

INTERNATIONAL
HOLIDAY RECIPES

2010'S HOTTEST
SUPPLEMENTS

STRESS LESS,
STAY WELL

better nutrition

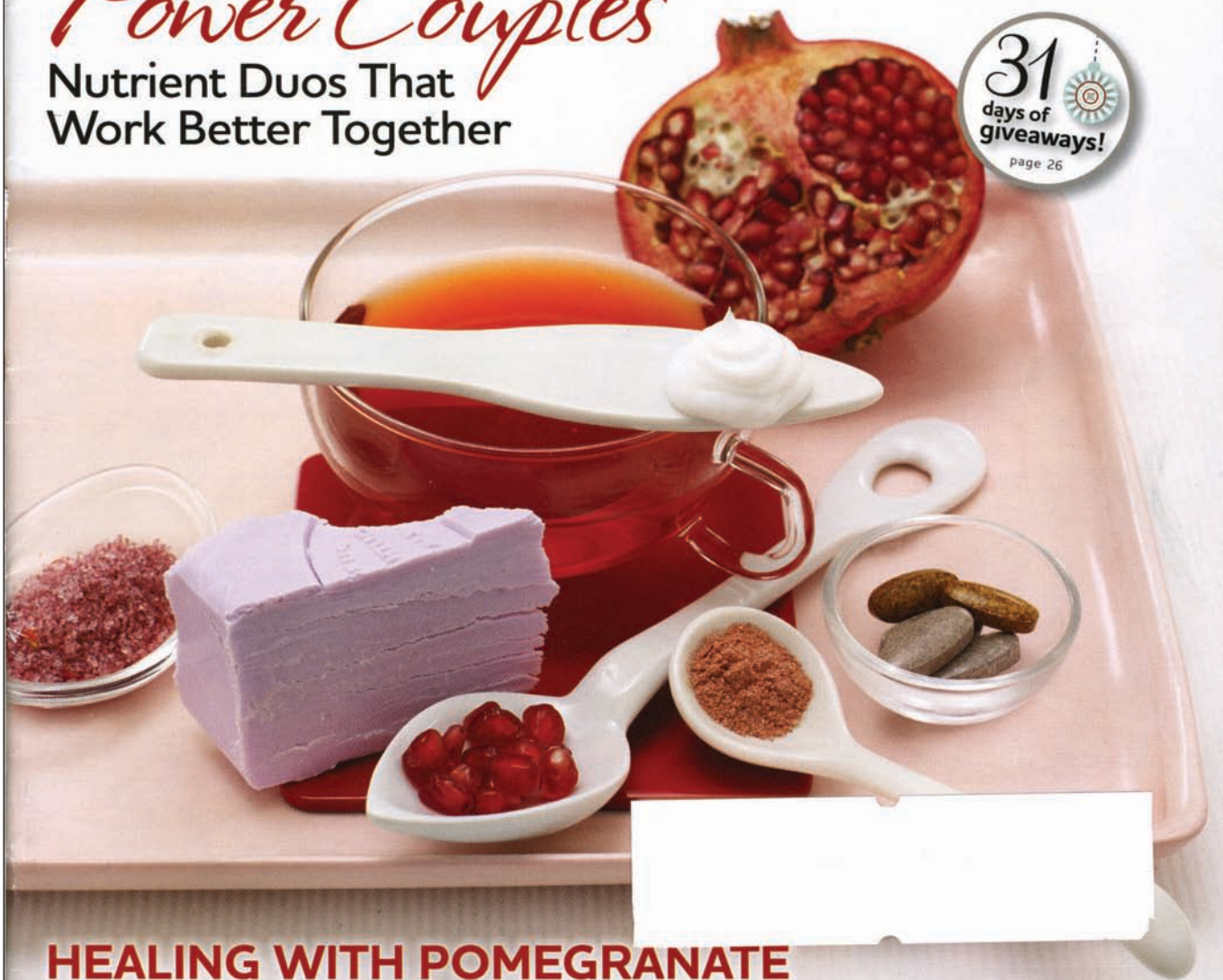
THE SHOPPING MAGAZINE FOR NATURAL LIVING

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Power Couples

Nutrient Duos That
Work Better Together



HEALING WITH POMEGRANATE

READY SET SHOP FOOD



1

Cozy up to a warm cup of spicy-sweet tea with **Frontier Chai Spice Mix**. The heavenly scented blend is organic and Fair Trade Certified, and comes in a convenient package designed for about one pot of tea. The brew features black tea, cinnamon, cardamom, cloves, ginger, and black pepper. Enjoy with steaming milk and honey. This tea can be made hot or iced.

2

If you've ever tried their products, you know that **Bakery on Main** makes delicious gluten-free products. They are especially known for their tasty granola cereals, all gluten-free, of course. Now they have married their popular gluten-free granola with fiber in their newest product, **Fiber Power Granola**. One serving provides a whopping 9 gm of fiber. The granola is available in Cinnamon Raisin and Triple Berry.



READER FAVORITE



I follow a gluten-free diet. A really easy meal for my family, especially helpful when my husband prepares dinner, is **Tinkyada Pasta**—any variety. All you need are two cups of pasta and one 28-oz can of Woodstock Farms Organic Crushed Tomatoes to put together a casserole that doesn't require pre-boiling—the noodles cook in the tomatoes.

—Diana M., Paradise, CA

Mood Swings?



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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 XylicheW 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



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