NOURISH & HEAL YOUR SKIN with CBD OIL

SIGNS YOU’RE LOW IN VITAMIN A

CARBS: GOOD OR BAD FOR YOU? P. 22

Superfood Sides for Thanksgiving
Garden of Life offers convenient, clean, ready-to-drink protein to suit any lifestyle. Our plant-based Organic Protein Drinks are Certified USDA Organic, Non-GMO Project Verified and provide 21 grams of complete protein along with 5 grams of MCTs. Our Sport Dairy Protein Drinks offer 26 grams of complete protein with no synthetic hormones or antibiotics and are Non-GMO Project Verified and NSF Certified for Sport. Both drinks contain 0 grams of sugar and are available in delicious chocolate and vanilla flavors.

Extraordinary Health Starts With Extraordinary Ingredients
Clean, Convenient, Ready-To-Drink

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Great Taste ✔️ High Protein ✔️ 0g Sugar ✔️

CHILL | SHAKE | ENJOY
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These grain-free, Paleo treats are made with creamy cashew butter and vegan protein powder.
This season, when it comes to your immune health:

“”

or trust Ester-C®

The only vitamin C with 24-hour immune support*

Don’t take chances.

Do all you can to support your immune health:*

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 longer than regular vitamin C 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.*

One daily dose works for 24-hours.* Non-GMO. Gluten Free. Available at health, natural food and vitamin specialty stores.
Talk Healthy Today

"Ever since I can remember, I’ve been passionate about getting people excited about health," says Talk Healthy Today host Lisa Davis.

Keto. Decluttering. Yoga. Food sensitivities. These are all very popular topics right now. And according to our recent reader’s survey, you are interested in learning more about them.

We have a new way to help you do just that: I’m thrilled to announce our new podcast, Talk Healthy Today. Our host is Lisa Davis, MPH. She has created, hosted, and produced numerous health TV and radio shows, and now podcasts. I talked with her recently about the podcast.

Tell us all about your new podcast!

Talk Healthy Today is all about bringing you the latest research, tools, and common sense tips for creating a healthy life. Yes, I’ve got world-renowned doctors, registered dietitians, fitness experts, celebrities, and New York Times bestselling authors—but I keep it fun, because passion and humor help people get excited. Try an episode—you’ll see!

What are some of your more recent shows?

We have an interview with New York Times bestselling humor help people get excited. Try an episode—you’ll see!

Today host Lisa Davis.

“Ever since I can remember, I’ve been passionate about getting people excited about health,” says Talk Healthy Today host Lisa Davis.

How can people find the Podcast?

Go to aimmedia.com and click on Podcasts. You can also find Talk Healthy Today on iTunes, iHeartRadio, Stitcher, TuneIn, or your favorite pod-catcher. Go to aimmedia.com and click on Podcasts. You can also find Talk Healthy Today on TuneIn, or your favorite pod-catcher.

Editor’s NOTE

Korean Chile and Orange Cranberry Turkey Meatballs
These bite-sized sweet and savory morsels of goodness were made for potlucks. They will disappear fast (recipe available only on our website). Plus, read about an organic cranberry grower—there aren’t many of them—and how he is preserving cranberry history.

Sign Up for Our Healthy Buzz Newsletter
You’ll receive a carefully curated list of articles, recipes, and product giveaways in your inbox.

Correction
Green Roads Skin Relief Cream was incorrectly described as a roll-on in our October issue. It is a topical cream. We apologize for the error.
Collagen made by myself

New BioSil® liquid capsules activate your body’s own natural collagen-generating enzymes, so the collagen you gain is made by you! Completely natural to you. Not sourced from animal or sea organisms.

New BioSil liquid capsules deliver the same original liquid BioSil in small, easy to swallow capsules. When you want to add collagen, make sure it’s not just any kind of collagen, but 100% your own!
Bacopa

In traditional Ayurvedic medicine, *Bacopa monnieri* is also called “brahmi,” which means “brain tonic.” The active ingredients are bacosides, and they work synergistically with a mix of other plant components to support memory and learning capacity. A research review that detailed a dozen human trials with participant ages ranging from children to seniors concluded that bacopa protects neurological function and enhances mental performance. Studies included more than 300 people, most of whom were healthy. In addition, small studies of children or adults with some cognitive impairment found that bacopa was also effective in these groups. Dosages varied from 150–320 mg daily.

Resveratrol

The key therapeutic ingredient in red wine, resveratrol is also found in the Japanese knotweed plant, the source of many resveratrol supplements. A review of research found that resveratrol enhances the ability of the brain to produce energy by protecting mitochondria, the energy-generating components of cells, and supporting synthesis of new mitochondria. Human trials have found that 500 mg of resveratrol daily improved blood flow to the brain and boosted memory and mental function in postmenopausal women. In Alzheimer’s patients, the supplement reduced brain markers of the disease.

Montmorency Tart Cherry Juice

Known for helping to relieve arthritis, improving exercise recovery, and supporting sleep, tart cherry juice has also been shown to improve memory in older adults. At the University of Delaware in Newark, a study of 34 people between the ages of 65 and 73 found that 8 ounces of Montmorency Tart Cherry Juice taken in the morning and again in the evening enhanced memory by 23 percent and improved overall mental function as compared to a placebo.
Give your brain the extra boost it needs with Bluebonnet Nutrition's Targeted Choice BrainPower™ Vegetable Capsules, a supplement specially formulated to enhance memory, improve concentration, and reduce mental fatigue.

Using the power of nootropic ingredients like sustainably sourced bacopa, lion's mane, and wild blueberries, Targeted Choice BrainPower™ protects neuronal cells and supports overall cognitive function so you can unlock your brain's full potential.

- Whole Food-Based
- Scientifically Substantiated Potencies
- Non-GMO
- Vegan/Vegetarian
- Free of Common Allergens (soy, gluten & milk)

Available at fine natural food stores

For additional information on Bluebonnet nutritional supplements, please visit www.bluebonnetnutrition.com, or write: Bluebonnet Nutrition Corporation, 12915 Dairy Ashford, Sugar Land, TX 77478 USA

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.
St. John’s Wort Relieves Hot Flashes and Menopausal Depression

Historically used and studied for mild to moderate depression, St. John’s Wort (Hypericum perforatum) can also reduce menopausal symptoms, according to an Iranian study of 70 women. For two months, half the women took between 270 mcg and 330 mcg of a St. John’s Wort extract three times daily (0.81–0.99 mg daily) while the other half took a placebo.

Researchers used standard methods to measure changes: the Kupperman index for menopausal symptoms and the Hamilton Depression Rating Scale for depression. Here’s how results compared at the end of the study period:

<table>
<thead>
<tr>
<th></th>
<th>St. John’s Wort</th>
<th>Placebo</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women free of hot flashes</td>
<td>62.9%</td>
<td>2.9%</td>
</tr>
<tr>
<td>Women free of depression</td>
<td>80%</td>
<td>5.7%</td>
</tr>
</tbody>
</table>

Researchers concluded that “treatment with Hypericum perforatum is an efficient way of reducing hot flashes, menopausal symptoms, and depression in postmenopausal women.” The study was published in Complementary Therapies in Medicine.

HOW ZINC PROTECTS AGAINST PNEUMONIA

Scientists at the University of Melbourne in Australia have discovered how zinc enhances resistance to pneumonia. When there is an attack by the bacteria responsible for most cases of disease—Streptococcus pneumoniae—zinc goes directly to site where the bugs are located and helps specific immune cells to kill them. The research, which was done in mice, was published in the journal PLOS Pathogens. The safe upper limit for healthy people is 40 mg daily.
WHAT WE DO MAKES A DIFFERENCE.
CREATING CHANGE AROUND HEMP IN THE MINDS OF MILLIONS WASN’T AN EASY TASK BUT, COLLECTIVELY, WE DID IT.

In the new and emerging hemp CBD market, many companies claim to be the best or most trusted, and it can be hard to know who to believe or what brand to choose. Being industry experts, we know it’s more than just the products that matter. That’s why, at PlusCBD™ Oil, what we do is truly different.

