

SPRING REFRESH

11 WAYS TO DETOXIFY

+ Avoiding Foods
High in Heavy Metals

Recipes Inside!

Luminous Elixir • Chicken,
Rapini, & Chickpea
Curry • Indian-Style Snapper with
Apple-Coconut Raita • Barley &
Chicken Bowls • Fish en
Papillote

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INFERTILITY?**
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can help by
balancing your
hormones

Are You
Reacting to
CORN?

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Benefits of
**OMEGA-3
FATS**

**HOW TO
PERSONALIZE
YOUR
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PRACTICE**







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COLLAGEN

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Garden of Life® has expanded its line of Grass Fed Collagen products to meet your specific needs. We are excited to introduce six new, great-tasting Collagen products with added ingredients to empower extraordinary health. From super beauty formulas, to creamers, to greens formulas, we have the clean delicious answer in our collagen powders.



Is Medical-Grade Liquid Collagen Better For You Than A Powder?

Yes. It's the #1 choice of doctors and hospitals for fat loss, more energy, joint support and better hair, skin and nails. Here's why...

It's easy to find a collagen product. It's not easy to know if it'll actually work. Hundreds of collagen products have flooded the market in every form, flavor, and at every price imaginable. So when choosing one, how can you be sure you're making the right decision?

With over 40 years of medical use, doctors have done the research for you...

The Collagen That Doctors Recommend to Other Doctors

With over 102 million doses and rising, doctors and hospitals remain steadfast

in their commitment to **liquid Type 1 collagen peptides**, contained in **AminoSculpt®**. They are considered the "Gold Standard" by the medical community. Here's why...

Proven Medical Use

FIRST, these liquid peptides have been used by over 4,700 physicians, clinics, hospitals and health professionals for over 40 years. They're preferred because they have provided consistent results for decades with a proven safety record, even when used by patients with

serious health problems.

Science Backs Type 1 Collagen vs. Types 2, 3, 4, 5, and 10

SECOND, doctors prefer **Type 1 collagen**. But, if you're like most people, choosing the right "type" is confusing.

Science has identified 28 types of collagen in the body. 90% of your body's collagen is classified as Type 1. This is why most published scientific research supports the therapeutic use of Type 1 collagen in peptide form.

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Medically-Proven Liquid Collagen vs. Collagen Powder



Original Collagen Used
in 7 U.S. Patents

yes

no

Used By Over 4,700
Doctors, Hospitals
and Health Professionals

yes

no

40 Years of Hydrolyzing
Raw Collagen Into Peptides

yes

no

The Best Absorbing,
Clinically-Studied Peptides

yes

no

Ready-to-Drink, NO Mixing,
Small Serving Size

yes
(only 1 fl oz)

no
(12 fl oz)

that **medical-grade Type 1 collagen peptides** can build **ALL 28 types of collagen**, making it a **"whole body" collagen**. Other collagen types like 2, 3, 4, 5, or 10 simply aren't necessary with a highly absorbable Type 1 collagen.

"Liquid" Collagen is Best
THIRD, doctors prefer collagen peptides in **"liquid" form**. Most published studies, patents, and real-world medical uses are on liquid collagen. The best liquid peptides are **"enzymatically hydrolyzed"** (predigested with fruit enzymes) for best absorption, which then provides the best results.

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References

¹Hays NP, *Effects of whey and fortified collagen hydrolysate protein...*, J Am Diet Assoc. 2009 109(6):1082-7.

²Sundell MB, *Oral protein supplementation alone improves anabolism...*, J Ren Nutr. 2009 Sep;19(5):412-21.

³Lee SK, *Pressure ulcer healing with a concentrated, fortified, collagen protein...*, Adv Skin Wound Care. 2006 Mar;19(2):92-6.

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Packed with probiotics, our Barley & Chicken Bowls will satisfy everyone at the table.

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This time of year, many of us think about doing a little spring cleaning for our bodies. But elaborate cleansing regimens can be difficult to stick to and cost-prohibitive—and some of them can even be harmful to your health. Instead, try these 11 safe-and-sane tips for a healthful whole-body cleanse that will leave you feeling refreshed, revitalized, and renewed.

36 Pure Zen

The benefits of regular meditation have been well-documented. Studies show that it can relieve stress, improve concentration, increase energy, and encourage a sense of well-being. If you're interested in trying out this time-tested wellness practice, we've put together a guide to seven different techniques geared toward different personality types and goals. Just find the one that best fits you, and you'll be well on your way to calm.

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CLICK ON THIS!

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15 Fun & Fresh Recipes for Spring

We picked our 15 best springtime recipes.

Only available at betternutrition.com/spring.



recipes include:

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Rainbow Carrots with Honey Ginger Butter



Grilled Shrimp with Mango Salsa



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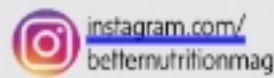
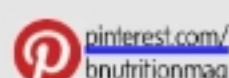
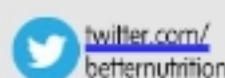
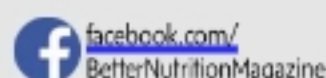
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Time to Meditate

My first experience with meditation was in my early 20s—my girlfriend and I went to a “relaxation” class at a local bookshop. We sat on mats spread throughout the store as a woman guided us through a stress-reduction meditation. I liked how I felt afterward, lighter and happier. I was struggling with depression at the time, and the meditation helped push that heaviness aside for a moment.

I’m by no means a meditation guru, but I have, over the years, come to love and appreciate the benefits of this ancient practice, including having a better outlook on life. “Meditation enables the practitioner to transform negative thoughts into positive thoughts, which will benefit every area of life,” says Gilly Pickup, author of *The Little Book of Meditations* (Andrews McMeel Publishing, 2019).

You don’t necessarily need to dedicate hours per day to meditation. I use the app Calm, which offers a range of timed meditations, some as short as 5–10 minutes. And consider this: “It is better to meditate a little bit with depth than to meditate long with the mind running here and there,” said Paramahansa Yogananda, a famous monk from India who introduced the practice to millions.

I’ve heard people say meditation isn’t for them because, even when they get quiet, they can’t turn off their thoughts. Deepak Chopra suggests looking at it a different way: “Meditation is not a way of making your mind quiet. It’s a way of entering into the quiet that’s already there,” he says.

Research has shown that meditation benefits health in a variety of ways, including heart health, better focus, and less anxiety and depression. And the longer you practice meditating, the more profound the results.

In “Pure Zen” on p. 36, contributing writer Lisa Turner, who has been meditating for years, developed a customized guide to meditation. There are seven different styles—one for every personality or need.

It’s a chaotic world out there. Meditation can help you find a little peace to deal with all of it.

Nicole

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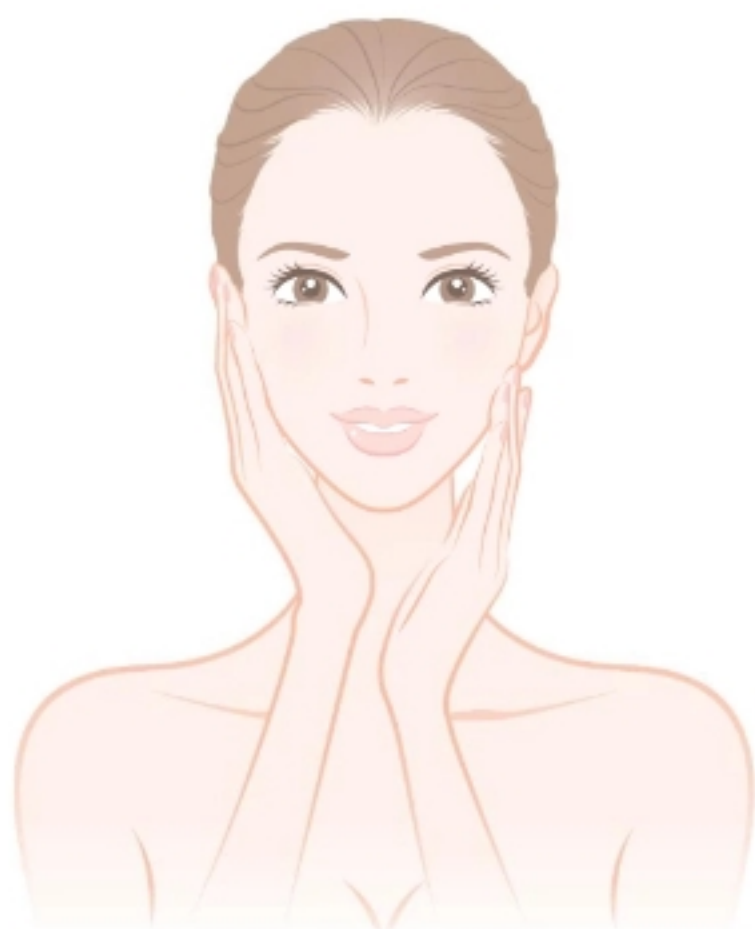
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NEWS*BITES

BY VERA TWEED

The Hot New Skin Discovery



You probably know that the microbiome in your gut is a top influencer of your health, but did you know that your skin has its own microbiome? It does, and giving it the TLC it needs can help keep your skin in radiant, glowing shape.

“The skin microbiome is its own world of roughly a thousand species,” says Paul Schulick, master herbalist and founder of For The Biome (forthebiome.com), a company that makes skincare products to nourish the skin’s microbiome.

Although it’s similar to the gut microbiome in many ways, the skin microbiome is even more diverse. “There are different climates on your skin, from deserts to rainforests, and each one invites unique species,” says Schulick.

The Microbiome & Your Skin

All those skin microorganisms serve important functions, including:

- * Balancing pH and supporting the moisture barrier that protects

against sunlight and other environmental onslaughts.

- * Producing neurotransmitters such as oxytocin.
- * Producing beneficial substances such as hyaluronic acid (nature’s moisturizer, plumper-upper, and fine-line softener).

How to Feed Your Skin

There are several things you can do to nourish and protect your skin’s microbiome:

- * Avoid harsh soaps or cleansers, as well as anything that contains antibacterial ingredients.
- * If you use a loofah or are a fan of dry brushing, be gentle and brush about once a week to give your body time in between to recover.
- * Shower or bathe with warm—not hot—water.

- * For baths, add sea salts with minerals such as magnesium, or add a half-teaspoon of rosehip seed oil to a regular-sized tub. Other microbiome-supporting oils include amaranth, chamomile, and sea buckthorn.
- * In skincare products, look for ingredients derived from nourishing sources such as aloe, oats, mushrooms, honey, and fruit and vegetable enzymes.



“Look at what you’re about to put on your skin and ask yourself, would I be willing to eat it?” says Paul Schulick, shown here with his wife Barbi. The couple is best known for starting New Chapter vitamins (which they later sold). Schulick’s new line includes microbiome-nourishing serums, masks, and cleansers.



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TAI CHI HELPS ARTERIES

The gentle, flowing movements of Tai Chi reduce stress, increase flexibility, enhance overall fitness, and improve balance. And now a study has found that this fitness practice can also enhance the health of arteries.

In Japan, researchers tested Tai Chi classes in a group of relatively healthy but sedentary older people and compared results to a similar group that did not participate. In addition to improving their overall strength and fitness, those doing Tai Chi had less stiffness in their arteries after six months of regular practice. The researchers concluded that for such health benefits, Tai Chi should be practiced three times per week on an ongoing basis.



EGGSHELL MEMBRANE Enhances Skin and Hair

Eggshell membrane supplements, made from the clear film that lines the insides of eggs, have traditionally been used as a remedy for joint problems because they contain proteins and other ingredients that nourish joints and connective tissue. But eggshell membrane can also be a boon to skin and hair.

