

Delicious Living

February 2010

delicious living

real food • natural health • green planet

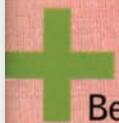
Feed your HEART

6 feel-good, taste-great recipes

LIVE TO 100!
Proven tips to age well

HOW TO **ease**
inflammation

Quick & elegant
Valentine
dinners



Beauty & body awards

Why you should
buy fair-trade chocolate

Tuna,
Asparagus,
and Lima
Bean Salad
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Beauty and body awards

Skin savers



❖ **Best sun protection**

MyChelle Sun Shield

"I can't believe it's SPF 28! It has a luxurious texture, goes on smoothly, and rubs in easily," says one tester. By combining organic aloe with non-nanotechnology zinc oxide, it moisturizes while protecting skin from UVA and UVB rays.

❖ **Best antiaging (women)**

Tilvee Argan & Sea Buckthorn Age-Defying Creme

Argan helps fight free radical damage and restore moisture, while flavonoid-rich sea buckthorn promotes skin regeneration to counter sun damage. "This is the most hydrating yet light lotion I think I've ever tried—it goes on deliciously smooth, without being gloppy or sticky in the least." Bonus: It's packaged in a recycled glass jar.

❖ **Best antiaging (men)**

Anthony Logistics Vitamin C Serum

This pure, topical form of the antioxidant vitamin C protects and firms aging skin. Plus, cucumber extract instantly soothes the face. "It's a good product choice for guys who typically aren't into skin care," reports one tester. "It's not thick, so it absorbs well and you don't feel like you have an oily lotion on your face. My skin felt instantly firmer."

❖ **Best body lotion**

Alaffia Shea & Red Palm Nurturing Body Lotion

Alaffia products combine fair trade-certified shea butter from a West African co-op with virgin coconut oil and papaya leaf extract in natural emollients that soothe and moisturize the entire body—and all skin types. "Totally refreshing. Light yet nourishing, like a tropical drink for your whole body," says a tester.

❖ **Best skin care oil**

Aura Cacia Organic Sesame Skin Care Oil

Aura Cacia oils are so pure they're made from just one ingredient. Certified organic *Sesamium indicum* (sesame) oil is extremely rich and penetrating, so it's ideal for dry skin. "Unlike other skin care oils that sit on top of your skin and can feel stifling, the rich sesame oil absorbs well and lasts throughout the day," says one tester. "Particularly nice as an after-shower oil to lock in moisture." ➤



LABELS TO LOOK FOR

The **Natural Products Association Certified** seal requires products to contain at least 95 percent natural ingredients. Certified companies: Arch Chemicals, Aubrey Organics, W.S. Badger Company, Boom, Burt's Bees, Highland Laboratories, Lauren Hutton Naturals, Nature's Way, Organique by Himalaya Herbal Healthcare, Smith & Vandiver Corp, Tsi-La, J.R. Watkins Natural Apothecary, Wet n Wild Natural Wear, Yes to Carrots. Log on to naturalproductsassoc.org for more information and a complete list of certified products.

The **NSF International Contains Organic Ingredients** label will guarantee that products contain 70 percent USDA Certified Organic ingredients. Check out nsf.org to find out which companies will be the first to earn the seal.