+ US Hemp Authority Certified
+ Products Studied in Randomized Controlled Trials
+ Generally Recognized as Safe (GRAS) Self-Determination
+ Full Traceability – From Seed to Shelf™
+ Independent Third-Party and DNA Testing
+ Unparalleled Quality Control
+ QR Codes on Every Label for Increased Transparency
+ Widest Product Selection Available
10 Fun Facts About Cranberries

1. Cranberries bounce when they are ripe.
2. The top cranberry growing states are Massachusetts, Michigan, Minnesota, New Jersey, Oregon, Rhode Island, Washington, and Wisconsin.
3. The first known recipe for cranberry sauce came from American Cookery by Amelia Simmons (1796).
4. Cranberries have tiny holes on the inside that allow them to float.
5. Native Americans dried cranberries and pressed them into an energy bar. They used the juice to dye clothing and jewelry.
6. Cranberries are high in vitamin C, anthocyanins, and fiber, and may reduce the risk of UTIs, heart disease, gum disease, and more.
7. Cranberries grow on a low shrub in sandy soil, not on water.
8. The first cranberry growing region in the U.S. was near Cape Cod, Mass.
9. Early settlers called it the cranberry because the flowers resembled the head and neck of the graceful bird.
10. Cranberries are one of a few fruits native to North America—Concord grapes and blueberries are two others.

Cranberries

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

MAKES EYES LOOK YOUNGER

ANNEMARIE BÖRLIND
NATURAL BEAUTY

INFOGRAPHIC: TEXT BY KIM STEWART; ART BY STEPHEN DEBONREPOS

JUST 2 GLASSES A DAY CAN BE DEADLY

A study of more than 451,000 healthy people in Europe concluded that drinking 2 glasses of sweetened soft drinks daily significantly increases risk of early death when compared to drinking less than 1 glass per month. Research in the United States has found similar risk. It doesn’t matter whether drinks are sweetened with sugar or artificial sweeteners.
When it comes to healthy digestion, sometimes one approach isn’t enough. That’s why Dual-Action Enzyme Probiotic Complex gives you the best of both worlds... enzymes and probiotics all in one formula.

Enzyme Probiotic Complex contains 9 active, naturally-based enzymes that break food down into absorbable nutrients for energy and cell growth.* It also contains 2 billion bio-active probiotics^ that promote your natural digestive process and support immune health.* And, since Enzyme Probiotic Complex works on fats, carbohydrates and proteins... you can be confident that you’re getting complete digestive support from just one convenient complex.

So for support from top to bottom... discover Enzyme Probiotic Complex.

Available at health, natural food and vitamin specialty stores.

*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.

^At Time of Manufacture.

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www.AmericanHealthUS.com
Finding yourself starved for time—and feeling the need to starve your stomach—while prepping for a holiday feast? Hungry Girl founder Lisa Lillien has over 100 recipes designed to fill you up with hearty and healthy foods without weighing down your waistline or schedule. With just a few uncomplicated steps, these 375-calories-or-less culinary concoctions will cut down your kitchen time without relying on processed foods.

“T always try to keep things new, fresh, and interesting,” says Lillien, a self-described “food-oligist,” 49, who created Hungry-Girl.com in 2004 and has since seen the brand grow into a series of books, a beloved magazine, daily tip- and recipe-filled emails (“the heart and soul of our brand”), and a popular Chew the Right Thing! podcast. “The Hungry Girl audience has been asking for recipes that are super-easy, yet delicious, satisfying, and healthy. I thought it was time to give them an entire book of recipes they can make with simple ingredients—no more than six per recipe. I am so proud of this book, and think no kitchen should be without it!”

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Support and strengthen your children’s immune system with our Fall essentials. The combination of our vitamins may help support your child’s natural defenses and immune strength during colder months.

Available at select WholeFoods, Sprouts & GNC locations
Available online at iHerb.com & Amazon.com
Loco for Local

No more wishing for ripe berries in the dead of winter—Seal the Seasons makes it possible to enjoy fresh fruit year-round

"We're on a mission to create a more localized food system and make local available year-round," says Seal the Seasons founder Patrick Mateer.

As the chill of autumn closes in and winter is just a snowy breath away, the memory of summer's lavish bounty can induce wistful sighs and unfulfilled cravings. If only there were a way to have that glorious local produce all year round.

Well, now you can. Because Patrick Mateer and Seal The Seasons are on a mission to rescue local farmers, lift up local economies, and furnish a profusion of perfectly ripe, brilliantly flavored local fruits every day of the year. We're talking peaches from South Carolina, cranberries from Wisconsin, cherries from New York, strawberries from Oregon, blueberries from California; all are locally grown, family farmed, non-GMO, and frozen at their very peak of blissful ripeness.

Loco for Local

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/// By Neil Zevnik

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Passion Meets Social Conscience

Mateer’s commitment to produce started early on—he was president of his high school community garden. In college, he worked at local farmers markets and got to know the growers, their stories, and their problems. "I learned how diverse their harvest was, and how they didn’t have a good outlet for hundreds of pounds of produce. Farmers needed new outlets for their crops to combat the uncertainty of farming."

It was here, in the personal give and take between local farmers and their customers, that Mateer’s vision was born. "Our conversations showed me how many unique and passionate reasons people had to buy from their local farms: flavor, freshness, trust in farming practices, the value of speaking directly to your actual farmer, keeping money in the local economy, and supporting local jobs and sustainable carbon practices for our children’s future. The community’s strong values showed the true demand and the opportunity to make Seal The Seasons a reality."

The Sweet Taste of Success

In just a few short years, what began as a modest experiment has become an exhilarating example of what can be accomplished when passion and social conscience are intertwined with commerce and profit. Seal The Seasons sources locally, freezes and packages locally, and sells locally—between 92% and 98% of the products’ cost goes back to local farmers, freezing facilities, warehouses, and trucking. Local economies are lifted on multiple levels. "We’re intentional in building a food system not only focused on superior taste, but one that’s better for our fellow humans as well."

But Mateer has no intention of stopping with fruit. As a certified B Corp company, Seal The Seasons is committed to using business as a force for good in the world by balancing profit and purpose. "We are on a mission to create a more localized food system and make local available in every aisle of the grocery store year-round."

Still, it’s the personal interactions that inspire and motivate Mateer every day. "Sometimes letters will reference our customer’s childhoods when they picked local produce with their parents or had a summer job helping their local farm, personal stories of a time when food was more local, fresher, and so real. Thanks from our customers is proof we’re building a better local food system!"

web exclusive recipe!

For a perfect ending to your Thanksgiving feast, try our Blueberry-Cornbread Cobbler made with Seal the Seasons blueberries. Visit betternutrition.com for the recipe.

Neil Zevnik is a private chef in Los Angeles who tends to the culinary needs of the rich and famous; blogs about food, nutrition, and the environment for The Huffington Post; and volunteers with marine mammal rescue whenever he can. Learn more at neilzevnik.com.
Don’t Blow It This Season.

Stock up on TheraZinc now to give your immune system a boost when it needs it the most.

When the seasons change, immune challenges (and their unpleasant side effects) can result. It’s that time of year when germs are everywhere. Take TheraZinc this season to help strengthen your immune system when it needs it the most.

* 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.

Find TheraZinc at a store near you.

QuantumHealth.com

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Healthy Finds
Discover products to satisfy your sweet tooth, nourish your body, and more

1. Stick It to Dry Skin
Glide your way to softer skin with Acure Serum Sticks. Choose from two formulas: the Seriously Soothing Stick, designed for normal to sensitive skin, delivers immediate hydration thanks to a combo of blue tansy oil, grape seed oil, and hyaluronic acid; and for dull, aging skin, the Radically Rejuvenating Stick features a blend of marula oil, rose, and avocado. These sleek sticks are solid, so they are easy to apply. And there’s no petroleum or mineral oil.

2. It’s a Wrap
Sprouted whole grains, including red wheat berries, quinoa, and millet, are the star ingredients in Angelic Bakehouse Garden Wraps. Available in Vibrant Beet, Turmeric Sweet Potato, and Spring Kale Spinach, these wholesome, pliable wraps have 5g of protein and 4g of dietary fiber per serving. They are perfect for veggie wraps, sandwich rollups, and quesadillas—the possibilities are endless. They’re also non-GMO and kosher.