A 12-week study at Nova Southeastern University in Davie, Fla., compared the effects of a hydrolyzed eggshell membrane supplement and a placebo in a group of 88 healthy middle-aged adults. Skin and hair improvements began to be visible after 4 weeks of daily supplement use. Participants experienced less crow's feet, better skin tone, less hair breakage, and improved hair thickness and growth. There was no change in nails.

The product tested was 450 mg daily of BiovaBio, a water-soluble eggshell membrane ingredient that contains collagen, elastin, hyaluronic acid, and peptides that promote tissue repair.

A different formulation of eggshell membrane, Natural Eggshell Membrane (NEM), has been tested and found effective for joint problems. At a dose of 500 mg daily, NEM has been found to help improve flexibility of joints and connective tissues and to reduce pain. NEM is an ingredient in many joint-supportive supplements.



How to Eat Protein for Weight Loss

Dinner is the biggest meal for many of us, so that's when we tend to eat the largest amount of protein. But if you're trying to lose weight, spreading out the day's protein into equal parts at breakfast, lunch, and dinner may be more effective, according to a study published in *The Journal of Nutrition, Health & Aging*. In a group of older people on a weight-loss program, roughly equal amounts of protein at each meal produced greater weight loss than eating the same amount of food with most of the protein at dinner.



53% of Doctors Recommend ...

A survey of more than 5,600 American medical doctors found that 53 percent had recommended at least one type of complementary healing therapy to their patients during the previous year. The most popular treatment was massage therapy, followed by chiropractic or osteopathic manipulation, herbs and other specialty supplements, yoga, and acupuncture.

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1 Would You Like Some Collagen with Your Coffee?

When it comes to that morning cup of Joe, half-n-half is out and collagen creamers are in—big time! **Garden of Life Grass Fed Collagen Creamer** combines energizing MCTs from organic coconuts and coconut milk with Type I & II collagen peptides. The Creamy Vanilla-flavored powder (sweetened with stevia) packs 10 grams of collagen per serving.

2 I Break for CBD Chocolate

Here's a perfect pairing: fair-trade dark and milk chocolate and CBD (organically grown in the U.S.). **Good Day Chocolate CBD** chocolate-coated candies have 10 mg of CBD per serving, and are designed to help support everyday stresses, healthy recovery from exercise, and better focus. Choose from three yummy varieties: **Original CBD**, **Sleep CBD**, and **Calm CBD**.

3 Instant Radiance Need a skin boost stat? Try **Derma E Vitamin C Instant Radiance Citrus Facial Peel**. This citrus fruit peel purée helps improve the appearance of discoloration, dark spots, and uneven skin tone. The fast-acting formula (3–5 minutes tops) is made with Stay C-50 vitamin C, glycolic and lactic acids, and lemon extract. Use once a week for best results.

4 Spice It Up Have you read the back of seasoning packets lately? Most are *not* clean. Enter **Primal Palate Seasonings**, made with organic, non-GMO ingredients. The **Garden Ranch** is great with sour cream for ranch dip or dressing, or use it to season chicken, pork, pizza, or steak fries. The **Taco & Fajita** mix goes well with beef, pork, chicken, and vegetables. Pair the **French Onion** with potato chips, or sprinkle on chicken, burgers, and roasted veggies.

5 An Intimate Affair **Bluebonnet Intimate Essentials** is a new line of fertility and sexual performance supplements that help enhance and improve reproductive and sexual health. There are five formulas: **For Him Testosterone & Libido Boost**; **For Her Hormonal Balance**; **Maca**; **For Her Sexual Response & Libido Boost**; and **LJ100**, a patented, clinically studied tongkat ali extract. The vegetable capsules are designed for maximum assimilation and absorption.

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Culture Hero

With his company A Dozen Cousins, Ibraheem Basir combines Caribbean cooking, soul food, and Latin American flavors in a culturally authentic—and completely natural—way

BY NEIL ZEVIK

Disparities in socioeconomic levels express themselves in many ways, from job satisfaction to social interactions to leisure activities. One of the most prominent effects, though, is in the realm of food and diet. Where you live and how much you make have an undeniable and significant impact on what you eat.

As a private chef to the definitely rich and occasionally famous, I have been allowed to observe this first-hand. With money and social status comes the ability to make dietary choices without being limited by cost or even availability, plus easy access to information and leisure time in which to explore it. This allows those blessed with that access to shape and execute a healthy diet.

But for those without the resources and time, achieving a balanced and healthful diet can be a challenge.

Bonding Through Food

Enter Ibraheem Basir. He comes from a large family of 10 kids, and food was the great unifier in his childhood. “I grew up in Brooklyn in a really diverse Black and Latino community,” he explains. “So our kitchen was an interesting blend of Caribbean cooking, Soul Food, and Latin American dishes. Food always played a special role in how we bonded with each other, celebrated holidays, and marked important milestones.”

Years later, as a part of the natural foods community, he felt there was something missing. “The natural brands I saw didn’t have the same feeling of culture or joy that I have always associated with food, and the really

“I started A Dozen Cousins to offer the same authentic food experience that I grew up with, but I wanted to make our products using the best ingredients possible,” says Ibraheem Basir.



ingredients. I started A Dozen Cousins to offer the same authentic food experience that I grew up with, but I wanted to make our products using the best ingredients possible.”

That meant searching out wholesome ingredients such as beans, vegetables, and avocado oil while avoiding GMOs and anything artificial, then combining them into easy-to-prepare, culturally authentic, reasonably priced meals.

Helping All People Eat Better & Live Longer

But Ibraheem’s plans go far beyond just tasty and nutritious food. “We’re on a mission to inspire families of all

authentic cultural food brands were still using a lot of questionable

backgrounds to eat better food and live longer and more vibrant lives. Unfortunately, there are many Americans that need a little extra help toward that goal. Living in underserved communities, they are at far greater risk for obesity, diabetes, and other diet-related illnesses.”

So in addition to making delicious and affordable foods, Ibraheem and A Dozen Cousins provide an annual grant and volunteer support to nonprofits that are working to eliminate socioeconomic health disparities in the U.S., like a series of cooking classes for underprivileged youths in Austin, Texas.

For Ibraheem, it hearkens back to his childhood values. “We want to make sure that we are all around long enough to enjoy time with our grandkids, and we believe that starts with a diet that is heavy on real food and light on junk!”





Chicken, Rapini, & Chickpea Curry

This quick and easy (but super-tasty!) meal is a great way to use leftover chicken. Serve over rice or cous-cous for a nourishing one-dish supper. **Serves 4**

3 Tbs. avocado oil, divided

1 small brown onion, peeled & coarsely chopped

2 cups rapini (aka broccoli rabe), coarsely chopped

1 lb. cooked chicken, shredded

2 10-oz. pkgs. A Dozen Cousins Trini Chickpea Curry

2 scallions, chopped

¼ cup chopped cilantro

1. In large saucepan, heat 1 Tbs. of avocado oil. Add onion, and sauté until translucent. Remove from pot. Heat remaining 2 Tbs. oil in same pot, then add rapini and cook, stirring often, until slightly wilted but still firm.

2. Return onions to pot with rapini. Add chicken and chickpea curry. Cook over medium heat, stirring often, about 15 minutes, until well-heated. Spoon over rice or couscous, if desired. Garnish with scallions and cilantro and serve.

Per serving: 470 cal; 45g prot; 18g total fat (3g sat fat); 29g carb; 95mg chol; 650mg sod; 9g fiber; 5g sugar



A New Way to Age

Actress-turned-author Suzanne Somers blazes a naturally vibrant path to longevity

BY CHRIS MANN

Surviving cancer twice led former *Three's Company* star Suzanne Somers to redirect her approach to health and healing away from Western medicine's overreliance on pharmaceuticals toward natural wellness options that encourage vital longevity. "Because I've had health challenges in my life," says Somers, 73, "I decided to do it my way by changing the way I eat, the way I think, and the way I sleep, only utilizing allopathic medicine when absolutely necessary, which at times has been necessary and a god-send."

This journey to integrative and alternative medicine inspired Somers to show others how to restore what the body loses in the aging process in her latest book, *A New Way to Age: The Most Cutting-Edge Advances in Antiaging*. Featuring interviews with forward-thinking doctors and scientists, the book "is for people like me who first want to try the natural route and not be given drug after drug," says Somers. Instead, *A New Way* advocates everything from balancing minerals and nutrients to using CBD to seeking nonsurgical antiaging procedures.

"Imagine having energy and vitality and what I call 'juice' right up to the very end. Imagine not ending up frail, decrepit, or unable to bring your body back to balance because you didn't think it—aging—would happen to you. The healthier you can keep yourself, the better your chances of being able to win and heal are. I'm not saying any of us are powerful enough to stave off all of the diseases around today, but if your body is in its highest state of health, you've got the best chance."



BN: You advocate healthy eating and taking probiotics. What other key nutritional shifts can help bring balance to our gut as we age?

SS: Our microbiome gets imbalanced from poor-quality food and the overuse of antibiotics. With aging, we also lose hydrochloric acid, which is essential for digestion. If you're not making hydrochloric acid or replacing it in your stomach, you can't digest. You can be consuming the highest-quality food available, yet suffer from malnutrition because you're not getting any of the nutrients due to lack of digestion.

The simple remedy is to "put back" what you're lacking, and all will be well again. Instead, the allopathic way would be to take an antacid, which is a Band-Aid and does nothing to restore the gut to balance. In fact, it keeps making the problem worse. These are important things to know going forward.

"Imagine having energy and vitality and what I call 'juice' right up to the very end. Imagine not ending up frail, decrepit, or unable to bring your body back to balance because you didn't think it—aging—would happen to you."

BN: How does restoring the coenzyme NAD+ contribute to cell rejuvenation and human longevity?

SS: NAD+ (nicotinamide adenine dinucleotide) can be replaced with a daily supplement and it repairs DNA damage. Why do we care? Because longevity and life quality depend on the health of our cells. That's where we get our energy and that's our communication system. The definition of good health is to have more functioning cells than malfunctioning cells. NAD+ is one of the greatest anti-aging discoveries and declared by [Harvard Medical School professor] Dr. David Sinclair as "the closest we've gotten to a fountain of youth." Pretty powerful.

BN: You interviewed your anti-aging physician, Michael Galitzer, MD, who practices energy medicine. How can his methods improve physical health?

SS: He's able to test the voltage in each of my organs and glands using non-drug and pain-free testing (known as bioimpedance) that only takes a few minutes. He can tell me which organs are weak and need strengthening and which organs and glands are not. His homeopathic tinctures are able to intensify the frequencies of each organ and/or gland, allowing them to remain in superb working order.

BN: What is Enhanced External Counterpulsation (EECP) and how does it factor into caring for your heart and other organs "the new way"?

SS: EECP allows for blood to be pumped naturally into stressed organs, glands, and our entire system. Half of our aging population takes blood pressure medicines, which have negative side effects. EECP treatments—which are affordable and in most cases covered by insurance—are, for lack of a better description, like wrapping blood pressure cuffs (connected to an electrocardiogram) around your calves, thighs, and buttocks, then pumping the blood with strong pulsation for a one-hour treatment to strengthen your blood vessels, heart, kidneys, and other organs—all without drugs. To me, it's a better and more advanced way to tackle the issues.

BN: What role does CBD play in changing the way we age?

SS: I interviewed a "clinical trialist" on CBD because I wanted to learn from a scientist, not a doctor with a practice or anyone with a specific agenda. I wanted the facts. It's easy to mock cannabis yet it was fascinating to find out that every cell in the human body has endocannabinoid receptors, meaning that all along our bodies have been craving CBD for controlling pain, combating anxiety, or intensifying deep sleep—which are all things important for healthy aging that elude most people.

Giveaway!

Win a copy of *A New Way to Age*. We have 15 copies up for grabs. Email your name and address to betternutritionfreebie@gmail.com. Put "Somers" in the subject line.



