

INTERNATIONAL
HOLIDAY RECIPES

2010'S HOTTEST
SUPPLEMENTS

STRESS LESS,
STAY WELL

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THE SHOPPING MAGAZINE FOR NATURAL LIVING

betternutrition.com

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Power Couples

Nutrient Duos That
Work Better Together



HEALING WITH POMEGRANATE

NATURAL BEAUTY | BY SHERRIE STRAUSFOGEL

HOLIDAY BEAUTY

Delight everyone on your holiday shopping list with festive gifts of natural beauty that relax, rejuvenate, and evoke the spirit of the season.

Our Favorite Beauty Gifts

Treat the over-worked or over-stressed on your shopping list with **EO French Lavender Serenity Bath Salts and Bubble Bath.**

The delightfully fragrant essential oil calms tension, cleanses without drying, and softens skin, making this the perfect gift to soak away holiday stress.

Give anyone who has trouble sleeping **Aura Cacia Pillow Potion.** The aromatherapy mist contains hops flower extract and pure lavender essential oil. When sprayed on pillows, bed sheets, and around the bedroom, it creates an ambiance that relaxes the body and calms the spirit. Ideal for those who travel frequently.

Indulge the spa lover on your list with **Burt's Bees Pomegranate Spa Set**, containing rejuvenating Cranberry & Pomegranate Sugar Scrub and Naturally Ageless Hand Cream in a holiday gift box. Packed with antioxidant-rich fruit oils and ultra-moisturizing shea butter, this duo gives the gift of beautiful skin.

When shopping for natural beauty products, be sure to choose products that use pure essential oils for fragrance rather than synthetic scents that dry and irritate skin and cause itchy noses. Essential oils are extracted from aromatic flowers and plants, and are recognized for their subtle restorative effects on the mind and emotions. The scent of rose is uplifting and sensual; lavender is calming—so needed during the hectic holiday season. Both also soothe and nurture even the most delicate skin. Here are some holiday gift ideas that are certain to spread joy to all:

Lavish anyone on your list who has sensitive skin with **Dr. Hauschka Rose Body Moisturizer.** The precious red rose ingredients gently nurture and protect dry, sensitive skin from the harsh winter elements. Light and silky, with the alluring scent of rose, this lotion is mild enough for babies.

Wrap up some holiday sparkle with the **Mineral Fusion Glam Eye Kit**, which comes with four powder shadows in a portable palette, plus a mirror for quick touch-ups. The eye shadows are enriched with an age-defying antioxidant blend of pomegranate, white tea, red tea, sea kelp, and vitamins C and E—a perfect stocking stuffer.



NATURAL BEAUTY / HOLIDAY BEAUTY

BETTER NUTRITION HEALTHY HANDBOOK

LIVING BEAUTY | BY KAT JAMES

INSIDE-OUT BEAUTY BASKETS

Wow friends and family with healthy holiday gift collections.

A sweets collection that won't destroy your friend's diet? A gift collection that might keep your loved one's skin smooth or winter immunity humming? These are the definition of deeply thoughtful gifts.

If you caught my column last month, "Stop Harming Yourself for Beauty," you might have even more appreciation for these customized, do-it-yourself gift baskets. So grab a basket and put together some guilt- and regret-free gifts from your local natural products store.

The "Sugar, Spice, and Everything that Smells Nice" Collection

- Frontier Mulling Spices
- Zum Naughty and Nice Goat's Milk Soaps
- **Aura Cacia Sandalwood and Balsam 100% Pure Essential Oils**

The "Holiday Glowing Skin" Collection

- Seaweed Bath Company Seaweed Powder Bath with Hawaiian Kukui Oil in Lavender Scent
- New Chapter Wholemega
- Yerba Prima Tampico Skin Brush
- Pure & Basic Glitter-Up Shimmering Body Lotion
- Frownies Under Eye Patches (*available in a variety of forms*)
- Essential Formulas Dr. Ohhira's Kampuku Soap

The "Party Stress and Recovery" Collection

- Enzymedia Digest Gold to help digestion along after over-indulgences.
- MRM LiverX to speed alcohol detox
- Organic India Licorice Spice Tulsi Tea; contains the calming herb holy basil.
- Bucky 40 Blinks Sleep Mask to maximize beauty sleep during hectic stretches.

The "Weight Loss Can Be Delicious" Collection

- ChocoPerfection, a sugar-free chocolate available in milk and dark chocolate. These delicious bars are sweetened with the prebiotic fiber inulin and FOS.
- An assortment of natural sweeteners, including NuNaturals NuStevia and Vanilla Stevia NOW Foods Stevia, NOW Foods Xylitol, and NOW Foods Inulin.

The "Healthier Teeth Whitening Without Harshness" Collection

- Xylitol-containing toothpastes, such as Xlear Spry Toothpaste (in fluoride and non-fluoride forms). This helps remove yellow, dingy film on your teeth.
- Add Xlear Spry Mints and Gum or Xylidew Gum to complete the whitening regimen. These make great stocking stuffers.

The "Healthy Hair and Nails" Collection

- Himalaya Organique Hair Care products
- BioSil
- FutureBiotics Hair, Skin & Nails
- Suncoat Nail Polish (try a festive glitter shade)

The "Winter Wellness Immunity" Collection

- Barlean's Olive Leaf Complex
- Xlear Saline Nasal Spray with Xylitol (helps stave off sinus infections and relieve sinuses from dry winter air)
- Essential Formulas Dr. Ohhira's Propolis Plus
- Traditional Medicinals Organic Throat Coat



Our "Total Natural Health" Collection (shown above) contains:

- Barlean's Omega Swirl in Mango-Peach
- Green & Black's Dark Chocolate
- Himalaya Organique Hair Care
- Jarrow Formulas Hyaluronic Acid
- Nordic Naturals Ultimate Omega
- Reviva Labs Seaweed Soap
- Spry Gum & Toothpaste



KAT JAMES

Award-winning author of *The Truth About Beauty* and syndicated radio host *Kat James* transformed her own body and skin after a 12-year eating disorder and liver disorder. Hear her new syndicated radio show at thekatjamesshow.com. Learn about her Total Transformation program at 877-54-TOTAL or informedbeauty.com.

LIVING BEAUTY / INSIDE-OUT BEAUTY BASKETS