3. Fresh Catch
Looking for a good fish oil supplement to support your heart health? We like NOW Wild Alaskan Salmon Oil. This fish oil is derived from salmon sustainably wild-caught in Alaska, and is manufactured under strict quality-control standards. It’s also tested to be free of potentially harmful levels of contaminants, including PCBs, dioxins, mercury, and other heavy metals.

4. You’ll Go Nuts for This Spread
Here’s a sweet treat: Rigoni di Asiago Nocciolata. This organic hazelnut-forward spread has 30% less sugar than the average hazelnut spread on the market. It tastes especially delicious on toast. Choose from Nocciolata Bianca, made with hazelnuts, milk, and cocoa butter; Nocciolata, featuring hazelnuts, cocoa, and milk; and Nocciolata Dairy Free, a vegan version with hazelnuts, cocoa, and cocoa butter.

5. All Eyes on Kids
It’s hard to believe, but the average kid spends 6.5 hours a day on digital devices, which can lead to long-term retina damage. Twinlab Ocuguard Blutein Kids Gummies provide a nutritional filter against damaging blue light in the form of a tasty gummy. They contain the two most important nutrients for eye health: lutein and zeaxanthin. There’s no high-fructose corn syrup, colorings, or additives.
Those you love most, deserve the best. Our award-winning essential nutrients help your family achieve active, healthy lives by addressing everyday nutritional gaps that can occur in even the best of diets. As the brand leader in premium omega-3 fish oils, we set a new standard for safety, quality, taste, and results with each one of our supplements.

Proven Pure • Outrageously Fresh • Sustainably Sourced • Backed by Science
Are You Getting Too Much or Too Little Vitamin A?

How to make sure you’re getting the right amount of vitamin A

BY VERA TWEED

Vitamin A is important for good vision, skin, and immune function, healthy babies, and overall health. But knowing whether you’re getting enough, or too much, can be tricky.

On one hand, the federal government has concluded that a deficiency of vitamin A is so rare that in 2020, when new food labels come into effect, vitamin-A content no longer needs to be listed. On the other hand, analyses of government nutritional surveys by independent researchers, such as those at the Medical University of South Carolina in Charleston, have found that more than one-third of teens and adults fall short on vitamin A.

In calculating the shortfall, researchers considered natural food sources, fortified foods, and dietary supplements. Not eating enough foods rich in vitamin A is one reason for low vitamin A, and conditions that reduce absorption of nutrients, such as celiac, Crohn’s, or other inflammatory digestive diseases, are another. Equally important, it’s also possible to get too much vitamin A, which can lead to liver abnormalities and birth defects.

OVER/UNDER
Are you getting too much vitamin A or too little? Here’s what to look for:

SIGNS OF VITAMIN A DEFICIENCY
- Dry skin
- Dry eyes
- Difficulty seeing in low light
- Frequent infections, especially in the throat and chest
- Difficulty healing after injury or surgery
- Acne
- Trouble getting pregnant
- Stunted growth in children

SIGNS OF TOO MUCH VITAMIN A
- Vision changes
- Confusion
- Mouth ulcers
- Birth defects

Toxic levels of vitamin A are not likely to come from food, but can occur with excessive supplementation with animal-based forms of vitamin A, such as fish liver oil.
NOW® is Constantly Enhancing Our Vitamin Formulas

For more than 50+ years, NOW has offered a plethora of high-quality vitamins that continue to evolve to meet the diverse needs of our customers. From sustained release and hypoallergenic capsules to soy-free and vegan options, our scientists and nutritionists are dedicated to making sure we provide supplements to cover your nutrition needs from A-Z.

nowfoods.com/vitamins
**Vitamin A Basics**

There are two forms of vitamin A found in food and supplements:

- **Preformed vitamin A from animals:** Often listed as retinyl acetate or retinyl palmitate on supplement labels, this form is found in animal foods. Top sources include fish liver oil and animal livers. Eggs, dairy products, salmon, and herring contain smaller amounts. High-dose preformed vitamin A can be toxic.

- **Provitamin A carotenoids from plants:** This form of vitamin A doesn’t become toxic, even at high doses.

Top sources in the American diet include carrots, broccoli, sweet potatoes, cantaloupe, kale, and squash, but provitamin A is also found in many other fruits and vegetables. In supplements, beta-carotene is the main source of this form, but some products also contain alpha-carotene and beta-cryptoxanthin, other carotenoids that are converted to vitamin A.

**How Vitamin A Doses Are Measured**

Quantities of vitamin A have traditionally been expressed in international units (IU). But the measurement is changing to micrograms of retinol activity equivalents (RAE). It sounds complex but there’s a reason for the change: to more accurately represent the effects of different vitamin A forms and doses.

Retinol is the building block for active vitamin A, and it’s naturally present in preformed, animal-based vitamin A in food and supplements. After being ingested, retinol is converted to active vitamin A that can be stored in the liver and used as needed.

With plant-based vitamin A, beta-carotene and other carotenoids must first be converted to retinol, and then to active forms of vitamin A. To get the same amount of retinol, you need larger amounts of the plant nutrients than animal-based vitamin A.

Here’s an example: the Daily Value, or %DV in Supplement Facts labels (an approximate average daily requirement)
is 900 mcg RAE. Depending on the form, this Daily Value is equivalent to any one of these:

**Animal-based, preformed vitamin A**
- 3,000 IU from food or supplements

**Plant-based vitamin A**
- 6,000 IU beta-carotene from supplements
- 18,000 IU beta-carotene from food
- 36,000 IU alpha-carotene or beta-cryptoxanthin from food

### Safe Limits for Vitamin A
To avoid toxicity, the government has set a tolerable upper limit of 3,000 mcg RAE, or 10,000 IU daily, but this applies only to the preformed, animal-based form. No upper limit has been set for plant-based vitamin A, because excess amounts in the body are excreted and therefore don’t become toxic.

### How to Choose Vitamin A Supplements
In real life, we get a combination of vitamin-A forms from foods. Supplements can contain one or more forms. There is a transition period for the new measurement system, so you’re likely to see some products using RAE and other using IU during the next year or so.

Unless you’re under the care of a health professional who recommends higher doses, it’s best for men to aim for about 100 percent of the Daily Value as the total from all supplements and food. For women, the daily recommended amount is 700 RAE; 77 percent of the Daily Value. If you routinely eat liver, you may not need vitamin A supplements, as a 3-oz. serving of beef liver contains more than 4 times the Daily Value.

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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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For over 20 years, Irwin Naturals has formulated best-in-class supplements that address a wide spectrum of health needs. We’re excited to introduce our plant-derived, full-spectrum hemp extract formulations with naturally occurring CBD. These formulations feature some of our most favored Irwin Naturals products plus full-spectrum hemp extract, which includes the impressive and promising potential of CBD. Discover which Full-Spectrum Hemp Extract formula is right for you. Also, please visit us at www.IrwinNaturals.com and put yourself on the path to better health today.

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For info on any product and Special Offers go to www.IrwinNaturals.com and enter coupon code: 014083

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Carbs: Good or Bad for You?

With the explosion of low- and no-carb diets, these basic nutrients have fallen out of favor. But are they really that bad for you? // BY EMILY KANE, ND, LAc

**Q** So, are carbs “bad”? I’m confused.

—Joshua H., Myrtle Beach, S.C.

**A:** Everyone is unique, and we all need to experiment with different diets to find what works best for us. Be open and honest with yourself about which food choices help you to stay healthy, and which foods you need to give up. It can be a complex process, but there are a few basic principles:

1. Stay well-hydrated with water, and drink it mostly between meals.
2. Eat whole (unprocessed) food as much as possible.
3. Focus on vegetables. Shop for and prepare piles of veggies twice a week.
4. Minimize beef and pork consumption.
5. Don’t overeat.
6. Don’t eat within 2–3 hours of bedtime.

There’s nothing revolutionary there—but you do need to mostly stick to the plan.

**Food Used to Be Simpler**

Food used to be grown within 5–10 miles of where it was consumed, minimally processed, always organic, always in season. Since the so-called Green Revolution of the 1970s, the agriculture industry figured out grains were easier to manipulate than fats or proteins (though these get processed too). Mass-produced corn is used to make sweeteners such as high fructose corn syrup, as well as corn starch, vitamin C powder, corn oil, beverage and industrial alcohol, and fuel ethanol. I’m not a big fan of corn on the cob.