How to Pick Omega-3 Supplements

Liquids, capsules, or gummies? High- or low-dose? And what about vegan options? Here's what you need to know

BY VERA TWEED

The therapeutic effects of fish oil have been studied for over 50 years, revealing many benefits. And supplements present more options today than ever. Some offer higher concentrations of the EPA and DHA omega-3s, which means you don't have to take as many pills. And others come in flavored liquid formulations, gummies, other chewable forms, or are made from vegan sources.

With so many choices, how do you decide? The answer boils down to your goals and overall diet, and it helps to understand a bit of science.

Why Fish Oil Is Beneficial

The key omega-3 fatty acids found in fish oil, EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid), drive its benefits. DHA is a major building block of the brain, central nervous system, and the retina. EPA works with DHA to reduce inflammation and help prevent or relieve a variety of conditions. Both are absorbed throughout the body,



Benefit Snapshot

Studies have found that healthy levels of omega-3 fats can help to prevent or reduce:

- | | | | |
|------------------------------------|-----------------------------------|---|---|
| * ADHD | * Death from heart disease | * High triglycerides | * Overall age-related mental decline |
| * Age-related macular degeneration | * Depression | * Inflammation | * PMS |
| * Allergies | * Dry eye | * Joint stiffness and pain | * Schizophrenia |
| * Angina | * Dry, rough, or scaly skin | * Memory problems in older people | * Unhealthy weight loss during cancer treatment |
| * Arrhythmia | * Fertility problems in young men | * Menstrual pain | |
| * Asthma | * Frequent infections | * Neurological problems in infants and children | |
| * Atrial fibrillation | * Heart attacks | | |
| * Autism | * Heart failure | | |
| * Bipolar disorder | * High blood pressure | | |
| * Coronary disease | | | |



including into cell membranes, where they help to maintain the integrity of each cell and keep it functioning optimally.

The human body can make EPA and DHA from alpha-linolenic acid (ALA), the form of omega-3s found in plants, but only a small portion of ALA is converted. It's estimated that men convert about 8 percent to EPA and 0–4 percent to DHA; women convert about 21 percent to EPA and 9 percent to DHA.

Although ALA is essential, EPA and DHA are the specific omega-3s shown to have heart-health and other benefits. Vegan supplements of EPA and DHA are made from algae, which is the food source of omega-3s for fish. Although algal supplements contain smaller amounts of EPA and DHA than fish oil, they are a valuable option.

Consider Your Diet

Most Americans don't eat a lot of fish that's rich in omega-3s. A study that looked at American blood levels of EPA and DHA found that they were below the threshold that can help prevent chronic disease.

The basic recommendation for maintaining good health is to eat fatty fish, such as salmon, herring, or sardines, twice a week. It's estimated that this would provide the equivalent of about 250 mg daily of the combination of EPA and DHA, but it may not be enough.

If you routinely eat food from popular fast-food or family-style restaurants, you're consuming quite a bit of inflammatory refined omega-6 oils. You'll need more omega-3s to counteract the effect (and better yet, improve your diet).

As we get older, levels of inflammation naturally increase, and anyone who regularly does intense exercise or is experiencing signs of inflammation (see "Benefit Snapshot," above) likely needs more EPA and DHA.

A Healthy Daily Dose

Essential nutrients usually have government-recommended daily intakes and safe upper limits. For omega-3s, the only official recommendation is for ALA: 1.6 grams daily for men and 1.1 grams for women, amounts most people easily get. As an example, a tablespoon of canola oil contains 1.28 grams and a tablespoon of flaxseed oil packs over 7 grams.

When comparing fish oil or algal supplements, pay attention to the amounts of EPA and DHA listed separately in the Supplements Facts. There is no official recommendation for daily EPA and DHA intake, but many integrative practitioners recommend 1,000 mg of EPA and DHA daily if you're in good health. If you're dealing with a chronic or recurring health

condition, up to 3 grams daily is often recommended. For lowering triglycerides, 2 grams is the usual minimum dose.

No safe upper limit has been set in this country. However, the European Food Safety Authority has concluded that supplements of up to 5 grams daily of EPA and DHA are safe for long-term use. Higher doses may be especially helpful when you're dealing with PMS or other temporary health situations.

Choosing the Best Product

Supplements deliver the best benefits when they're taken regularly, so it's important to pick a form that will be easy and convenient for you to use. And then compare products to match your desired dose.



CBD: Hope or Hype?

The best natural way to ease anxiety, insomnia, pain—and even Parkinson's tremors—might be CBD

BY EMILY A. KANE, ND, LAC



Q Is CBD really a wonder medicine?

My clinical experience confirms that CBD can be effective for pain, anxiety, and insomnia, and can also help reduce Parkinson's tremors. CBD is an extract of the cannabis plant, but unlike the more well-known extract, THC, it doesn't get you high. In some states, you can legally buy products that contain both, but what's of most interest is the non-hallucinogenic component in cannabis, CBD (cannabidiol).

What's In a Name?

The principal cannabinoids found in cannabis are CBD, CBG, CBN, and THC. These cannabinoids target receptors found throughout the body that are reported to help relieve pain, nausea, inflammation, and other symptoms.

THC is the most abundant and widely known cannabinoid in cannabis, and is responsible for marijuana's famous psychoactive effect. CBD, on the other hand, is a non-psychoactive cannabinoid that is thought to reduce pain, anxiety, inflammation, and more. CBD is known as a dopaminergic, meaning it helps stimulate cells that produce the calming neurotransmitter dopamine. This is why some research shows that CBD may help treat Parkinson's

tremors—one of the key factors in Parkinson's is a reduction in the ability to produce dopamine.

CBG (cannabigerol) is the “parent” cannabinoid, and emerging research points to its potential to provide pain relief, lower inflammation, improve digestion, resolve skin conditions, and help treat cancer and neurodegenerative diseases.

Let's Talk Terpenes

The many pleasant terpenes in cannabis not only impart flavor and aroma, but also offer healing properties. These terpenes are widely represented elsewhere in nature in aromatic foods, spices, and tree resins, including broccoli, citrus fruits, mangoes, beer, basil, rosemary, cinnamon, and oregano. Here's a quick overview:

- ✱ **Alpha-pinene terpenes** are said to help enhance focus and memory. They are also thought to have bronchodilator, anti-inflammatory, and antimicrobial properties.
- ✱ **LINALOOL** (lavender) is a sedative, anti-epileptic, and analgesic that also can help reduce anxiety.
- ✱ **Myrcene** (mango) is analgesic, muscle-relaxing, and antibiotic.
- ✱ **Beta-caryophyllene** (clove), known as the “happy” terpene, reduces anxiety, lifts spirits, and acts as an antioxidant and antimicrobial.

- ✱ **Limonene** (lemon peel) improves mood, reduces anxiety and depression, and boosts immunity.

What Kind of CBD to Buy

Now that it's legal to grow hemp in the U.S., a huge market has opened up for CBD products. CBD is found in both the hemp plant and marijuana plant, but only hemp-sourced CBD products are legal to sell in the U.S. The federal government defines legal hemp as containing no more than 0.3 percent THC.

When it comes to dosing, you'll need to experiment. Figure out what you want—pain reduction, anxiety relief, easy sleep onset, mood boost—and do a little research. Start low, and experiment to find a dosage that works for you (see box below). Used judiciously, cannabis helps many ailments. Despite a history of being called a “gateway” drug to the bad stuff, cannabis is now being used ever more widely as medicine, including as an “exit” drug in opioid detox programs.

CBD Dosage Chart

- ✱ **SOCIAL ANXIETY:** 10–25 mg daily for social anxiety, as needed
- ✱ **IMPROVED SLEEP:** 25–50 mg at bedtime daily for durability
- ✱ **PAIN:** 50–100 mg, once or twice daily as needed (CBD works best for nerve pain, like sciatica, as opposed to wound pain or migraine)

Fast Anxiety and Stress Relief!^{*†}

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[†]Relieves occasional anxiety and stress.

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

Super Mushrooms

A guide to six medicinal mushrooms for physical and mental health

BY LISA TURNER

They're cropping up everywhere—from coffee to chocolate—with claims about their mystical properties. But there's nothing magic about medicinal mushrooms. They're backed by dozens of studies that support their ability to improve immune function, reduce inflammation, protect against cancer, and more.

While all medicinal mushrooms share similar compounds, each variety has its own subtle differences and unique benefits. New to 'shrooms? Here's a starter guide to the six most popular—and best-researched—options.

1 Shiitakes

These savory 'shrooms have been used for thousands of years in Asian culture in both culinary and medicinal applications. And since they're familiar, versatile, and delicious, shiitakes are a great way to start your mushroom journey.

What they do. Lower cholesterol, reduce blood pressure, protect against atherosclerosis (narrowing of the arteries), and improve cardiovascular health. Shiitakes also reduce inflammation, improve immune response, inhibit bacterial and viral infections, and may protect against cancer.

What to look for. You'll find fresh shiitakes in most health food stores, or look for dried shiitakes in larger grocery stores or Asian markets. Shiitakes are also available in powdered form, or as supplements or tinctures.



How to use them. Shiitakes have a mild, meaty taste that's perfect for mushroom recipes. To use fresh shiitakes, remove the woody stems, chop the caps, and add to sautéed greens, lentil soup, or roasted root vegetables. Soak dried shiitakes in warm water until softened, then drain and use as you would fresh shiitakes.

2 Reishi

These thick, beefy mushrooms are characterized by their kidney-shaped cap and glossy reddish-orange color. Also known as *Ganoderma lucidum*, lingzhi, or the "mushroom of immortality," they've been used in traditional Asian medicine and cuisine for more than 2,000 years to treat liver disease, high blood pressure, insomnia, and more.



What they do. Improve immune function, protect against viral infections, inhibit cancer cell growth and tumor progression, and protect against a variety of cancers, including breast, prostate, and colorectal. Reishi mushrooms may also ease anxiety and depression, reduce stress, improve sleep, and promote cognitive health.

What to look for. Whole reishi mushrooms are hard to find, and their tough, woody texture make them difficult to cook with. Look for them in Asian markets, or buy them in powdered form or in capsules or tinctures.

How to use them. Reishi mushrooms are bitter, so they're best used with strong, pungent herbs and spices that mask their flavor. Simmer dried reishi mushroom slices with garlic, ginger, and onions, then strain for a healing broth or soup base. Or stir a spoonful of powdered reishi into a garlicky mushroom-tomato sauce.



3 Chaga

Not technically a mushroom, chaga comes from a fungus that grows in cold climates, primarily

on birch trees. It looks like a chunk of charred wood, but has a soft, brilliant orange interior. It's a staple in Russian, Asian, and Scandinavian folk medicine, usually consumed as a tea to improve immunity and boost resistance.

What it does. High in antioxidants, it protects against inflammation by inhibiting inflammatory compounds. Chaga also fights viral and bacterial infections, improves immune response, and may protect against cancer.

What to look for. You'll find chaga in powdered form, or in capsules or tinctures. It's also sold in dried chunks or powdered as an ingredient in mushroom-based coffee substitutes.

How to use it. Chaga has an earthy, slightly bitter flavor that's perfect as a coffee alternative—just simmer dried chunks of chaga in water, then strain. Or heat coconut milk, then whisk in chaga powder, cocoa powder, and honey or agave to make a healing mocha.



4 Cordyceps

Like chaga, it's not technically a mushroom. Instead, cordyceps is a fungus that grows

on caterpillars in the mountainous regions of China. Modern versions are grown on grains, usually rice, so they're vegan. Cordyceps has been used in Asian medicine for thousands of years to treat fatigue, improve sex drive, and boost energy.

