, which have been shown to increase levels of

dopamine, a neurotransmitter that increases sexual motivation and performance. It's also a great food source of vitamin B₁₂, which has been linked with decreased risk of ED.

Try this: Mix canned tuna with mayonnaise, Sriracha, black sesame seeds, and cilantro; grill tuna steaks, then thinly slice on the diagonal and serve on a bed of greens with olives, green beans, hard boiled eggs, and tomato wedges; toss raw sushi-grade (or cooked) tuna with cubes of avocado, baby spinach, and a dressing of mirin, ginger, lime, sesame oil, and tamari.



4 Chocolate

It's a rich source of phenylethylamine (PEA), a compound that triggers the

release of endorphins and can stimulate sexual desire. In one study, women who ate dark chocolate on a regular basis enjoyed and desired sex more than those who did not. It's also high in magnesium, which can reduce the body's levels of sex hormone-binding globulin (SHBG), a compound that suppresses testosterone. Because chocolate also increases levels of mood-boosting serotonin, it can reduce stress and make you more amorous.

Try this: Stir cocoa powder and honey into plain almond or peanut butter, and spread on apples; purée bananas, coconut milk, and bittersweet chocolate until smooth, then freeze in an ice cream

maker; blend cocoa powder with chickpeas, coconut oil, and honey for an edgy chocolate dessert hummus.



5 Pomegranates

A centuries-old symbol of romance and passion, pomegranates were traditionally

associated with fertility. (In classical mythology, Aphrodite, the Greek goddess of love, planted the first pomegranate tree.) Modern studies show that pomegranates are rich in antioxidants that support blood flow and can improve ED. One study also found that pomegranate juice lowered cortisol levels, linked with increased testosterone in both women and men.

Try this: Toast flatbread, then top with ricotta cheese, minced parsley, and pomegranate seeds; combine pomegranate juice with sparkling water, and add a sprig of rosemary; toss pomegranate seeds with cubes of cooked butternut squash, pistachios, and crumbled goat cheese.



6 Red wine

It contains resveratrol, an antioxidant that can treat ED and improve sexual

function in men. Studies show that red wine can also enhance sexual function in women; in one, women who drank one or two glasses of wine per day had increased desire, lubrication, and overall sexual function than teetotalers or women who drank more than two glasses a day.

Try this: Mix red wine with grape juice for a lower-alcohol drink with the same benefits; combine red wine with rosemary, orange juice, and orange zest for an easy marinade; simmer tomatoes, onions, garlic, and red wine, purée until smooth, and stir in capers and chopped olives.

Trio of Truffles

Makes 30 truffles

You'll need separate bowls to make this set of three truffles—saffron, pomegranate, and red wine.

12 oz. bittersweet chocolate or chocolate chips

½ cup heavy cream or coconut cream

Fillings:

Generous pinch saffron threads
(saffron truffle)

3 Tbs. pomegranate seeds
(pomegranate truffle)

3 Tbs. red wine (red wine truffle)

Toppings:

¼ cup dark cocoa powder
(saffron truffle)

¼ cup finely chopped
shredded coconut
(pomegranate truffle)

¼ cup coarse sugar (red
wine truffle)



1. Finely chop chocolate or chocolate chips, and transfer to large bowl. Bring cream to a boil, pour over chocolate, and let stand 1 minute. Stir mixture until creamy and smooth, and divide into three small bowls.

2. In one bowl, crumble saffron over chocolate, and stir to mix. In second bowl, stir in pomegranate seeds. In third bowl, stir in wine. Refrigerate all three bowls, uncovered, 2 hours, or until firm.

3. Using a large melon baller or cookie scoop, scoop out balls of each mixture, and roll with hands to smooth. Roll saffron truffles in dark cocoa powder. Roll pomegranate truffles in coconut. Roll wine truffles in sugar. Arrange all on a parchment-lined baking sheet, and chill until firm, about 30 minutes. Serve immediately.