Soy is another mass-produced plant that is added to many processed foods. The Japanese first pioneered the use of soy, but traditionally it is served fermented (miso, tempeh, tofu) and with high-iodine seaweeds. Soymilk isn’t a traditional food, and if you’re looking for nondairy alternatives, nut and seed milks may be better choices. Health-wise, soy can block the uptake of iodine necessary for the formation of thyroid hormones.

Good food is less processed. Examples of good protein include wild salmon, free-range eggs, venison, fermented soy, and organic nuts. Bad protein can be found in things like hot dogs and cheap salami. Good fats abound in avocado, organic butter, coconut oil, and olive oil. Bad fats are most commonly found in stale oil used for fried foods at drive-through chains.

**Wave Goodbye to Wheat**

When it comes to carbs, the good ones come in the form of fruits, veggies, and minimally processed whole grains. American wheat is extremely high in gliadin, the specific protein in gluten that makes baked goods “fluffy,” but is irritating to the intestinal lining of many humans. Gluten-free includes wheat-free, and if you’re trying to avoid wheat, going “gluten-free” will get you there, but may be overkill. It’s more common to be sensitive to wheat than to gluten.

Everyone should assess whether their bowel movements, skin, and mood improve on a wheat-free diet. Stay off wheat completely for at least two weeks. (Six weeks is better to clear the gliadin protein completely.) Then eat a bunch of wheat and see how you feel. If your bowel function continues perfectly, your skin doesn’t break out, and your mood stays pleasant and steady, you’re one of the lucky few who isn’t sensitive to gliadin.

**The Takeaway on Carbs**

While a high-fat/low-carb diet can have many benefits, it’s important to remember that carbs are not all “bad.” I have found that a diet of low-glycemic fruit (e.g., berries and apples) and moderate portions of rice, quinoa, or oats works well for me.
You may find that a stricter ketogenic diet works better. Or a vegan diet (although vegans need to eat fermented foods or take a B12 supplement).

Diet is never a one-size-fits-all proposal. Pay attention to how food choices and timing—what you eat and when you eat it—affect your quality of life. Self-awareness is key to personal growth, and that’s as true when it comes to diet as it is in all other areas of your life.

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.

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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Healthy Lungs With Elecampane

European herbalists call elecampane root their No. 1 lung healer. Discover why, as an overall respiratory remedy, this herb is hard to beat

/// BY KARTA PURKH SINGH KHALSA, DN-C, RH

When Helen of Troy was kidnapped, beautiful bright yellow flowers sprouted from the ground where her tears fell. Or so the story goes. Today, we know “Helen of the campaign” flower as elecampane, and is a major player in the lineup of superstar herbs.

Elecampane (Inula helenium) is a perennial member of the daisy family (Asteraceae), and is native to Europe and Asia—from England through southern Europe to the Himalayas. It is especially common in the British Isles, where it serves as a popular traditional medicine. According to British herbalist David Hoffmann, it grows “where the tree falls in the forest.”

The root, which is rich in the soluble fiber inulin, is thick, branching, and gelatinous, with a slight camphor scent. The taste of elecampane is quite potent, often described as bitter and pungent.

Better Lung Health + Cold Relief

It’s a hard call, but I would put this root at the top of my global list of general lung-supportive herbs. In any condition that involves the lungs, elecampane is likely to produce some benefit. That makes it an ideal herb to have around the house to use at the first sign of sniffles, cough, sore throat, chest congestion, or a sinus infection.

You can use elecampane root for just about any respiratory condition, but it’s especially effective at easing colds with substantial mucus and “wet asthma.” It heats up the body and dries out tissues by opening the pores, releasing sweat, and thinning mucus.

This useful herb is widely employed for its expectorant and cough suppressant qualities, and it’s particularly good for irritating bronchial coughs, especially in children. Although it has a profound healing effect, it’s safe for kids, and is often recommended by herbalists at the first sign of pediatric lung congestion or cough. In the 19th century, elecampane became famous when the Eclectics used it to treat bacterial infections with heavy, thick, yellow to green mucus. And historically, elecampane has been used to treat asthma, bronchitis, and chronic cough in the elderly.

Research on elecampane is lacking. But according to an in-vitro study in the British Journal of Biomedical Science, elecampane showed antimicrobial properties against staph, including MRSA. And a 2019 study from the journal Antioxidants showed that elecampane had anti-inflammatory effects in the lungs.

A Liver-Friendly Herb

Although not the main claim to fame for this herb, liver protection is another benefit of elecampane. Recent experiments with elecampane have born this out.

Research is slowly unearthing new uses. Recent studies, especially from China, show potential anti-cancer properties. Chinese research from 2017 found benefit for rheumatoid arthritis, which fits with elecampane’s anti-inflammatory profile.

The active constituents of elecampane are not well established, but are thought to be bitter terpenoids and sesquiterpenes, including the stearoptene helenin.

How to Take It

Elecampane is often combined with herbs that have similar qualities such as mullein and yerba santa. As a tincture, use 1 Tbs. per day. For capsules, follow label directions. To make your own tea, boil 10–30 grams of dry, chopped elecampane root; let steep for 15 minutes, and strain before drinking.

Did You Know?

Aromatherapists recommend elecampane essential oil for clearing lung congestion and strengthening immunity.
Karta Purkh Singh Khalsa, DN-C, RH, specializes in Ayurveda and herbalism, and has more than 40 years of experience in holistic medicine. Visit him online at internationalintegrative.com to book a consultation, learn about his Professional Herbalist course, and more.

Although this herb is considered safe, avoid it during pregnancy and breast-feeding. Also, if you are allergic to plants in the Asteraceae family (e.g., ragweed, marigolds, daisies, and feverfew), avoid elecampane. It can also cause drowsiness in some people.

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Why Your Skin Loves CBD

CBD oil is all the rage for everything from pain relief to anxiety. Now it’s time to discover the topical benefits of this wonder oil, including its skin-nourishing powers.

BY SHERRIE STRAUSFOGEL

CBD oil from hemp seeds is being infused into everything these days—from facemasks to hair conditioners. Not since kale has there been such a buzz about the health and beauty benefits of a leafy green. And loosening cannabis laws and emerging science have legitimized many of CBD’s wellness claims.

Topical CBD’s most enticing attributes are its anti-inflammatory and analgesic (painkilling) properties. Because of its power to calm pain and reduce swelling, CBD first popped up in rubs and balms for overused muscles and achy joints. But that’s just the tip of the iceberg for topical CBD uses. Here are three beauty benefits:

One-of-a-Kind Anti-Inflammatory:
CBD is a rich source of fatty acids and other nutrients that benefit your skin. It’s got anti-inflammation properties plus skin-saving vitamins A, D, and E, and essential fatty acids. Part of what makes CBD oil so beneficial to the skin is its rich omega-6 and omega-3 content. These healthy fats encourage skin growth and new cell generation, and help calm inflammation and irritation. Since it won’t clog your pores, CBD can even help to hydrate and balance oily skin, which is why it is being studied as a treatment for acne.

Anti-Aging Wonder: In addition to moisturizing and soothing the skin, CBD oil has anti-aging properties. It can help reduce fine lines and wrinkles as well as help prevent them. The linoleic acid and oleic acids found in CBD oil can’t be produced by the body, but can play a crucial role in skin health and anti-aging. More research on CBD oil and its benefits is needed, but its ability to regulate cell growth, reduce inflammation, and stimulate important fats in the skin could help treatments for other skin issues, including psoriasis and eczema.

Dry Skin and Hair Rescuer: If you’re looking for something to address dryness, CBD can be found in a variety of lotions and face and body oils. You can also find it in shampoo and conditioners. Hemp seeds are rich in omega fatty acids, making it an ideal conditioning ingredient for dry hair.

WHY ALL THE HEMP HYPE NOW?
Due to almost a century of misinformation about the notorious cannabis plant, the distinction between cannabis and its two primary species—hemp and marijuana—has been blurred. While they’re both members of the same plant family, chemically, they are completely different.

Cannabis contains an array of healthy plant compounds called cannabinoids. These are to the cannabis plant what antioxidant flavonoids are to fruits and vegetables—powerful compounds with healing properties. While more than 80 active compounds can be extracted from Cannabis sativa, the two best known are CBD, which does not get you high, and THC, which does.