What it does. Improves physical performance, and speeds up muscle recovery after workouts. It appears to work by enhancing cellular energy, increasing insulin sensitivity,



and improving blood flow. Cordyceps also has immune-boosting and cancer-preventive properties.

What to look for. Whole, dried cordyceps is very hard to find, but some specialty shops and Asian markets carry it. In general, you'll find it in powders, capsules, or tinctures, or as an ingredient in mushroom-based coffee alternatives.

How to use it. Cordyceps has a mild, earthy flavor that incorporates easily into many recipes. Use cordyceps powder in DIY energy bars: Combine dates, almonds, pumpkin seeds, cacao nibs, and cordyceps powder in a food processor; grind into a paste and form into bars or balls.

5 Lion's mane

This large, white fungus has long, shaggy spines that resemble a lion's

mane—hence the name. Also known as *Hericium erinaceus* or hedgehog mushroom, lion's mane grows on hardwood trees in North America, Asia, and Europe, and has been traditionally used to support brain health.

What it does. Supports cognitive health and memory and protects against cognitive decline by promoting production of nerve growth factor, critical in the development and survival of neurons, and regulating cells in the nervous system. Lion's mane may also ease anxiety, reduce depression, and improve sleep.

What to look for. You can find whole, fresh lion's mane mushrooms at specialty stores, farmers' markets, and some large grocery stores. Or look for it in powders, capsules, tinctures, or mushroom-based coffee substitutes.

How to use it. Lion's mane mushrooms have a firm texture and mild flavor that's reminiscent of lobster. Cut them into steaks and sauté in butter or olive oil with garlic and black pepper.



6 Turkey Tail

This fan-shaped fungus with alternating concentric circles in red, orange, and brown

hues, resembles a turkey's tail—hence the name. Also known as *Coriolus versicolor* or *Trametes versicolor*, turkey tail is traditionally used in China and Japan to support immune function and promote overall health.

What it does. Protects against cancer by stimulating the immune system, inhibiting proliferation of cancer cells, and reducing tumor activity. It may also reduce the harmful side effects of chemotherapy. Turkey tail also has antioxidant, antibacterial, and antiviral activity, and can protect against HIV (human immunodeficiency virus) infection.

What to look for. You can buy whole, dried turkey tail online or in some Asian markets or specialty stores. Or look for it in capsules, tinctures, or powders.

How to use it. Turkey tail mushrooms have a savory flavor with a very chewy texture that's best in soups or broths. Soak dried turkey tail in warm water until softened, then drain and simmer with shiitakes, portobellos, and other mushrooms for a flavorful broth. Or add a spoonful of powder to a smoothie with bananas, almond butter, coconut milk, and vanilla extract.





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Chaste Tree Berry

This tiny fruit holds big health benefits, especially when it comes to PMS and other hormonal imbalances

BY KARTA PURKH SINGH KHALSA, DN-C, RH

Chaste tree berry (*Vitex agnus-castus*) has a long history of use in herbalism as a treatment for a range of conditions, including premenstrual syndrome (PMS), acne, fibrocystic breast disease, infertility in women, heavy menstrual bleeding, menopausal symptoms, lack of breast milk, benign prostatic hyperplasia in men (BPH), migraine headaches, and joint disorders.

Also called vitex or chaste berry, chaste tree berry may influence hormone levels promote the release of luteinizing hormone and, in turn, increase levels of progesterone (a hormone known to play a key role in regulating the menstrual cycle). It's also thought to affect levels of prolactin, which is involved in stimulating breast development and milk production.

From PMS to Menstrual Harmony

The most common use for chaste tree berry is in managing PMS. It's safe to say that this berry is the most popular PMS remedy in current Western herbalism. German practitioners, in particular, use chaste tree berry for multiple female hormonal issues. One paper stated that after a treatment period of three menstrual cycles, 93 percent of patients described a decrease in the number of symptoms or even complete relief from PMS.

Researchers recently reviewed 12 studies investigating the effects of chaste tree berry on women's health, and the results looked positive for chaste tree berry in the treatment of premenstrual syndrome. And another study of 60 women, aged 18 to 44, reported that chaste tree berry reduced the intensity of premenstrual

DID YOU KNOW?

Chaste tree berry was used to suppress sexual desire by both the men and women of ancient Greece and Rome, according to The American Botanical Council.

tree berry is commonly used for breast tenderness (mastodynia). It is approved by the German Commission E for that purpose. A review in *Evidence-Based Complementary and Alternative Medicine* reported that there is convincing evidence that chaste tree berry is safe, effective, and efficient in the treatment of cyclical breast tenderness.

A study published in the *Journal of Alternative and Complementary Medicine* also found that chaste tree berry eases menopausal symptoms. And a 2019 research project compared chaste tree berry to placebo and concluded that mean scores for total menopausal disorder, anxiety, and hot flashes were significantly lower in the vitex group.

Botanical Fertility Booster

This potent berry might also help boost fertility. One study found that after 3 months of taking a supplement containing chaste tree berry, green tea,

bloating, irritability, headache, and skin issues.

In Europe, chaste

L-arginine, vitamins (including folate), and minerals, 26 percent of subjects had become pregnant (compared to 10 percent of those who took the placebo).

Polycystic ovary syndrome (PCOS), may also benefit from chaste tree berry treatment. In a 2014 review, Australian researchers examined 33 studies and concluded that chaste tree berry was one of the most successful interventions.

How to Use the Herb

Chaste tree berry is generally free of side effects. Unusually high doses might generate mid-cycle menstrual bleeding, dry mouth, hair loss, headache, itching, digestive upset, and skin rash. The herb is not recommended during pregnancy. It may take three to five months to see results.



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Aromatherapy for Hormone Balance

Essential oils are the perfect accompaniment to chaste tree berry and other women's health supplements. Here are the best ones to use for hot flashes, mood swings, puffiness, and irritability BY CHERYL CROMER

Perhaps it's that time again—the monthly appearance of irritating mood swings and puffiness from water retention. Or perhaps you're well past all that, and exhausted from dealing with sleepless nights caused by your own personal summer.

Whether a woman is just learning to cope with PMS or is post-menopausal, she can experience similar annoying bouts of moodiness, fatigue, bloating, even insomnia. Essential oils can help alleviate the symptoms of hormonal and emotional vagaries that strike at each stage of a woman's life.

If the essential oil of angelica sounds soothing, you're right. **Angelica root** (*Angelica archangelica*) is a grounding herb that calms the mood while stimulating the immune system and encouraging the body's natural elimination of toxins. When combined with cypress, angelica is noted for dispelling depressive thoughts. Include the deeply complex essential oil of **blue tansy** (*Tanacetum annuum*), and you'll create a powerful blend to battle the grumps and fight off anxious thoughts that fuel insomnia.

Indeed, the lilting, woody aroma of essential oil of **cypress** (*Cupressus sempervirens*) helps gently steady erratic moods and enrich any calming blend. Massage several drops of cypress with a carrier oil, such as evening primrose or rosehips, on the abdomen to spot-treat menstrual cramps. Cypress offers astringent properties that boost circulation, and along with grapefruit, helps provoke a natural diuretic process.

Like essential oils of geranium, sage, and ylang ylang, **grapefruit** is often cited as a "female oil" due to its powerful chemical constituents that help balance hormones. The sweet-tart tang of uplifting *Citrus paradisi* helps assist with flushing excess water from the body and is a refreshing ingredient in a home spa blend to treat periodic bloating and cellulite. Aromatic bonus: Just inhaling the crisp citrus aroma is said to help curb hunger cravings!

Geranium (*Pelargonium graveolens*) is especially effective for women, as it supports the reproductive system from puberty to menopause. It also helps maintain healthy adrenal levels and relieves fluid retention, often a side effect of PMS. Offset its pungent aroma with the scents of zesty grapefruit or sweet, heady ylang ylang for a powerful blend to soothe rattled nerves.

Sage (*Salvia officinalis*) may be familiar as a culinary star, but the essential oil is a fresh, stimulating addition for any blend created to treating symptoms of PMS, post-menopausal fatigue, even emotional exhaustion. Historically, sage has been used to treat hysteria and negativity, generate wisdom, and promote healing. The essential oil can help stabilize menstrual cycles and related symptoms. Spritz a simple body spray of distilled water mixed with herbaceous sage to reset a toxic mood.

Ylang ylang (*Cananga odorata var genuina*) is an intoxicating floral that allays nervous tension. Choose either "extra" or "complete" distillations of ylang ylang, the preferred essential oils for therapeutic use. Not just an antidepressant, ylang ylang is also known as a female aphrodisiac with its desire-boosting aroma, which is especially helpful for post-menopausal women coping with a loss of libido. It's euphoric scent, however, will lift the spirits of any woman seeking relief from daily stress.



Slumber Blend

Blend essential oils with 2–3 oz. of distilled water for a body or pillow mist or add to a cool mist room diffuser for extended aerial application. Vary the amount of lavender with other oils for your scent preference.

- ▲ 6 drops Angelica
- ▲ 6 drops Blue Tansy
- ▲ 18 drops Cypress
- ▲ 32 drops Lavender



Goddess Synergy

Prepare essential oils in 4 oz. Epsom salts for soaking in a hot bath, or in 2 oz. carrier oil, such as rosehips or evening primrose oil, for massaging into affected areas.

- ▲ 12 drops Geranium
- ▲ 24 drops Grapefruit
- ▲ 12 drops Ylang Ylang
- ▲ 12 drops Sage



Mood Booster

Blend essential oils with 2–3 oz. of distilled water for a handy aromatic mist. This blend will also work well as a rollerball application using 1 oz. carrier oil.

- ▲ 15 drops Angelica
- ▲ 10 drops Blue Tansy
- ▲ 16 drops Sage
- ▲ 12 drops Lavender



Home Spa Tonic

Blend essential oils with 4 oz. lavender hydrosol or distilled water; spritz liberally after shower or bath.

- ▲ 32 drops Cypress
- ▲ 36 drops Grapefruit
- ▲ 44 drops Sage
- ▲ 10 drops Ylang Ylang

As always, test oil sensitivity by using a skin patch test. If ill or pregnant, consult your family physician prior to using essential oils, and avoid cypress, blue tansy, and sage oils. Keep oils out of reach of children and pets.

A Sea Change

The remedy for dry, sensitive, and aging skin just might be found floating in the ocean

BY SHERRIE STRAUSFOGEL

Algae—aquatic plants that can be as big as sea kelp or tiny enough to be microscopic—are awash with therapeutic benefits for your skin. Only a few algae species have been studied for use in cosmetic products, including the three major classes of seaweed, which are green, red, and brown kelp, as well as microalgae such as spirulina and chlorella.

The studies have shown that algae hydrate, soften, and detoxify the skin while replenishing essential vitamins and minerals. Algae also have significant

antioxidant power to protect skin from free radicals that cause premature aging, and are being studied for possible UV protection.

Astaxanthin, found in algae, is one of nature's most potent antioxidants—proven more powerful than vitamin C, CoQ10, green tea, and alpha lipoic acid. It can neutralize multiple free radicals at once, protecting your skin and body from oxidation, damage, and inflammation. Classified as a carotenoid because of its red-orange color, it was originally isolated from a

lobster. It is also found in microalgae, wild salmon, red trout, krill, shrimp, and crabs.

Clinical studies have shown that topical astaxanthin can increase skin moisture and elasticity, as well as promote smoothness and decrease fine lines and wrinkles. In addition, it has UV-blocking properties that help the skin protect itself against sun-related damage. It can even lighten age spots by preventing too much melanin.



Photo: adobestock.com

1



2



3



4



5



1 Fortify your lashes as you add volume with **Pacifica Stellar Gaze Length & Strength Mineral Mascara**. Green algae extract and brown kelp moisturize and protect lashes. Coconut oil, vitamins B and E, jojoba oil, chamomile, and rice protein nourish lashes. The mascara is formulated without carmine, mineral oil, or parabens. The vegan brush applies easily and coats every lash.

