

Natural Solutions

June 2010

5 SAFE WEIGHT-LOSS SUPPLEMENTS THAT WORK

VIBRANT HEALTH

BALANCED LIVING

natural SOLUTIONS

6 BEST
nontoxic
sunscreens
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STRESS LESS, *Live Longer*

Get off the
HORMONE
rollercoaster

31 foods for a
better workout

Keep your man
cancer-free *see page 77*

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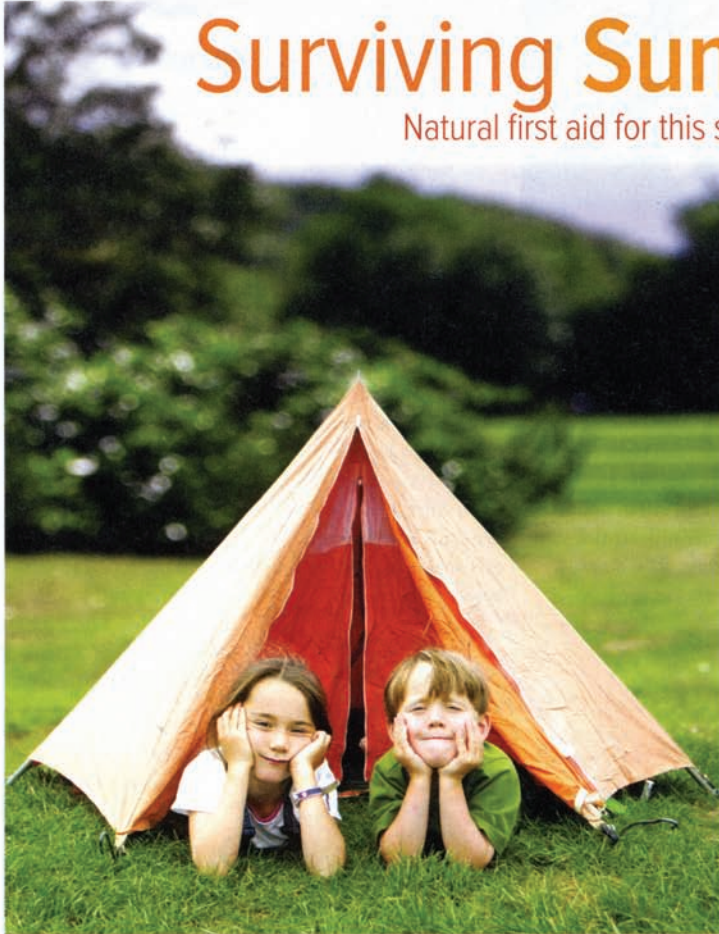
MOLLY RINGWALD  ISI
looking forward at 42

simple solutions

for vibrant health

Surviving Summer

Natural first aid for this season's signature ailments



Bee stings: Scrape out the stinger quickly, using a fingernail or even a credit card. Don't squeeze the wound; that can release more venom. Wash with soap and water, and apply a thick paste of baking soda and water to neutralize the acidic venom. See a doctor for multiple stings or allergic reactions.

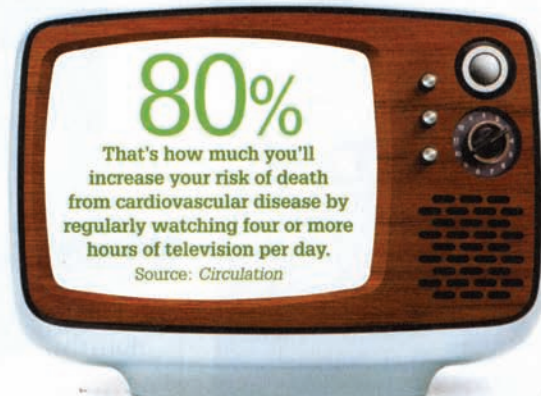
Blisters: Don't pop a blister. But to relieve pain, says the Mayo Clinic, sterilize a sharp needle, and puncture the blister's edge. Allow the fluid to drain, and leave the overlying skin in place. Apply a healing ointment, like Skincando Combat-Ready Balm (\$25, 2 oz; skincando.com), which contains antiseptics like clove and grapefruit seed extract, and skin soothers like shea butter and apricot kernel oil. Cover with a bandage.

Mosquito bites: Lemon eucalyptus oil is an effective, natural insect repellent. Make your own, using one to three drops of Aura Cacia Lemon Eucalyptus Essential Oil (\$6, 5 oz; auracacia.com) per teaspoon of water, and spritz in a spray bottle. Or buy Buzz Away Original Formula (\$10, 6 oz; quantumhealth.com).

Poison ivy: Neutralize poison ivy's potent urushiol oil with a cleanser containing the traditional remedy jewelweed. Try Dr. Dobbs' Happy Camper Poison Ivy Soap (\$6, 3 oz; drdobbskincare.com), made with jewelweed and antiseptic tea tree oil. —JAYME OTTO

Quick Tip! Good news for grill masters: A recent *Journal of Food Science* study found that spicy marinades decreased the level of heterocyclic amines—carcinogenic chemicals formed by cooking meats at high temps—by as much as 88 percent.

➤➤ **QUICK MARINADE:** Combine 3 tablespoons lime juice, 3 tablespoons vegetable oil, 1 tablespoon cumin, ½ teaspoon crushed red pepper, 1 minced garlic clove, and a dash of oregano, and use for chicken, pork, or beef. —CARA McDONALD



FROM TOP: BRADLEY MASON; MURAT GIRAY KAYA