CBD is found in both hemp and marijuana, but THC is found in marijuana (trace amounts of THC can be found in CBD). Hemp is richer in beneficial CBD than marijuana. Legally, THC can’t be found in products labeled “hemp.” In U.S. law, the difference between marijuana and hemp is very clear and has everything to do with THC content. If the plant has less than 0.3% THC, it’s considered hemp.
1. Boost your skin’s radiance with Andalou Naturals CannaCell Glow Mask. Stem cells from the mature stalk of the hemp plant provide powerful antioxidants, while organic hemp seed oil moisturizes and nourishes skin. Bromelain and papain enzymes gently exfoliate for better absorption of hemp’s nutrients.

2. Restore moisture to chronically dry skin with ShiKai Borage + CBD Cream. Borage oil is rich in gamma-linolenic acid, an omega-6 fat that relieves dry skin. Hemp seed oil boosts the hydrating and skin-nourishing benefits of this cream.

3. Calm dry, itchy, or irritated skin with JĀSÖN De-Stress Cannabis Sativa Seed Oil Body Wash. Cold-pressed hemp seed oil moisturizes and stimulates healing. Soothing oatmeal and relaxing hops and lavender extracts can help melt away tension.

4. Invigorate your hair and scalp with Renpure Restorative Hemp Oil Moisture Therapy Shampoo and Conditioner. Hydrating hemp seed oil restores balance and nutrients to your hair and scalp. Coconut oil gently cleanses and softens without weighing hair down.

5. Calm your mind as you lather with SoulSpring Soothing CBD Body Bar. Oils of hemp seed, organic coconut, and jojoba, as well as comforting bergamot, patchouli, and lavender, cleanse and moisturize. It’s gentle enough for your face and ideal for shaving. The soap also comes in Serenity, Stress-Relief, and Stimulating.

 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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* 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.
The votes are in! Here’s our annual look at the best in natural products, including vitamins, herbs, and everyone’s favorite trendsetter, CBD.

By the Editors of Better Nutrition
ANTI-AGING

Arthur Andrew Medical Neprinol AFD
This unique enzyme formula targets the damaging effects of fibrin, which can accumulate within the bloodstream and impair circulation. More energy, less inflammation and joint pain, and stronger immune health are just a few of the reported benefits.

Coromega Be Bright Superfood Oil
A creamy combination of chia, coconut, avocado, hemp, and black cumin oils makes this plant-based oil blend a superfood superstar.

Diamond Formulas Diamond Eye Health Advanced Ocular Support
Slow the effects of age-related eye degeneration with key nutrients shown to promote eye health, including beta carotene, zinc, and lutein.

Jarrow Formulas QH-absorb + PQQ
Here’s a winning combination for heart health and cognitive function: the active form of CoQ10 and PQQ, which helps promote the production of new mitochondria.

Organic India Tulsi-Holy Basil
Revered in India as “The Queen of Herbs,” tulsi (also known as holy basil) has traditionally been used to support immunity, stress response, and the body’s natural detoxification process.

Enzymedica Aqua Biome Fish Oil + Meriva Curcumin
This sustainably sourced fish oil, featuring wild-caught Peruvian anchoveta, helps support joint health, cognitive function, and microbiome diversity thanks to a blend of fatty acids (EPA, DHA, and DPA) and Meriva Curcumin.

Bone & Joint Health

Terry Naturally Be Mobile
Five powerful nutrients—including type 2 collagen, boswellia, and hyaluronic acid—help support cartilage and collagen, the “shock absorbers” of your knees, ankles, lower back, and hips.

Diamond Formulas Diamond Eye Health Advanced Ocular Support
Slow the effects of age-related eye degeneration with key nutrients shown to promote eye health, including beta carotene, zinc, and lutein.

New Chapter Golden Black Seed
Golden black seed helps address four aspects of metabolic health: cholesterol, blood sugar, body weight, and blood pressure.

Quality of Life Serenelle
With L-theanine, lemon balm, PharmaGABA, and Sensoril ashwagandha, Serenelle helps you de-stress while increasing your energy and focus.

Hyalogic Whole Body HA
Hyaluronic acid is paired with N-Acetyl glucosamine, MSM, and grape seed extract for flexible joints, healthy skin, and collagen for whole-body hydration.

Serenelle With L-theanine, lemon balm, PharmaGABA, and Sensoril ashwagandha, Serenelle helps you de-stress while increasing your energy and focus.

Brain Health

Gaia Herbs Nootropic Focus
Designed for mental focus and energy, this smart blend contains saffron, ginkgo, lemon balm, and spearmint.

KAL Ashwagandha
Promote calm and clarity with ashwagandha (Indian ginseng), nature’s antidote to modern stress. Youtheory uses KSM-66, a clinically supported form of the herb.

Solaray Collagen Bone Complete
This advanced bone matrix supplement contains hydrolyzed collagen, essential plant minerals like magnesium and calcium, and vitamins C, D₃, and K₂.

Garden of Life Dr. Formulated Memory & Focus for Adults 40+
Developed by noted neurologist David Perlmutter, MD, this supplement features organic grape and wild blueberry for memory and focus, as well as coffee fruit for brain support.
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- Dan, Founder

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LifeSonne Neuro-T
Promote creativity and focus with this mix of yerba mate, bacopa, hypericine A, ginkgo, and l-theanine.

Nordic Naturals Omega Focus
This powerful formula combines concentrated fish oil (1,280 mg of omega-3s) with a high DHA:EPA ratio with brain-boosting citicoline and bacopa.

Bluebird Botanicals Hemp CBD Companion Oil
Treat your furbabies to wellness with this CBD oil for dogs, cats, and horses. Colorado farmers organically grow the hemp in pristine soil.

Colorado Hemp Honey Double Strength Raw Relief
Sweet and complex, this small-batch artisan honey contains twice the amount of full-spectrum hemp extract (2,000 mg per jar) as the company’s Raw Relief Honey.

Bluebird Botanicals Hemp CBD Companion Oil
Treat your furbabies to wellness with this CBD oil for dogs, cats, and horses. Colorado farmers organically grow the hemp in pristine soil.

CBD

PlusCBD Oil Gold Formula High-Potency Peppermint Hemp Drops
Made with concentrated full-spectrum hemp extract, these peppermint-flavored drops can be added to smoothies or enjoyed straight from the dropper.

Sunsail CBD Oil 20 mg Softgels
These full-spectrum CBD softgels contain organically grown hemp that’s extracted with coconut oil for enhanced bioavailability. The hemp is grown on the company’s farm in Vermont.

Himalaya Triphala
A blend of three fruits (amla, belleric myrobalan, and chebulic myrobalan), this certified organic triphala is designed to support gentle colon cleansing, detox, and regularity.

Health Direct Amino Sculpt Collagen Energy
Get a dose of medical-grade collagen protein with eight energy-boosting vitamins, minerals, amino acids, and antioxidants, including methyl B12, amla, and pomegranate.

Nutiva Organic Chocolate MCT Powder
This versatile powder (in chocolate flavor) contains NuMCT, energizing MCT oil from organic young coconuts. Prebiotic fiber is added for superior mixability.

Lily of the Desert Aloe Herbal Stomach Formula
Stomach-soothing aloe (whole leaf and inner fillet), chamomile, fennel seed, slippery elm bark, and other herbs help balance stomach acid naturally.

Digestive Health & Detox

A. Vogel Liver Gallbladder Drops
Milk thistle, globe artichoke, dandelion, boldo, and peppermint support liver and gallbladder health. A special extraction process guarantees the herbs’ fresh elements stay intact.

Natural Factors Organic Low FODMAP Reliefiber Powder – Unflavored and Tropical
Improve gut health with this easy-to-digest powder, featuring 5 gm of clinically studied Monash University Low-FODMAP Certified fiber.

Zhou Nutrition Thyroid Support
Support energy, focus, and metabolism with a blend of thyroid-nourishing ingredients, including iodine, L-tyrosine, bladderwrack, and ashwagandha.
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**Fermented Black Garlic**

These non-GMO capsules feature aged fermented black garlic bulb extract, rich in health-promoting s-allyl cysteine. The fermentation process enhances absorption.