2 Quench dehydrated skin with **Annemarie Börlind Natural Beauty Aqua Nature System Hydro Revitalizing Rehydration Serum**. Green algae extract, aloe vera, and botanical hyaluronic acid moisturize and refresh parched skin. Carrageenan from red algae, used as a natural gelling agent, also hydrates the skin.

3 Get glowing skin with **Alba Botanica Even Advanced Sea Algae Enzyme Scrub**. This gentle exfoliator polishes dull, dry skin to create a smooth, radiant complexion. A marine complex, infused with sea enzymes including algae, fortifies skin and evens skin tone.

4 Diminish discoloration and uneven skin tone with **InstaNatural Skin Brightening Serum**. Astaxanthin, vitamin C, niacinamide, licorice root extract, and alpha-arbutin target hyperpigmentation and reduce the appearance of dark spots. Astaxanthin, wakame seaweed, and hyaluronic acid hydrate skin and plump lines and wrinkles.

5 Smooth and hydrate your skin while you sleep with **The Seaweed Bath Co. Restoring Marine Algae Overnight Mask**. Snow algae powder, made from algae found on glaciers and snow, rejuvenates and moisturizes. AlgaDerm Complex, a proprietary, clinically proven formula with vitamin B₃ and three varieties of seaweed, detoxifies, restores, and protects, while spirulina helps to rebalance and refresh skin. This seaweed-green mask dries clear on your skin with no messy residue.

The Easy-Does-It

11 SIMPLE TIPS
THAT MAKE
CLEANSING A
BREEZE

BY LISA TURNER

PLAN



It's that cleansing time of year again, when ads for miracle detox plans litter social media posts and the pages of magazines. But is a detox really necessary? Technically, no. Your body has its own sophisticated and efficient detox system that includes the liver, kidneys, and intestines. That said, a sane, simple cleanse can optimize your natural detoxification system, give your body a break from bad habits, and leave you feeling lighter, cleaner, and revitalized. Unclear about cleanses? Check out these eleven easy tips for a safe-and-sane detox.

1 Keep it simple—and short. You know those flashy programs that include hundreds of dollars of premade juices or complicated supplements, or the starvation diets where you drink nothing but lemon water with maple syrup and cayenne? You're wasting your money and your time—and possibly harming your health.

Steer clear of any detox or cleanse that sounds extreme, says Serena Poon, nutritionist, detox expert, reiki master, and founder of Just Add Water super nutrient foods and supplements. And forget those two-week regimens.

They're hard to follow and create a sense of deprivation, so when you go back to your regular diet, you're more likely to binge. A three-day cleanse once a month or every other month is really all you need to hit the reset button and break a pattern of unhealthy habits—especially after vacations, holidays, and stressful periods at work.

2 Don't starve yourself. Good news for those of us who like to eat: fasting isn't necessary—and may not even be the best approach. Any extreme reduction in nutrients that lasts longer than a few days can cause dehydration and electrolyte imbalance, and a starvation diet that leaves you feeling



deprived makes it more likely you'll fall off the detox wagon with a loaded pizza or a box of Krispy Kremes. Fasting also shifts your body into starvation mode, so when your cleanse ends, you may gain more weight from eating less food.

Instead of deprivation, focus on light, pure foods that support your body's natural detox mechanisms, says Poon. Think greens and raw, fiber-rich vegetables to keep your digestive system moving, plus antioxidants to bolster your body's natural detox mechanisms. Additionally, onions, garlic, cruciferous vegetables, and cilantro support the body's ability to remove heavy metals, and cilantro also speeds the excretion of certain toxic chemicals. [Editor's note: For more on heavy metals, see p. 34.]

3 Go easy on the juice. "I usually tell my clients to avoid pure juice cleanses," says Poon. "I love adding cold-pressed vegetable juice to almost any eating regimen, especially cleanses, but juice-only cleanses are problematic for a few reasons." For one thing, they're hard to complete. And they don't include fiber, which is crucial for toxin elimination through the digestive system. "Fruit juices also contain a lot of sugar," says Poon, which can cause inflammation.

Cold-pressed vegetable juices,

especially those made from greens, are a better choice. Invest in an inexpensive juicer and make your own from organic vegetables and greens for a fresher and less-costly alternative that also avoids plastic bottles.

4 Hydrate. "Drinking water is really important during a detox or cleanse," says Poon. "Ample hydration supports your kidneys, which are essential organs for detoxification." Easy ways to increase water intake:

- * Keep a bottle of filtered water at your desk and in your car to sip throughout the day.
- * Drink a full glass of water after every bathroom break.
- * Break up the boredom with sparkling water, or lace still water with a splash of juice.
- * To rehydrate after sleeping, sip 16–20 ounces of warm water with lemon as soon as you wake up.
- * Try a hydration app such as HydroCoach, WaterMinder, or Aqualert that reminds you to drink up.

5 Face your addictions. Just to be clear: if you're dealing with a serious addiction to alcohol or drugs, a cleanse is never a substitute for professional

help. But for everyday demons such as sugar, coffee, sodas, junk food, or fast food, a simple detox can help break persistent patterns. And once you establish a healthier baseline, you'll feel better and crave less.

Your unhealthy habits will definitely rear their ugly heads during any detox, so start small. "People with persistent habits usually just need to be persistent with their cleansing," says Poon. "If a cleanse doesn't work the first time, keep working at it." Try a one-day regimen, then gradually progress to two or three or longer. If you can't stick to your one-day cleanse, try again the following week.

6 Make simple swaps. In addition to periodic short cleanses, make detox part of your daily life. Start with one not-so-healthy eating pattern—like that Starbucks Mocha Frappuccino—and commit to a better option. Be realistic: you're unlikely to swap your beloved morning coffee for a cup of green tea,

so a skim milk latte, sans sugar, may be a likelier substitute. Or maybe you sub your morning pastry for a whole-grain bagel with a slice of cheese or turkey, or dress your salad with extra virgin olive oil instead of ranch.

"We want to make it sustainable," says Poon. "Many people get overwhelmed by trying to bring new habits into their regimen all at once, and then feel defeated when they forget or can't keep up." The point is to set yourself up for success, and find a palatable switch you'll stick with.

7 Move and sweat. Let's just get this out of the way: it's a myth that you excrete toxins through your skin. The skin's primary role in the body's detox system is preventive—to act as a barrier against harmful compounds such as bacteria, viruses, heavy metals, and chemicals.

Having said that, exercise and sweating are important during a detox to boost

circulation, increase respiration, and keep energy moving through your body. Regular exercise also protects against inflammation to keep your body's detox system functioning properly. But during a cleanse is no time for running a marathon; stick to light, gentle exercise such as yoga, tai chi, or a meditative walk in the woods.

8 Support with supplements. The right supplements—food-based, preferably organic, and without any chemical fillers—can support your organs' natural detox efforts. Don't overdo it: overloading your system with handfuls of pills is pricey, complicated, and a burden on your liver.

"Supplementing your cleanse with supergreens can help alkalize, oxygenate, and detoxify your body," says Poon. Chlorella, a type of algae, may enhance the elimination of heavy metals and other toxins. Probiotics support gut health, essential in moving waste and toxins



Photo: adobestock.com

from the body, and milk thistle contains compounds that support liver function. And always check with your health care provider to be sure supplements aren't contraindicated with any pre-existing conditions or medication you're taking, says Poon.

9 Detox your kitchen. Purge your pantry before your detox. Toss the cookies, chips, and canned food, and fill your fridge with fresh fruits, vegetables, and greens. Stock up on healthy fats such as coconut oil, avocados, and nut butters, as well as whole grains and clean protein, including beans, wild-caught fish, and pasture-raised poultry and eggs. And commit to cooking in, not eating out. Find a few simple meals that you can prep in minutes to support clean eating.

10 Detox your life. Your brain may need a detox as much as your body. Take a break from electronics, violent movies, or stressful reading (such as the daily news). Toss chemical-filled household cleaners and personal care items, and stock up on plant-based products. "Getting enough sleep is also really important because your cells regenerate while you sleep," says Poon. And try meditation. A daily practice can help you make mindful choices about food, and breathwork can detoxify your respiratory system, says Poon. [Editor's note: see p. 36 for more on meditation.]

11 Be realistic. No matter why you're detoxing, be clear on one thing: a cleanse isn't a fix for months of bingeing. And it's unlikely that you'll shed 20 pounds or make your skin glow like a supermodel's. So be realistic about why you're detoxing, and set clear, specific goals. Are you taking a break from caffeine? Do you want to kick that pizza habit or minimize your sugar cravings? If you're reasonable about your expectations, you'll be more satisfied with the results—and more likely to make regular cleanses a lasting part of your life.



Serena Poon's Luminous Elixir Recipe

Serves 1 (32 oz.)

- 6 leaves organic Tuscan kale (about 3 cups)
- ½ bunch organic spinach (about 1 cup), preferably unbagged
- ½ bunch organic Italian parsley (about ⅓ cup)
- 4 stalks organic celery
- 2 whole organic cucumbers
- 1 head organic Romaine lettuce (about 5 cups)

1. Thoroughly rinse all ingredients.
2. Cut vegetables into smaller size, appropriate for your juicer.
3. Alternate juicing harder vegetables with leafy ones (especially if using a masticating juicer).
4. Transfer juice to an airtight container, preferably BPA-free, and keep refrigerated. Or divide into three portions to drink throughout the day. Add lemon, lime, or ginger for extra flavor (optional).

Per serving: 260 cal; 16g prot; 3.5g total fat (0.5g sat fat); 54g carb; 0mg chol; 240mg sod; 22g fiber; 21g sugar



Essential Formulas
Reg'Activ
Detox & Liver Health



HealthForce
SuperFoods
Chlorella Manna



MegaFood
Daily Purify



Planetary Herbals
Cilantro Heavy
Metal Detox



Vital Planet
Vital Flora Ultra
Daily Probiotic

Are You Eating Foods HIGH IN HEAVY METALS?

It's very possible that the answer to this question is yes. Some of the most common food ingredients may be depositing toxic heavy metals into your body, contributing to the development of disease. Vegetable oils, food colors, corn syrups, and preservatives are the top sources of these ingredients—found mostly in processed food products—that will contribute to your body's burden of heavy metal exposure. Although few studies have been conducted to determine the concentrations of heavy metals in food products, there seems to be some evidence to suggest the most common toxic heavy metals found in the food supply are inorganic mercury, lead, cadmium, and arsenic.

Measuring Heavy Metals in Food

Whether or not contaminants are found depends on the analytical method used to measure the heavy metal being studied. In the case of mercury, the monitoring results for the years 2008 and 2009 were omitted by FDA due to “issues in methodology.” The food samples collected by the total diet study during the years 2010 and 2011 were not analyzed for mercury. Some food samples collected after 2011 have been analyzed for mercury, but the new methodology is not stated in the updated FDA report. According to the 2016 publication, FDA reports finding mercury only in products containing fish. Since the methodology is not known and mercury was found only in products containing fish, we must assume the new methodology focuses exclusively on detecting the organic form of mercury.

It is interesting to note that in 2009, two studies published by two different research groups determined there were detectable levels of mercury in a variety of foods found in American grocery stores.

Organic vs. Inorganic Mercury

Why would FDA only look for organic mercury and not inorganic mercury, when the evidence suggests inorganic mercury is a widespread contaminant in the food supply? Organic methylmercury in fish is a known and accepted contaminant. Mercury exposure from fish consumption is an easy problem to address. The FDA simply advises consumers to limit their fish intake to reduce their mercury exposures. Inorganic mercury in the food supply is a controversial contaminant because

Adapted Book Excerpt:

UNSAFE AT ANY MEAL: What the FDA Does Not Want You to Know About the Foods You Eat by Dr. Renee Joy Dufault (c) 2017. Used by permission. Square One Publishers (www.squareone-publishers.com).

it permeates the processed food supply. I cannot imagine the FDA advising consumers to avoid eating processed foods.