Per saffron truffle: 80 cal; 1g prot; 5g total fat (4g sat fat); 9g carb; 5mg chol; 15mg sod; 1g fiber; 6g sugars

Per pomegranate truffle: 90 cal; 0g prot; 6g total fat (5g sat fat); 9g carb; 5mg chol; 15mg sod; 0g fiber; 6g sugars

Per red wine truffle: 90 cal; 0g prot; 4.5g total fat (4g sat fat); 13g carb; 5mg chol; 15mg sod; 0g fiber; 11g sugars



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



Did You Know?

The Paleo and Primal eating plans both avoid grains and legumes, which drastically cuts down prep time.

a: How thoughtful of you! Your wife is going to love your surprise! Among the many great things about the Paleo/Primal Diet is that it's easy to use a handful of quality, whole-food ingredients to prepare a decadent, gourmet-tasting dinner with little fuss. Grains and legumes take a lot of time to cook. By cutting out these ingredients, you can really cut down on the prep time.

Just think about your wife's preferences, and decide on red meat, poultry, or seafood. Then add some tastily prepared vegetables and a yummy, easy-to-fix dessert.

Going Primal for Valentine's Day

Use simple whole-food ingredients to prepare a low-fuss romantic meal for two // BY MELISSA DIANE SMITH

Q: My wife and I both follow a Paleo/Primal diet and we're both very busy. We don't eat out that often because we have trouble finding restaurants that serve hunter-gatherer-type meals. I'd like to surprise my wife this Valentine's Day by serving a tasty Primal dinner at home. Have any suggestions on easy foods to make that we'd both enjoy?

—Mike S., San Diego

Animal Protein

If you and your wife love red meat, buy grass-fed, organic steaks or lamb chops. Season them with salt, pepper, and herbs, and broil on both sides to desired doneness. If you prefer kabobs, try broiled olive-oil-and-herb-marinated steak or lamb kabobs on skewers.

Does your wife like poultry? One super easy choice is broiled marinated chicken kabobs. Or you could do something more ambitious, such as roasting an organic chicken.

If you and your wife are seafood lovers, consider making shrimp scampi or seared scallops. These tasty morsels are fun to share.

Vegetables

Try making sautéed mushrooms—a seductive choice to go with steaks. Steamed globe artichokes, dipped in liquid coconut oil and seasoned with a little salt and garlic powder, are another sensuous option.

Or prepare roasted asparagus with olive oil and salt and pepper. It's a simple-but-elegant side that serves as a nice companion to red meat, poultry, or seafood.

With dishes such as shrimp scampi and seared scallops, try a vegetable-based pasta—either spaghetti squash with pesto sauce, which takes more time and effort to prepare, or zucchini noodles, which can be made in a jiffy by buying Organic Veggie Spirals by the Veggie Noodle Co. Simply sauté the zucchini noodles in olive oil or coconut oil for 3–4 minutes.

Salad is another vegetable-based staple. Make a Greek-style salad with lettuce, olives, cucumber, red onion, tomatoes, olive oil, lemon juice, and herbs. Or, for something special, splurge and buy a bottle of Primal Kitchen Caesar Dressing and lightly toss it with romaine lettuce leaves and vegetables of your choice.

Dessert

Let's face it: Most people are going to want something chocolate for dessert. It can be super simple—Chocolate Avocado Mousse, for example (see recipe, right).

If you're not a chocolate lover and don't have time to fuss, consider buying Hail Merry Coconut Vanilla Crème or Meyer Lemon Tarts. Made with an almond cookie crust and a virgin-coconut-oil-based filling, these tarts have a luscious mouth feel.

Finally, if you or your wife avoids concentrated sweeteners of any type, fruit can serve as the ultimate after-dinner treat. Serve bowls of thawed frozen cherries—they're delicious all on their own. Or have playful, romantic fun feeding each other orange segments or grapes.

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

PALEO VS. PRIMAL: WHAT'S THE DIFFERENCE?