**Propolis and Manuka Honey Throat Sprays**


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Camu camu is a fruit that contains more food-nutrient vitamin C than any other known source. This formula is a potent 4:1 concentration. Its full-spectrum extraction ensures all active and synergistic constituents are retained.

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Strawberry Hibiscus

Clinically studied Versil collagen is mixed with vitamin C and hyaluronic acid in this easy-to-dissolve flavored powder. There’s no sugar, making it Paleo- and keto-friendly.

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Clinically studied black garlic is rich in health-promoting s-allyl cysteine.

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Barlean’s
Seriously Delicious Omega Pals Hooty Fruity – Tangerine
This ultra-purified Fresh Catch fish oil helps kids get the omega-3s they need, along with Lutemax 2020 (lutein, zeaxanthin, & astaxanthin), shown to help protect eyes against harmful blue light.

MUSHROOMS

Host Defense
Mycoshield Spray – Peppermint
This refreshing spray blends five powerful mushrooms, including chaga and reishi, for immune system support. The spray form allows for rapid absorption.

ON-THE-GO/TRAVEL-FRIENDLY

Amazing Grass
Green Superfood Hydrate Effervescent – Strawberry Lemonade
Alkalizing farm-fresh greens are combined with more than 30 antioxidant superfoods, electrolytes, and vitamins in a convenient effervescent tablet.

MUSHROOMS

Mushroom Wisdom
Super Coriolus
Coriolus mushroom helps support immune and liver health. A hot water extract ensures the product is concentrated and contains researched constituents.

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Bio-Kult
Migreà Probiotic
Probiotics are combined with magnesium and vitamin B12 for a multi-pronged approach to gut balance, nervous system health, and headache discomfort.

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This CBD topical combines soothing ingredients that enhance the supportive properties of CBD to provide fast-acting relief. The CBD in the roll-on comes from U.S.-grown hemp.

Pacific Resources International
Nectar Ease Manuka Honey with Bee Venom
Sweet Manuka honey is paired with bee venom for natural anti-inflammatory and antibacterial support.

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Bluebonnet Nutrition
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These whole food-based multiples do more than just fill today’s daily nutritional requirements—they also address his and her specific health needs.

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Om Mushrooms
Lion’s Mane Powder
Inspire clarity, creativity, and a good mood with lion’s mane, a health food for your brain. This powder is certified 100% organic, non-GMO, and kosher.

MULTIVITAMINS

MegaFood
Multi Chews (Men’s, Women’s, and Kids)
Made with vitamins, minerals, and added food from MegaFood’s trusted farm partners, these yummy chews are glyphosate residue-free.

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TheraZinc Organic Lozenges – Elderberry Raspberry
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Carlson
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OMEGA

Essential Formulas
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Synergistic strains of probiotics are coupled with prebiotics from fiber-rich foods. No refrigeration required.
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**Ancient Nutrition**

- **Ancient Probiotics Ultimate**
  - Support healthy digestion, elimination, and immune health with 18 diverse probiotic strains and plant-based botanicals traditionally used to support digestion in Ayurveda.

**American Health**

- **Ester-C 1000 mg with Citrus Bioflavonoids**
  - This patented vitamin C formula gets a boost from naturally occurring metabolites that help enhance the absorption of vitamin C by your white blood cells.

**Emerald Health Bioceramics**

- **Endo Sleep**
  - Enjoy rejuvenating sleep by naturally supporting your endocannabinoid system with PharmaGABA, passionflower extract, and other nutrients.

**HempFusion**

- **Sleep**
  - This blend features a whole-food hemp complex and PharmaGABA to ease stress and promote relaxation. A Hemp One-Pass Extraction process delivers an oil with CBD plus a wider array of cannabinoids.

**Wakunaga**

- **Kyo-Dophilus Fifty+ Probiotic**
  - This helps restore good bacteria and elevate immune system effectiveness. It’s designed with older people in mind and contains three biocompatible human strains.

**Trace Minerals**

- **Magnesium Gummies – Watermelon**
  - Here’s a delicious way to supplement with magnesium, one of the most important minerals in the body. One gummy provides 84 mg of magnesium.

**NOW**

- **Melatonin 5 mg Sustained Release**
  - Enhance your sleep cycle naturally. These non-GMO tablets allow for a steady release of melatonin, as well as more gradual, sustained utilization.

**Nature’s Answer**

- **Marine Collagen Liquid**
  - Certified sustainably wild-caught from the clear waters of the North Atlantic Ocean, this liquid provides pure marine fish collagen peptides derived from Norwegian wild cod.

**Vibrant Health**

- **Green Vibrance+ CBD Oil**
  - This nutrient-dense green foods powder with probiotics and superfoods has the added benefits of CBD (sourced from CV Sciences).

**NEW PRODUCTS**

**Country Life**

- **Gut Connection Cognitive Balance**
  - Methylated folate and B12 are paired with EpiCor for immune and digestive health and a Cognitive Balance Blend that includes sage extract.

**Redd Remedies**

- **Immune Everyday**
  - This formula has nutrients such as botanical-sourced vitamin C and adaptogens for year-round immune support.

**Flora**

- **Apple Cider Vinegar Wellness Tonic – Ginger & Lemon**
  - Organic herbs are blended with organic apple cider vinegar, lemon essence, and organic ginger to support healthy digestion.

**Renew Life**

- **3-Day Liver Cleanse**
  - This herbal and mineral 3-day cleanse includes milk thistle, turmeric, and magnesium.

**SLEEP**

**Emerald Health Bioceramics**

- **Endo Sleep**
  - Enjoy rejuvenating sleep by naturally supporting your endocannabinoid system with PharmaGABA, passionflower extract, and other nutrients.

**HempFusion**

- **Sleep**
  - This blend features a whole-food hemp complex and PharmaGABA to ease stress and promote relaxation. A Hemp One-Pass Extraction process delivers an oil with CBD plus a wider array of cannabinoids.

**NOW**

- **Melatonin 5 mg Sustained Release**
  - Enhance your sleep cycle naturally. These non-GMO tablets allow for a steady release of melatonin, as well as more gradual, sustained utilization.

**Vivorum**

- **ProSleep CBD + CBN 1500 mg Softgels**
  - This CalmBlend blend of CBD and CBN, the most prominent cannabinoid in hemp, ease stress and promote relaxation.

**NOW**

- **Melatonin 3 mg Sustained Release**
  - Enhance your sleep cycle naturally. These non-GMO tablets allow for a steady release of melatonin, as well as more gradual, sustained utilization.

**Vibrant Health**

- **Green Vibrance+ CBD Oil**
  - This nutrient-dense green foods powder with probiotics and superfoods has the added benefits of CBD (sourced from CV Sciences).
Give your Turkey Day feast a nutritious boost with these seasonal superfood dishes

BY LISA TURNER

PHOTOGRAPHY BY PORNCHAI MITTONGTARE
FOOD STYLING BY CLAIRE STANCER
PROP STYLING BY ROBIN TURK

Everyone needs to eat more vegetables—but we wouldn’t dream of taking away your Thanksgiving turkey. So rather than making your holiday meal totally vegan or vegetarian, why not try upping the vegetables, swapping nutrient-dense plants for breads and starches, and sneaking in superfoods—so everyone is happy. Supercharge your Thanksgiving, from appetizers to dessert, with these nutrient-packed recipes. And yes: you can keep the turkey.
Zucchini Bites with Quinoa, Pomegranates, and Pumpkin Seeds
Serves 8

This easy, low-starch take on stuffed squash features ready-to-eat quinoa and fast-cooking zucchini for a vegetable-heavy, colorful app. Or substitute delicata squash for the zucchini for a more traditional winter squash dish. If oven space is tight, pre-cook the zucchini rings the night before; then heat the quinoa blend and top them just before serving.

2 large zucchini
3 Tbs. olive oil, divided
1 large shallot, finely chopped
3 garlic cloves, minced
6 cups loosely packed baby spinach, finely chopped
2 (8-oz.) pouches Ancient Harvest Microwavable Organic Quinoa
¼ cup chopped pumpkin seeds
2 Tbs. fresh thyme leaves
3 Tbs. pomegranate seeds
Pomegranate molasses for garnish (substitute balsamic glaze)

1. Preheat oven to 400°F. Cut zucchini horizontally into ¾-inch rings. With melon baller, gently create a small hollow in each ring, leaving a layer on the bottom to hold stuffing. Toss zucchini rings with 2 Tbs. olive oil, and roast 20 minutes, flipping halfway through, until just tender but still firm.