Inorganic mercury in the food supply is an inconvenient truth. Fixing exposure to inorganic mercury is harder than simply reducing your intake of certain foods; however, reducing your exposure is still extremely important.

There are certain amounts of heavy metals, such as arsenic, lead, and mercury, that are allowed in these food ingredients. This does not eliminate the significant risk of heavy metal exposure—these metals are able to displace zinc from the metal carrier protein

metallothionein (MT), and this can lead to zinc losses from the body. Zinc losses adversely impact health by creating inflammation and stress. Heavy metal exposures and/or low zinc status are associated with Alzheimer's disease, autism, hyperactivity, pica, type 2 diabetes, insulin resistance, and heart disease conditions. [Editor's note: learn more at reneedufault.com.]

SPOTLIGHT ON SODIUM BENZOATE

Sodium benzoate is not found naturally in the environment. It's manufactured in three different ways. One of these methods involves using sodium hydroxide (which may contain mercury residue) in the neutralization of benzoic acid. Sodium benzoate is the end product of this neutralization. The chemical is used as a food additive (preservative) to control microbial, or bacterial, growth, and as a flavoring agent. It is most commonly found in soft drinks and cough syrup. In soft drinks, the chemical can combine with ascorbic acid (vitamin C) to form benzene, a chemical compound that may cause cancer. When used as a preservative, sodium benzoate must not legally contain more than the allowable level of 2 ppm lead. Manufacturing product specification sheets indicate food-grade sodium benzoate may contain up to 1 ppm mercury.

A FORMER FDA INVESTIGATOR REVEALS HOW HEAVY METALS FOUND IN OUR FOODS ENDANGER YOU AND YOUR FAMILY, AND WHAT YOU NEED TO KNOW TO SURVIVE AND THRIVE

UNSAFE AT ANY MEAL

What the FDA Does Not Want You To Know About the Foods You Eat



DR. RENEE JOY DUFAULT

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LEARN HOW TO PERSONALIZE YOUR MEDITATION PRACTICE WITH THESE SEVEN VARIETIES TO SUIT YOUR STYLE

BY LISA TURNER

You know meditation is good for you. Studies show that it can relieve stress, improve concentration, increase energy, and encourage a sense of well-being. But if you've never had success sitting still or quieting your mind, you may need a different approach. Check out this guide to seven different styles—one for every personality or need.

1 Focused and disciplined. Ultra-focused by nature? Try a meditation practice that involves concentrating on something, using one of your five senses. The yogic practice of *trataka* involves gazing at a single point. It's also said to protect vision, improve memory, and promote intuition. To start, sit with your back straight and choose an object, such as a candle flame, on which to focus. It should be about two or three feet away, and more or less level with your eyes. Gaze softly but intently, until your mind begins to still. If your mind does wander, just return your attention to the object and continue. Start at 5–10 minutes, working up to 20 minutes. For more detailed instructions, check out “*trataka*” at yogaindailylife.org.

2 Fidgety and active. Can't sit still? A moving meditation is perfect for you. This active form of quieting the mind was traditionally practiced in a labyrinth or Japanese garden, but you can do it anywhere that's peaceful and relatively flat. Avoid rocky or rugged terrain where your concentration will be divided—the goal is to quiet your mind, not go for a vigorous hike. Start on a path that's about 40 feet long. With your eyes downcast, walk slowly to the end of the path, come to a full stop, turn around, and walk back again. Keep walking back and forth, making your steps conscious and deliberate. Focus your attention on your breath, the movement of your legs, the feeling of your feet contacting the ground, and

other details. Practice for 10 minutes a day, increasing to as long as you'd like. For more details, and a deeper practice, read *Walking Meditation* by Thich Nhat Hanh.

3 Body aware—and committed to comfort. Really in touch with your body but hate sitting upright on a cushion? Try body-scan practices that focus on the physical form and allow you to fully experience sensation. Start by lying down in a comfortable place with your eyes closed. Take a few deep breaths, and bring your attention to your body. Starting at your feet, move your attention toward your head, scanning for areas of tension and consciously relaxing them. Go slowly, and notice your physical body in great detail—your pinky toes, the small bones in your feet, the skin on your ankles—until you reach the top of your head. Take at least 20 minutes to complete the practice, breathing deeply throughout. If you're new to body-scan practices, guided audio can help. Try Sally Kempton's *Body-Scan Meditation* at [SoundsTrue.com](https://www.soundstrue.com).

4 Driven to succeed. Up at 5 a.m., at your desk by 6? A focused, simple meditation practice you can do at work is ideal for you. Try awareness meditation, also called “open awareness” or “present moment awareness.” This style works by giving the mind the clear, simple task of being aware of your surroundings. Start by sitting up (yes, at your desk is fine), eyes open, and start to really notice your surroundings—the smell of coffee, the voices of coworkers, artwork on the walls—as well as your inner dialogue, such as memories,

thoughts, or feelings. The goal is not to classify, categorize, or judge, but simply to witness. Stay in the experience, and just be aware. For a deeper exploration, check out *The Open-Focus Brain* by Les Fehmi, PhD, and Jim Robbins.

5 Anxious and apprehensive. Nervous Nellies, this one's for you. Practices that control the breath—called pranayama in yogic traditions—help slow the heart, calm the mind, and ease anxiety. Start by focusing on the flow of air in and out of your nostrils for a few breaths, then exhale completely through your mouth. Inhale through your nose for a count of four, gently holding the breath for a count of seven, then exhale through your mouth for a count of eight. Repeat the cycle a few times, or until you feel calmer, and do at least two full cycles each day. Some tips: when you're holding the breath, do it gently; relax your shoulders and try not to “grip” the breath. It's easiest if you start by closing your eyes, but as you get more practiced, you can do it with your eyes open—in a stressful meeting, on a crowded bus, during a tense conversation. For more details on pranayama, read *Breathwork: A 3-Week Breathing Program to Gain Clarity, Calm, and Better Health* by Valerie Moselle.

6 Laid-back, but lethargic. If you're maybe too calm, an invigorating practice that enhances energy can clear the cobwebs and revitalize your day. Kundalini meditation is an ancient practice designed to move energy through the body, generally from the root chakra (the base of the spine) through the crown of the head.

For a very simplified version, start in a seated position, legs crossed and spine straight, palms in prayer position at your chest. With your eyes closed, focus your gaze on your third eye—slightly above the point between your eyebrows—and begin breathing deeply, noticing the breath moving through your body. You can also use a mantra (traditionally, “Sat Nam,” or “truth is my essence”) to help focus your mind. Continue for five minutes, working up to a longer practice. Because Kundalini is a deep and powerful practice, you'll get the best results with a qualified instructor. Visit ikyta.org for a list of teachers and classes. And check out “A Beginner's Guide to Kundalini Yoga” at yogajournal.com for basic information.

7 Dedicated to enlightenment. For serious seekers, traditional practices that focus on insight are ideal. In Transcendental Meditation (TM), founded by Maharishi Mahesh Yogi in the 1960s, the goal is to rise above (transcend) thought to experience a state of pure awareness or consciousness. In traditional Buddhist practices, the ultimate goal is to transcend the impermanence of daily life and reach a higher level of consciousness. If these appeal, look for a qualified meditation instructor in your area. Check out shambhala.org or tm.org for teachers and centers. For an intro to TM, read *Strength in Stillness* by Bob Roth. For Buddhist meditation practices, read Jon Kabat-Zinn's *Wherever You Go, There You Are*, or check out his Guided Mindfulness Meditation CDs.



Defusing Anxiety & Negativity: *Why Gratitude Is Key*

BY FRANK KILPATRICK

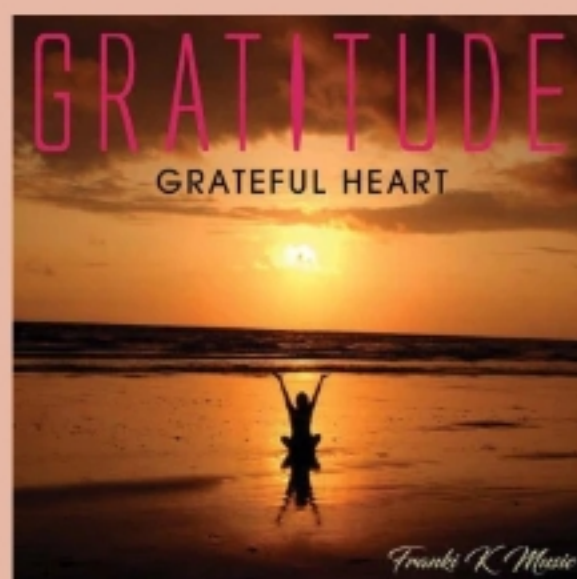
We all want to feel happy and productive. But here's the Catch 22: the things we do to try to feel that way—working long hours, rushing kids from one activity to the other, and meeting all of life's obligations—can leave us feeling stressed, anxious, and even resentful. (And that's not counting the complications that spring up.) We may find ourselves thinking: What's the point of all this hard work if I can't enjoy my life?

Thankfully, we can feel contentment (and, yes, happiness!) even when life is at its most chaotic. It comes not from trying to control your circumstances (which isn't always possible) but from shifting how you look at them.

I love the saying "Gratitude doesn't change things for you, it changes you for things." When we can learn to come from a place of gratitude, we see things differently. There's a mindset shift that brings peace. My Gratitude Musical/Visual Meditation series helps listeners tap into that mindset.

HOW TO ENJOY THE GRATITUDE SERIES

The Gratitude Musical/Visual Meditation Series is available on YouTube. You can also learn more at GratitudeVideo.com.



Of course, you can't just flip a switch and BOOM! you're grateful. Gratitude evolves over time. It's about building some small, daily habits into your routine—and now is the perfect time to start. A few examples:

Make room in your life for gratitude. Often Fear of Missing Out (FOMO) drives us to stretch ourselves too thin. Know that it's totally okay to turn down invitations if you don't feel like being around others, or to spend the weekend recharging. It's fine to feel grateful for friends and opportunities, but we need to feel grateful for quiet moments and downtime as well.

Prepare your mind. It's important to make time for meditation or contemplation. Think of this as strength training for your mind. At first it might seem difficult to find the time, but it teaches you to get relaxed and centered, which is a vital life skill. Over time, it will get easier and easier to drop into a space of quiet contentedness where gratitude is abundant. "Mind training" should be a part of your daily health routine, like brushing your teeth.

Stop allowing junk food into your consciousness. Monitor your cognitive input in the same way you regulate your intake of fats, carbs, and calories. What you're doing is intentionally creating the best version of yourself. Think of it as a gateway to overall happiness.

Focus on the small things. There are plenty of things you can (and should) be grateful for in life's simple moments. A hot cup of coffee. Toasty sheets fresh from the dryer on a cold

NEW MUSIC FOR MEDITATION SERIES TRAINS THE BRAIN

My colleagues and I—Grammy Award-winning producer Alex Wand and bilingual composer and performer Rayko—are on a mission to fill the world with gratitude. This meditation series—which combines "microtonal" music, vocals, visuals, and on-screen lyrical messages in a unique way that keeps your attention—is designed to help train the brain for gratitude and peace. This focus stems from our work on the *Stay Alive* video/podcast documentary and is a central part of our strategy for supporting at-risk populations.

evening. A catchup phone call from a dear old friend. The smell of a delicious dinner wafting from the kitchen. The look of wonder in your toddler's eyes when they see the first snowfall of the year. Just start paying attention and let yourself feel the wonderment.