Both the Paleo Diet and the Primal Diet are based on the same principles. They start from an ancestral perspective of what our Paleolithic hunter-gatherer ancestors ate: animal protein, plenty of vegetables, and fruit, nuts, and seeds.

Some people think there are big differences between the two diets, and particularly think that the Primal Diet is more lenient with dairy products. That's not true. Both diets have evolved and now, for the most part, are identical. The truth is that whether you follow a Paleo or Primal Diet, pasteurized and homogenized dairy products should be avoided, but raw and fermented dairy products can be eaten (unless you're allergic to them).

People also think that the Paleo diet is opposed to saturated fats. But that's not really true either. Both Paleo and Primal Diet advocates approve of saturated fats from "clean," non-polluted sources.

The main difference between the two diets, according to Jeremy Hendon, of *Paleo Living* magazine, is their origins. Loren Cordain, PhD, popularized the Paleolithic diet with his 2002 book, *The Paleo Diet*. Mark Sisson wrote *The Primal Blueprint* in 2009. And that's basically the difference.

The best advice? Follow the diet that resonates the most with you, and focus on the improved health you can achieve by complying with the principles of either one.



Chocolate Avocado Mousse

Serves 2

- 2 medium avocados
- 3 Tbs. cacao powder
- 1 Tbs. vanilla
- 1–2 Tbs. honey (or coconut nectar)
- 1 tsp. cinnamon
- 2–3 Tbs. unsweetened almond milk, optional

Combine avocados, cacao powder, vanilla, honey (or coconut nectar), and cinnamon in food processor, and blend to desired consistency. Add unsweetened almond milk, if desired, for a fluffier mousse.

Per serving: 470 cal; 9g prot; 34g total fat (7g sat fat); 37g carb; 0mg chol; 35mg sod; 20g fiber; 11g sugar

Secret Ingredient Smoothie

This delicious, energy-packed, low-sugar drink is full of surprises

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

Before I tell you about this recipe, I have to tell you a story about Chef Jeannette's brownies. Years ago, when we were writing cookbooks together, we needed to come up with a dessert recipe that did minimal damage with maximal health benefits. Chef came up with a secret ingredient that sounded weird on paper—beans—but was so darn good that the high-fiber brownies became a big hit.

Now about this smoothie—it features the same secret ingredient as those yummy brownies. And it has staying power—it's an honest-to-goodness meal—and the spice combo is off the charts. Ginger root and turmeric are a winning, oh-so-tasty combo, and the health benefits are increased by the addition of pepper. (For detail nerds out there, pepper contains piperine, which makes the curcuminoids in turmeric more absorbable!)

Of course, none of this would matter if this concoction didn't taste great and boast out-of-this-world health benefits. Luckily, it scores on both counts. Very low in sugar? Check. Vegetable-based? Yup. High-protein? Check. Anti-inflammatory? You bet. And believe me, the bean-and-pumpkin base beats the high-sugar smoothies you see on sale everywhere. Best of all, it's great at either room temperature or warm, so it's a terrific cold-weather drink. Honestly, this recipe puts some popular (and expensive) pumpkin lattes to shame. —*Dr. Jonny*

NOTES FROM THE CLEAN FOOD COACH

Black pepper sounds like a strange smoothie ingredient, but it adds a surprising little flavor snap and helps activate the curcumin in turmeric. You can use fresh ground and/or try adding 2–3 drops of food-grade black pepper essential oil.



FEATURED NUTRIENT: Ginger

In Ayurvedic medicine, ginger is known as the “universal remedy” for good reason. This little plant contains a whole pharmacy of ingredients with multiple health benefits. Many people already know of ginger's awesome ability to soothe an upset stomach. By stimulating saliva, it may also help digestion. In one study, ginger performed better than Dramamine in warding off seasickness. And gingerol—which is the ingredient responsible for the pungent and delicious taste—is listed in the USDA database of phytochemicals as an antiemetic, meaning it has the property of preventing nausea and vomiting.