2. During last 5 minutes of zucchini roasting time, heat remaining olive oil in large pan, and sauté shallots and garlic 3 minutes. Stir in spinach, quinoa, pumpkin seeds, and thyme. Season to taste with salt and pepper. Cover pan, reduce heat to low, and keep warm.

3. Remove zucchini rings from oven and let cool 3 minutes. Using spatula, carefully transfer rings to large serving platter. Stir pomegranates into quinoa mixture. Top each ring with quinoa mixture; reserve any extras for later use. Drizzle with pomegranate molasses or balsamic glaze, and serve immediately.

Per serving: 200 cal; 8g prot; 9g total fat (2g sat fat); 25g carb; 0mg chol; 160mg sod; 5g fiber; 5g sugar
Crispy Brussels Sprouts Leaves with Sweet and Spicy Hemp Hearts

Serves 8

This simple, pretty recipe roasts just the leaves of Brussels sprouts for a crispy, delicious Thanksgiving side. It’s topped with pre-made sweet and spicy hemp hearts for extra flavor and nutrition. Removing leaves takes a bit of time but it’s worth it; or you can use small Brussels sprouts, quartered. Otherwise, prep the leaves the night before cooking, then roast immediately before serving—they’re best hot, right out of the oven.

2 lbs. large Brussels sprouts
2–3 Tbs. olive oil
2 oz. Humming Hemp Honey Allepo Hemp Hearts
1 oz. Humming Hemp Spicy Hemp Hearts

1. Preheat oven to 375°F. Cut stem from one Brussels sprout, and remove loose leaves. Transfer to large bowl. Continue cutting stem and peeling off leaves until you get to small center core. Repeat with remaining Brussels sprouts. (Reserve center cores for roasting or shredding for salads.)
2. Drizzle leaves with olive oil and sprinkle with salt. Mix with your hands, and spread leaves evenly onto two large rimmed baking sheets. Roast until leaves are crispy and golden, 10–12 minutes, stirring several times during cooking to prevent leaves at edges of pan from burning.
3. Remove from oven. Transfer to serving platter, and sprinkle with hemp hearts. Toss gently to mix; season to taste with salt and pepper, and serve immediately.

Per serving: 140 cal; 7g prot; 9g total fat (1g sat fat); 12g carb; 0mg chol; 80mg sod; 4g fiber; 3g sugar

Rustic Root and Baru Seed Grain-free Stuffing

Serves 8

This nutrient-packed stuffing skips the bread and does double-duty as a roasted root vegetable dish. We used high-fiber white roots—Hanna sweet potatoes, parsnips, and turnips—for a more traditional look; but sweet potatoes or rutabagas work just as well. Baru seeds, a nutrient-dense legume from Brazil, add a sturdy crunch that stands up to cooking; if you can’t find them, swap hazelnuts. Pre-cooked, ready-to-eat jackfruit stands in for sausage, to add a meaty flavor with extra fiber and nutrition, and no saturated fat. For faster day-of prep, pre-cook everything the night before, then heat through before serving; add two eggs and ½ cup almond meal for a denser, creamier stuffing.

2 medium Hanna sweet potatoes, diced
2 medium parsnips, diced
2 small turnips, diced
3 Tbs. olive oil, divided
1 medium onion, diced
6 celery stalks, diced
2 cups chopped shitake mushroom caps
4 large garlic cloves, minced
2 (2.65-oz.) packages Upton’s Naturals Jackfruit, chopped small
½ cup Natural Traditions Roasted Baru seeds, chopped small
2 Tbs. minced fresh rosemary leaves
1 Tbs. minced fresh thyme leaves
1 Tbs. dried sage

1. Preheat oven to 400°F. Toss sweet potatoes, parsnips, and turnips with 2 Tbs. olive oil. Sprinkle with salt and pepper. Spread evenly on two rimmed baking sheets, and roast 30 minutes, or until soft.
2. During last 10 minutes of vegetables roasting, heat remaining olive oil in large skillet over medium heat, and sauté onions, celery, mushrooms, and garlic for 5 minutes. Add jackfruit, baru seeds, rosemary, thyme, and sage, cover, and simmer until tender, about 5 minutes longer. (Add a few Tbs. broth, wine, or water, if needed, to prevent sticking.) Keep warm.
3. Combine roasted root vegetables with sautéed vegetables. Season to taste with salt and pepper, and serve immediately.

Per serving: 170 cal; 5g prot; 10g total fat (1g sat fat); 18g carb; 0mg chol; 60mg sod; 5g fiber; 5g sugar
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Matcha Frangipane Tart with Cranberries and Pistachios
Serves 12
This superfoods riff on the traditional frangipane tart adds matcha green tea powder to an almond-paste filling, and swaps almond flour for the crust, with coconut sugar and coconut oil standing in for white sugar and butter. Cranberries and pistachios add color and extra nutrition to this vibrant dessert.

1. For filling: finely grind almonds and flour in processor. Blend in matcha powder. Add honey, 4 Tbs. coconut oil, eggs, and vanilla extract. Blend until smooth. Transfer to medium bowl, cover, and chill 3 hours or overnight. Remove from refrigerator 10 minutes before filling crust.

2. For crust: combine remaining coconut oil and coconut sugar to bowl of stand mixer, and beat on medium-high until creamy. Scrape down sides of bowl, then beat in egg yolk. Whisk almond flour, tapioca flour, and salt in a separate bowl. Add to mixer, beating on low speed until just combined. Evenly press dough into bottom and sides of lightly oiled 9-inch fluted tart pan; prick dough every 2 inches with fork. Freeze 10 minutes.

3. Preheat oven to 350°F. Remove crust from freezer. Spoon filling into crust. Gently press pistachios and cranberries into filling. Bake until top and crust start to turn golden and tester inserted into center comes out clean (about 30 minutes). Let cool 10 minutes before cutting.

Per serving: 300 cal; 6g prot; 21g total fat (10g sat fat); 25g carb; 45mg chol; 75mg sod; 3g fiber; 16g sugar

1 cup blanched slivered almonds
2 Tbs. gluten-free flour
1 Tbs. Pure Synergy Organic Matcha Powder, or more to taste
6 Tbs. honey
10 Tbs. coconut oil at room temperature, divided
2 eggs
2 tsp. vanilla extract
½ cup coconut sugar
1 large egg yolk
⅓ cup almond flour
½ cup tapioca flour
¼ tsp. salt
3 Tbs. shelled pistachios
3 Tbs. dried cranberries
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We’re Cuckoo for Coconuts

Add a dose of super nutrition and a variety of flavor and texture to your diet with coconut-based foods

///BY MELISSA DIANE SMITH

Q: Every time I turn around I see another food product made from coconut. Why are there so many products based on coconut on the market?

—Robin D., Newark, N.J.

A: Coconut, the seed and fruit of the coconut palm, is a nutritious and versatile food that has been a staple in the diets of many Pacific island populations for thousands of years. It is a good source of fiber, easily absorbed fats called medium chain triglycerides, and minerals such as potassium and manganese.

Coconut is used in many modern food products because its nutritional profile makes it a helpful addition for people following a wide range of diets, including vegan, gluten-free, Paleo, and ketogenic. What’s more, its many parts can be used in different ways to substitute for common allergenic foods—especially milk, flour, and soy sauce. Here’s a rundown of some of the best coconut-based foods to try incorporating into your diet.

Unsweetened Shredded Coconut
The meat from fresh whole coconut that has been dried and cut into fine pieces is both a snack food and baking item. One readily available brand is Let’s Do Organic. It’s easy to use: Just sprinkle it over a bowl of berries or pineapple pieces, or use it in baking recipes or as a dessert topping.

Coconut Oil
Extracted from the flesh or meat of coconut, this heat-stable oil is good for stir-frying or sautéing, or to add by the spoonful to your coffee. It is also a wonderful dairy-free substitute for butter when making baked goods. Look for organic, virgin coconut oil from companies such as Nutiva and NOW Foods.