Say "thank you"—and really mean it.

When someone does something kind for you, recognize it with a sincere "thank you." Be specific about why what they did matters. This helps you mean it, which is important; mindless "thank yous" don't count. Recognition, even in small doses, makes others feel great, but it also gives you a boost of joy. And it exercises those gratitude muscles.

Manage your expectations. Real life doesn't look like a Norman Rockwell painting, and your home most likely will never look like a spread from a design magazine. Parents get old. Kids get bad grades. Tempers flare from time to time. Even during a wonderful meal with family and friends, someone might get sick, make a judgmental comment, or burst into tears during the salad course. That's life. It's messy and complicated ... and beautiful.

The best thing about gratitude is that it's contagious. If you put it out there, chances are very good you will get it back!

Do You React to Corn?

This common veggie is hidden in multitudes of food products, and if you're sensitive to it, you can experience everything from rashes and abdominal pain to cravings and binge-eating

BY MELISSA DIANE SMITH

Q My teenage daughter figured out that she develops gas and bloating every time she eats something with corn in it. I, on the other hand, love corn products and crave them, and end up bingeing on them. Does that mean that both my daughter and I have an allergy to corn? And, if so, how can we avoid it?

It's possible to have a true allergic reaction to corn—where the body releases immunoglobulin E (IgE) antibodies—which manifests in dramatic symptoms such as hives, skin rashes, asthma, or labored breathing. But this type of reaction is very rare

More common are food sensitivities, also called delayed-onset food allergies, which are immune responses that involve the release of immunoglobulin G (IgG), not IgE. Symptoms may not appear until hours or days after you've eaten the offending food, and can include headaches, joint and muscle pain, upset stomach, fatigue, nausea, bloating, abdominal pain, and diarrhea.

Other people crave and binge-eat corn, likely because corn is a high-carbohydrate, high-glycemic food that causes blood sugar spikes followed by blood sugar lows that can lead to cravings. Another possible reason might be because of a poorly understood phenomenon called food allergy addiction, in which the body becomes addicted to the allergen's presence and starts craving it.

In my work counseling clients who have difficulty controlling their eating habits, I have found

that strictly avoiding corn is just as important for people who crave it as avoiding sugar and gluten products. *The Virgin Diet* author JJ Virgin also recommends avoiding corn. Not only do cravings usually go away, but so, too, do other symptoms people didn't know were caused from sensitivity to corn.

The GMO and Pesticide Issue

A complicating factor in teasing out reactions to corn is the fact that the

vast majority of corn sold in the U.S. is genetically modified (GM) and sprayed with synthetic chemical pesticides. The pesticides used on or in corn are linked to damage to the gut wall and intestinal microflora imbalances, which are associated with gastrointestinal problems and many other ailments.

Some people report that their gastrointestinal conditions improve after they switch to organic, non-GM corn products. But for many people





Corn-Free Alternatives to Common Products

IN PLACE OF:

* **Cornstarch**

* **Baking powder**

* **Corn tortillas**

* **Corn chips**

* **Distilled white vinegar**

TRY:

Arrowroot, tapioca starch, or potato starch

Hain Featherweight Baking Powder

Coconut or lettuce wraps

Beanitos Bean Chips (Plain or Sea Salt only); Eden Brown Rice Chips; Siete Sea Salt Grain-Free Tortilla Chips; or Jilz Grain-Free Crackers

Lemon juice, apple cider vinegar, or red wine vinegar

with corn sensitivity, corn addiction, and carbohydrate sensitivity or blood-sugar- and insulin-related health problems, the answer is strict avoidance of corn and its derivatives, whether organic or not.

Basics to Know about Avoiding Corn

Staying away from any product that contains corn isn't always as easy as it sounds. It goes far beyond steering clear of the obvious—popcorn, corn-on-the-cob, corn chips, corn tortillas, and tamales—because corn is ubiquitous in our food supply. Its derivatives (cornstarch, corn meal, corn bran, corn oil, corn syrup, citric acid, dextrose, fructose, xylitol, and xanthan gum) are used in so many ways that corn is found in products you would never suspect, including deli meat, baked goods, crackers, candy, chewing gum, condiments, sauces, and salad dressing.

The 2004 Food Allergen Labeling and Consumer Protection Act requires food manufacturers to label products that include the top food allergens: milk, eggs, peanuts, soy, wheat, tree nuts, fish, and shellfish. The law, however, does not list corn as an allergen that needs to be labeled. That means avoiding corn is even more difficult than staying away from other problematic ingredients. It requires a high degree of knowledge and often some detective work.

Tips for Steering Clear of Corn

It takes time to learn to become a corn-savvy shopper, but following these general guidelines is a good first step:

- * Avoid processed foods whenever possible. This is by far the most important guideline to follow. Choose fresh fruits and vegetables and unprocessed nuts, seeds, beans, meats, and other products.
- * If you are highly sensitive, avoid conventional eggs, chicken, beef, and pork produced from animals that are fed corn. Instead, seek out

100% grass-fed and grass-finished meat, pasture-raised eggs, and wild-caught fish.

- * Learn the names of corn derivatives to avoid. Get up to speed on the long list of potential hidden sources of corn on food ingredient lists by visiting CornAllergens.com.
- * Look for products that are marketed as corn-free—but be cautious. In the United States, there is no regulatory definition for “corn-free,” so food manufacturers can establish their own definitions, and sometimes people who work at the companies don't know all the ingredients that contain corn. Use your judgment, or call companies when in doubt.
- * Look for products that are labeled “Paleo.” Foods that are truly based on the grain-free hunter-gatherer diet should not contain any corn. However, some products that are marketed as Paleo contain ingredients such as xanthan gum, which is usually made from corn. Always read the label, and be discriminating. Call or write the company if you aren't sure.

Is the Vitamin C You Take Made from Corn?

The most popular form of synthetic vitamin C found in supplements is ascorbic acid, which is usually derived from corn. To avoid corn-based vitamin C, seek out vitamin C supplements made from corn-free sources, such as tapioca. Brands derived from tapioca include Source Naturals Corn-Free Non-GMO C-1000 and Ecological Formulas (Non-Corn Source) Vitamin C-1000.

You can also look for vitamin C made from organic fruit. NutriGold Organic Whole-Food Vitamin C Gold is made from an organic berry blend. Pure Synergy Pure Radiance 100% Natural Vitamin C Capsules are made from wild-harvested camu camu and organic acerola cherries with nine organic berries and fruits.



Perfect, Flaky Fish

Love fish but hate the kitchen odor? This recipe is for you

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

The term “en papillote” literally means “in parchment.” It is a French culinary technique for cooking individual servings of food inside of packets of tightly folded parchment paper. Cooking en papillote allows food to gently steam inside of a sealed environment, thus concentrating the flavors and containing the odors—which is perfect for fish.

You can easily combine lighter, quick-cooking veggies and fresh herbs or pungents with the fish to create tasty little “one-packet” meals. As the servings are individual, the technique works equally well for just one or several servings. This fish dish is an absolutely wonderful way to lighten up your evening fare!

Mix it Up

You can use any kind of skinned and deboned fish—try different varieties to find one you love. Mix-and-match different veggies, spices, and sauces to create your own flavor combinations.

FOR VEGETABLES, TRY: thinly sliced fennel, sweet or green onion, bell peppers, greens of all kinds, haricots verts, sundried tomatoes, or cooked artichoke hearts. You can also use thin slices of lemon, lime, orange, or grapefruit.

FOR FRESH HERBS, TRY: chives, thyme, parsley, dill, and/or cilantro.

FOR SIMPLE SAUCES, TRY: lemon or lime and olive oil, sweet teriyaki, peanut sauce, miso paste, mustard mixed with dried dill, olive oil mixed with Cajun spices, hot sauce or harissa, Greek dressing, or Italian vinaigrette.





Fish En Papillote

Serves 1

We used salmon here, but really any white-fleshed fish works well in this recipe.

1 6-oz salmon fillet, skinned and de-boned

1 cup vegetables of your choice
(we used ½ cup snow peas,
½ cup shiitake mushrooms,
and ¼ cup scallions)

Sea salt and freshly ground pepper

1 Tbs. marinade or sauce, such as
Veri Veri Teriyaki Soy Vay Marinade,
or more to taste

1. Preheat the oven to 425°F. Prepare 1 large piece of parchment: use a 15-inch roll and cut a piece about 20 inches long. Fold parchment in half widthwise, then open like a book.
2. Arrange the veggies in neat pile, just a bit longer and wider than your piece of fish, in the center of your “book,” just inside the fold. Lay fish fillet on top of vegetables, and season to taste with salt, pepper, and other herbs of your choice. Dress lightly with 1–2 Tbs. of marinade, or a simple combination of fresh-squeezed citrus juice and a good oil.
3. Fold other side of parchment over fish and veggies. Starting at the top of the spine, pull edges together and fold them sharply over as one. Take the fold you made and make another fold over onto itself. Moving around the outside edge of your closed “book,” continue to make folds, sealing the book “covers” tightly together. When you reach the bottom, tuck the final fold underneath the packet so the weight of the food holds it securely.
4. Carefully transfer packet to baking sheet. Brush packet top with olive oil to prevent scorching. Bake about 10 minutes, until parchment puffs up. Remove baking sheet from oven and carefully transfer packet to a plate. Slit packet open to serve. Be careful of hot steam.

Per serving: 410 cal; 38g prot; 19g total fat (5g sat fat); 19g carb; 85mg chol; 680mg sod; 4g fiber; 11g sugar

Featured Ingredient: Fish

All fish are high-protein, low-calorie foods that provide a range of health benefits. And some of them are real superstars. Fish high in the all-important omega-3s include sustainably caught wild salmon from Alaska, Atlantic mackerel and herring, sardines, sablefish, anchovies, and oysters.

White-fleshed fish—which you can use in this recipe—is loaded with vitamins and minerals, and it is incredibly low in calories. In addition, most fish are naturally low in the potentially pro-inflammatory omega-6 fats.



FISH FOR SMARTER BABIES

Should pregnant mothers eat fish? Scientific findings presented at a conference sponsored by the governments of the United States, Norway, Canada, and Iceland, and assisted by the United Nations’ Food and Agriculture Organization, supported the notion that all people—especially pregnant and nursing women and children—should eat seafood twice a week, despite concerns about pollution contamination.

Nutrients such as omega-3 fatty acids, iodine, iron, and choline—present in fish such as wild salmon, shrimp, pollock, cod, canned light tuna, and catfish—are important to brain development. Researchers have found that they may lessen the effects of dyslexia, autism, hyperactivity, and attention deficit disorder. Some studies have linked those nutrients with increased intelligence in infants and young children.

If you’re concerned about mercury, the Monterey Bay Aquarium’s Seafood Watch has a wonderful consumer guide on its website (seafoodwatch.org) that tells you which fish have the lowest levels.

AIM FOR TWO SERVINGS A WEEK

The American Heart Association recommends that we eat at least two fish meals per week. The American Heart Association recommendation is also included in the USDA’s dietary guidelines. The nutrients found in seafood help reduce risk of death by heart attack and prevent a host of chronic health problems and terminal illnesses. Seafood cuts the risk for heart disease, cancer, Alzheimer’s, stroke, diabetes, and inflammatory diseases such as rheumatoid arthritis. And a few short years ago, a study in the *Journal of the American Medical Association* found that eating fish and seafood even once a week might help lower the risk of Alzheimer’s.

NOT EXACTLY A BAD RESUME

The AHA advice to eat two servings of fish per week is a minimum. My own advice is “eat fish as often as possible.” Back in the 1980s, William Castelli, MD, director of the famous Framingham Heart Study, said, “I have no qualms about the American public eating three or even four meals of fish a week.” That statement holds true today.