The active ingredients in ginger—including gingerdiones and gingerols—are powerful antioxidants and anti-inflammatories. And at the Frontiers in Cancer Prevention Research conference, research was presented suggesting that gingerols may inhibit the growth of colorectal cancer cells.

One benefit that has been noted for thousands of years is ginger's ability to improve circulation. At the Deepak Chopra Center, they routinely give ginger as a remedy for people with cold hands and feet, something that Chinese and Indian physicians have done for eons.



Pumpkin Golden Milk Smoothie

Serves 1

If your ginger root is older or stringy, grate a 2-inch chunk, gather the gratings, and squeeze them hard with your hand over the blender to extract the juice. Discard the stringy pulp.

- 8 oz. chilled unsweetened vanilla almond milk
- ½ cup cooked pumpkin (unsweetened canned or fresh puree)
- ½ large cored sweet apple, unpeeled and coarsely chopped
- ⅓ cup cooked cannellini beans (if canned, drain and rinse)
- 1 scoop vanilla protein powder, optional
- 2 tsp. coconut oil or MCT oil, or 1 Tbs. avocado, optional
- 1 inch fresh turmeric root (or ¾ tsp. ground turmeric)
- ½–1 inch peeled fresh ginger root (or ¾ tsp. ground ginger)
- ¾ tsp. cinnamon
- 2–3 grinds fresh black pepper
- Few drops vanilla stevia or 1–2 soft, fresh pitted dates, to taste for added sweetness

Add all of the ingredients to a high-speed blender, and blend until very smooth. Serve at room temperature, or slightly warmed over low heat.

Per serving: 210 cal; 8g prot; 3.5g total fat (0g sat fat); 40g carb; 0mg chol; 320mg sod; 13g fiber; 15g sugars

Product Spotlights

Irwin Naturals CoQ10-RED

New to the "RED" collection from Irwin Naturals, and featuring a nitric oxide booster, CoQ10-RED is an advanced heart health formula to support blood flow. It also includes L-citrulline, an amino acid that readily converts to L-arginine (which can then be converted to nitric oxide within the body), vitamin D₃, and ginkgo extract.



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Better Nutrition in the 1940s

2018 marks *Better Nutrition's* 80th year in print. Travel through time with us as we highlight popular diet and nutrition trends by decade. In the spotlight this month: the Master Cleanse. //BY THE EDITORS

OF BETTER NUTRITION

What started as an alternative cure for stomach ulcers in 1940 has become one of the most popular detox regimens ever—the Master Cleanse. Developed by natural practitioner Stanley Burroughs, this health panacea, as Burroughs saw it, is a 10-day fast that involves drinking 6–12 glasses of “lemonade” water daily. The purifying concoction is made with maple syrup, lemon juice, and cayenne pepper, the latter of which emerged as a curious ingredient in '30s and '40s cocktails (including a Mae West-inspired mixed drink). In 1976, Burroughs published a book version of his program, *The Master Cleanser*, which has been revised and retooled by many. Here's the original recipe:



THE MASTER CLEANSE LEMONADE WATER

THE ORIGINAL

- 2 Tbs. lemon or lime juice, freshly squeezed
- 2 Tbs. grade B organic maple syrup
- 1/10 tsp. cayenne pepper (or more to taste)
- 8 oz. spring or purified water, medium hot (or cold)

7 FOODS that were introduced in THE '40s

- * York Peppermint Patties
- * Cheerios
- * Corn dogs
- * M&Ms
- * Pasta Gianduja (a hazelnut spread that later became Nutella)
- * Betty Crocker Cake Mix
- * Jolly Rancher candies



THE STORY OF betternutrition

Better Nutrition was founded by Jack Schwartz in 1938. Schwartz returned from the military with a business idea—start a magazine about nutrition. He loved helping friends and family find natural solutions to health problems, and he figured others would be interested in this too. He saw an opportunity to fill a niche and, at the same time, satisfy his passion for health and nutrition. And just like that, *Better Nutrition* magazine was born. Fall back in time with us this year as we revisit popular trends in nutrition, vitamins, recipes, and more with this limited-edition section.

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