Coconut Milk/Cream and Coconut Milk Products
Coconut milk and coconut cream are excellent nondairy alternatives to add to coffee or tea; to mix in soups, stews, curries, and smoothies; and to use in baking. Coconut cream is the first pressed liquid from fresh coconut meat that has been grated, blended, and strained. Coconut milk is a diluted version of coconut cream, with more water added. Most brands of canned coconut milk include the thickening agent guar gum. For a brand made purely from organic coconut and purified water, try Native Forest Simple Organic Unsweetened Coconut Milk.

If you avoid milk products but would like to eat yogurt or ice cream, try coconut milk yogurt or coconut milk frozen desserts. So Delicious is one brand that offers both of these convenience foods in a wide range of flavors, including some that are sugar-free.
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Coconut Nectar and Coconut Sugar
Coconut nectar, a nutrient-rich sap from coconut blossoms, is a liquid sweetener that can replace honey or agave syrup in recipes. Unrefined coconut sugar, also known as coconut palm sugar, is made from evaporated coconut nectar, and can be used as a replacement for the same amount of sugar in recipes. Both coconut nectar and coconut sugar do not taste like coconut. Instead, they have a slight caramel-like taste. Organic varieties of raw coconut nectar and unrefined coconut sugar are available from Coconut Secret and Big Tree Farms.

Coconut Aminos
Made from coconut tree sap with no yeast or other fermentation catalyst. Coconut Secret Coconut Aminos is a soy-free and wheat-free alternative to soy sauce. It contains 73 percent less sodium than even reduced-sodium versions of soy sauce, and it can replace soy sauce or tamari in any recipe. For quick, flavorful meal preparation, also try coconut aminos-based salad dressings, such as Primal Kitchen Sesame Ginger Vinaigrette and Marinade, and Garlic and Teriyaki Sauces made by Coconut Secret.

Coconut Flour
This flour, made of fiber from the coconut meat after most of the oil has been extracted, can be a big help for people who follow specialty diets. Not only is coconut flour naturally gluten-free and vegan, it’s also grain-free and low-carb, and it produces baked goods that are light, fluffy, and moist.

Coconut Water
The clear liquid inside coconuts, coconut water, sometimes called coconut juice, contains easily digested carbohydrates in the form of sugar, plus it’s a good source of potassium. Coconut water may be better at replacing lost fluids after exercise than water, but it does not serve as a complete sports drink in extreme heat or after strenuous exercise because it is low in sodium. For a no-added-sugar sports drink made with coconut water, try NOOMA Organic Electrolyte Drink, which was developed by two brothers who used to play hockey. It contains added sodium from pink Himalayan salt, and is sweetened with organic stevia leaf extract.

Coconut Chips
This crunchy snack food made from toasted coconut slices is rich in heart-healthy lauric acid. It’s lower in carbohydrates than regular chips and has as much fiber and less sugar than a medium apple. Stay away from flavors that have added sugars, and stick to those with simple ingredients, such as Dang Lightly Salted (Unsweetened) Coconut Chips, which are made with just coconut and sea salt.

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Melissa Diane Smith, who specializes in using food as medicine, is an internationally known journalist and holistic nutritionist who has more than 20 years of clinical nutrition experience. 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.

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Make-Ahead Holiday Salad

Artichoke hearts, pistachios, avocado, Parmesan cheese—this keto-friendly salad checks off all the boxes when it comes to flavor and texture

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

This Mediterranean Diet-inspired salad is a “fat and fiber bomb”—healthy fat from avocado and olive oil paired with fiber from artichokes and nuts. And that’s not even including the fiber in avocados that we bet you didn’t know about! (See “Featured Nutrient,” below.)

Marinating your own artichoke hearts is easy as pie, plus they taste better than jarred versions you get at the store. Make sure to use real extra virgin olive oil. Prepared oils are typically highly processed, and many so-called extra-virgin olive oils are fake. One that’s not—and that’s inexpensive and available everywhere—is Cobram Estate. It costs around $10 a bottle, it’s super delicious, and it will make this recipe taste even more amazing. —Dr. Jonny

NOTES FROM THE CLEAN FOOD COACH
Making the artichokes a day or two ahead saves you valuable holiday prep time and also gives the flavors a chance to meld. If you don’t double the salad recipe, the leftover marinated artichoke hearts are good for up to a week. Toss them into leafy green salads or warm pasta to brighten the flavors and add some potent nutrients.

To roast raw, shelled pistachios (or to crisp up softer roasted pistachios), simply preheat a toaster oven to 350°F, spread the shelled nut meats on a small rimmed pan, and bake for 6–8 minutes until very fragrant and starting to brown—do not scorch.

FEATURED INGREDIENT: Avocados

Avocados are the poster child for healthy high-fat foods. The fat in an avocado is largely monounsaturated, specifically oleic acid, an omega-9 fat that is found in high amounts in olive oil. Monounsaturated fat has been linked to a reduced risk of cancer and diabetes. They’re also a key component of the Mediterranean diet, which has been linked with lower rates of heart disease in every major study.

Avocados are also great sources of lutein, a natural antioxidant that supports eye and skin health, and fiber—between 11 and 17 grams per avocado! Plus, they contain good amounts of potassium, folate, vitamin A, and beta-carotene. All for only a couple hundred calories and next to no effect on blood sugar levels.
Product Spotlights

Terry Naturally

**Saffron Lift + Curcumin**

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Garden of Life

**Dr. Formulated CBD Oils**

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Nordic Naturals

**Nordic Flora**

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**Freedom Softgels**

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Bluebonnet

**Beautiful Ally Collagen Type I + III Hydrolyzed Powder**

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CV Sciences

**PlusCBD Oil Gold Formula Hemp Softgels**

Infused with a high concentration of cannabidiol (CBD) from agricultural hemp, these softgels are the convenient way to get the right amount of CBD in every serving. Plus, they contain no artificial dyes or fragrances, and are non-GMO, gluten-free, and 100% vegetarian.
Lemon Blueberry Bars, Anyone?

Indulge in one (or two) of these no-bake bars filled with cashew butter, dates, walnuts, blueberries, and plant protein powder /// BY LISA TURNER

No-Bake Lemon Blueberry Bars
Makes 12 bars
Start with very soft dates for the best results. The bars are best served very cold, just out of the freezer; make them in advance for a special party, and store extras for up to three months in the freezer. Be sure to use raw, not roasted, cashew butter for the best color and flavor; or soak ¼ to 1 cup of raw cashews for six to eight hours, rinse, drain well, and process in a food processor with the rest of the filling ingredients.

1 cup very soft Medjool dates, pitted
1 cup walnuts
½ tsp. salt
4 Tbs. plant-based protein powder
1 cup cashew butter, raw
½ cup dairy-free yogurt, plain or lemon-flavored
¼ cup agave or honey
¼ cup lemon juice
2 cups frozen blueberries, thawed
3 Tbs. ground chia seeds
Agave or honey for blueberry topping (optional)

1. Cut parchment to fit width of an 8-inch-square glass baking pan, leaving a 2-inch overhang on both sides. Combine dates, walnuts, and salt in a food processor; process 2–3 minutes on high speed until mixture is pasty and holds together when pressed with your fingers. If mixture is dry, add 1–2 tsp. water. Add protein powder, and process 30 seconds longer, until well-blended. Press mixture evenly into bottom of prepared pan, and place pan in freezer while preparing filling.

2. In medium bowl, beat together cashew butter, yogurt, agave or honey, and lemon juice. Spread over crust in baking dish with rubber spatula, and smooth top. Transfer to freezer, and freeze 3–4 hours, until very firm.

3. Rinse food processor well, and add blueberries, chia seeds, and agave or honey, if using. Pulse briefly to mix; mixture should be chunky. Set aside (mixture will thicken as it stands).

4. To serve, remove lemon-cashew bars from freezer. Run butter knife around edges that touch the pan directly. Using overhanging parchment as a sling, lift bars from pan and carefully peel off parchment. Transfer to cutting board, spread with blueberry mixture, and cut into 12 squares. Serve immediately.

Per bar: 310 cal; 7g prot; 19g total fat (3.5g sat fat); 34g carb; 0mg chol; 90mg sod; 4g fiber; 24g sugar

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