Notes from the Clean Food Coach:

If you need a little inspiration to create great flavor combinations, think about common groupings of fish, vegetables, and seasonings in different ethnic cuisines—Japanese, Italian, Mexican, Greek, etc. For instance, Japanese-inspired combinations could include white fish with matchstick carrots and sliced red bell peppers spread with miso paste.

Go with the Pros

Seven probiotic- and prebiotic-packed foods to nourish your gut, help prevent cancer, and more

BY LISA TURNER

You already know yogurt, kimchi, and other fermented foods are great for gut health, and they're also powerful allies in preventing cancer. But probiotics can't do it alone; they need nourishment—and that's

where prebiotics come in. Foods such as burdock root, sunchokes, onions, and barley are rich in compounds that encourage the growth of beneficial gut bacteria. And there's a big benefit to getting your prebiotics from food: Inulin, fructooligosaccharides (FOS), and other prebiotic compounds added to probiotic supplements are often chemically derived and can cause bloating, gas, and diarrhea in their isolated form. Feed healthy bacteria, nourish your gut, and reduce your risk of cancer with these seven healing foods.

1 Onions are high in inulin and FOS, naturally occurring prebiotics that feed beneficial gut bacteria and support immune function. Onions also contain antioxidants like quercetin, which further reduce the risk of colon cancer and other forms of cancer. Garlic contains many of the same compounds as onions, and has similar protective effects.

RECIPE TIPS: Brush halved onions with olive oil, roast until tender, then drizzle with balsamic vinegar and minced rosemary; sauté onions, garlic, red peppers, and kale, then toss with cooked lentils.

2 Barley is rich in beta-glucan, a prebiotic fiber that significantly impacts the growth of beneficial gut bacteria and enhances their

effectiveness. Beta-glucans also improve immune function, reduce inflammation, and protect against colon cancer and other forms of cancer. Oats, shiitake mushrooms, reishi mushrooms, and seaweed are also high in beta-glucan.

RECIPE TIPS: Combine cooked barley with cucumbers, red peppers, black olives, chickpeas, and feta cheese; toss diced, roasted root vegetables with cooked barley, olive oil, and thyme; simmer barley with cinnamon sticks and vanilla beans for a hearty breakfast bowl.

3 Sunchokes, also called Jerusalem artichokes, are the root that's a member of the sunflower family. They are loaded with fiber, most of which is in the form of inulin. Studies show that sunchokes enhance beneficial gut bacteria, and may be more effective than chicory root, the most commonly used source of prebiotics. Like other forms of inulin, sunchokes also support immune function, prevent inflammation, and protect against colon cancer, colorectal cancer, and other forms of cancer.

RECIPE TIPS: Thinly slice sunchokes, toss with coconut oil, and roast until crispy; simmer sunchokes, potatoes, and cauliflower in broth, and purée into a creamy soup; cube sunchokes, sweet potatoes, and rutabagas, and sauté for breakfast hash.

harmful bacteria, and improve immune function. Burdock also has antioxidant and anti-inflammatory properties, and contains compounds that protect against colon, breast, pancreatic, and liver cancers.

RECIPE TIPS: Cut burdock root and carrots into matchsticks, sauté in sesame oil, and sprinkle with tamari and black sesame seeds; drizzle shredded burdock root and sweet potatoes with olive oil and garlic, roast until tender, and top with shredded nori; simmer thinly sliced burdock root and ginger root in water, then strain for a healing tea.

5 Tempeh, made from fermented soybeans, is high in probiotics to support gut health and improve immune function. It's also loaded with compounds that protect against colon cancer and other forms of cancer. A high intake of soy is linked with a reduced risk for colorectal cancer, and in one study, soy consumption lowered colorectal cancer risk in women by 21 percent. Tempeh is generally considered a better source of soy protein than tofu. The fermentation process breaks down phytic acid—a compound that inhibits mineral absorption—and other antinutrients in soy, and creates vitamin B₁₂, typically found only in animal products.

RECIPE TIPS: Make meat-free pasta sauce with crumbled tempeh, tomato



4 Burdock root, from a plant related to sunflowers, is traditionally used in Asian medicine and cuisine. It's rich in inulin and FOS to nourish healthy intestinal bacteria,

improve gut health, fight

sauce, onions, garlic, and oregano; toss thinly sliced tempeh with olive oil, and roast until crispy; thread tempeh cubes, onions, red peppers, and mushrooms on a skewer and grill.

6 Kimchi, a spicy Korean condiment made from fermented cabbage and other vegetables, is rich in lactic acid bacteria that support digestive health, suppress the growth and development of pathogenic bacteria, and improve immune function. Kimchi also has anti-inflammatory properties and protects against cancer. The lactic acid bacteria in kimchi appear to suppress enzymes that activate carcinogens. And because it's made with cabbage, kimchi also contains glucosinolates, compounds found in cruciferous vegetables that reduce the risk of colon cancer and other forms of cancer.

RECIPE TIPS: Mix kimchi with mayonnaise for a zesty sandwich spread; add kimchi, baby spinach, and scallions to scrambled eggs; make Asian tacos with kimchi, cooked tempeh, and shredded red cabbage.

7 Yogurt is a great source of probiotics that improve gut health. In one study, high yogurt intake was significantly associated with a decreased risk of colorectal cancers. Other studies suggest that yogurt also protects against bladder cancer, esophageal cancer, and other forms of cancer. And since the fermentation process converts lactose in yogurt into lactic acid, some people with lactose sensitivity can tolerate yogurt. Because commercial production methods may destroy wprobiotics, store-bought yogurts vary widely in their content of live probiotics. Look for brands that contain active or live cultures, or make your own.

RECIPE TIPS: Purée yogurt with matcha green tea powder and minced ginger; whisk yogurt with mashed avocado, minced onion, cumin, and cilantro for gut-friendly guac; add pomegranate seeds, chopped pistachios, and honey to yogurt and freeze in ice pop trays.



Barley & Chicken Bowls

Serves 4

Recipe from our sister publication, *Cuisine at Home* (cuisineathome.com).

1 cup pearly barley
8 oz. carrots, trimmed, peeled, halved lengthwise (if large), and cut into 2-inch pieces
8 oz. Jerusalem artichokes (sunchokes), sliced
3 Tbs. olive oil, divided
8 oz. broccolini, trimmed
1 cup plain whole milk kefir
2 Tbs. chopped fresh chives
1 Tbs. Dijon mustard
1 tsp. Beau Monde seasoning
1 tsp. minced fresh garlic
1 tsp. cider vinegar
½ tsp. dried dill
½ tsp. celery seeds
Black pepper to taste
1 lb. boneless, skinless chicken breasts, cooked and sliced
1 cup thinly sliced pickled onions (we like Pernicious Pickling Co. Red Onion Sweet-and-Sour)

1. Preheat oven to 400°F. Cook barley according to package directions.
2. Toss carrots and Jerusalem artichokes with 2 Tbs. oil, season with salt and pepper, and spread in single layer on parchment-lined baking sheet. Roast until tender, about 20 minutes.
3. Toss broccolini with remaining 1 Tbs. oil, season with salt and pepper, and spread in single layer on second parchment-lined baking sheet. Roast 10–12 minutes.
4. Whisk together kefir, chives, Dijon, Beau Monde seasoning, garlic, vinegar, dill, and celery seeds. Season with pepper.
5. When vegetables have finished roasting, divide barley, chicken, vegetables, and pickled onions among four bowls. Serve with dressing.

Per serving: 620 cal; 46g prot; 18g total fat (4g sat fat); 69g carb; 105mg chol; 450mg sod; 12g fiber; 19g sugar

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A Taste of Turmeric

The popular natural pain reliever shines in this Indian-spiced fish dish

Avid fish eaters appreciate different preparations—grilling gets old after a while! This Indian-inspired dish may be just the ticket for livening up your fish repertoire.

It centers around a yogurt and spice marinade similar to what Indian cooks use in their chicken or lamb tandoor oven dishes. Sautéing the fish creates a slightly smoky flavor, mimicking the flavors of the tandoori oven. It's important to use a nonstick skillet, plenty of heat, and a little oil in the pan—don't worry, the dish is still healthy.

The apple-coconut raita is a traditional Indian yogurt-based condiment commonly used to help cool the often spicy cuisine.

½ tsp. ground turmeric
4 6-oz. fresh red snapper or orange roughy fillets
1 Tbs. olive oil
4 tsp. unsalted butter
½ cup sweetened shredded coconut
1 Granny Smith apple, diced
1 serrano chile, seeded and coarsely chopped
1 bunch cilantro leaves and stems
½ tsp. ground cumin
Pinch of salt

1. Combine ½ cup yogurt, ginger, garlic, 1 Tbs. lime juice, minced serrano, paprika, 1 tsp. salt, ½ tsp. cumin, cinnamon, coriander, and turmeric in glass baking dish. Add fish, and coat both sides with yogurt mixture. Cover with plastic wrap and marinate in refrigerator 1–4 hours.

2. Scrape most of marinade from fish fillets, and discard. Heat oil in large nonstick skillet, add fillets, and sauté 4–5 minutes. Carefully flip fillets, and cook 3–4 minutes more. Remove skillet from heat, and top each fillet with 1 tsp. butter. Cover skillet, and let stand 1 minute.

3. Meanwhile, process coconut in food processor until finely chopped. Add apple, serrano, cilantro, cumin, juice of ½ lime, and pinch of salt. Process until finely chopped. Stir in yogurt and chill until ready to serve, up to 1 hour. Top fillets with raita and serve with Basmati Rice.

Per serving: 370 cal; 39g prot; 15g total fat (7g sat fat); 21g carb; 75mg chol; 730mg sod; 3g fiber; 14g sugar

Indian-Style Snapper with Apple-Coconut Raita

Serves 4

If you don't have all the spices for the marinade, it's fine to leave one or two out. You'll never miss them since finishing the fish with butter adds richness. Recipe excerpted from our sister publication *Cuisine at Home* (cuisineathome.com).

½ cup plus ¼ cup plain yogurt
2 Tbs. minced fresh ginger
2 Tbs. minced fresh garlic
Juice of 1 lime
1 Tbs. seeded, minced serrano chile
1 tsp. paprika
1 tsp. kosher salt
½ tsp. ground cumin
½ tsp. ground cinnamon
½ tsp. ground coriander



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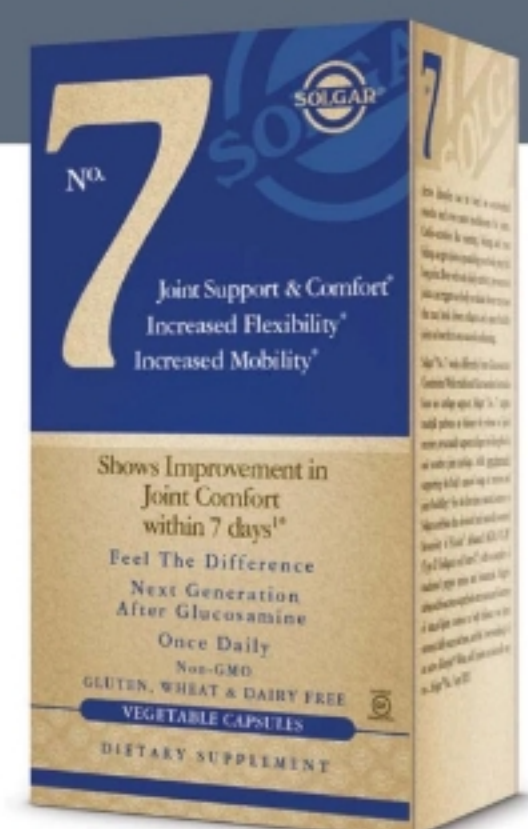


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