

Compliments of



### In Focus

Eye-care supplements.  
page 18

### Natural Beauty

Overnight skin renewal.  
page 26

December 2012

# taste for life

HEALTHY HOLIDAYS

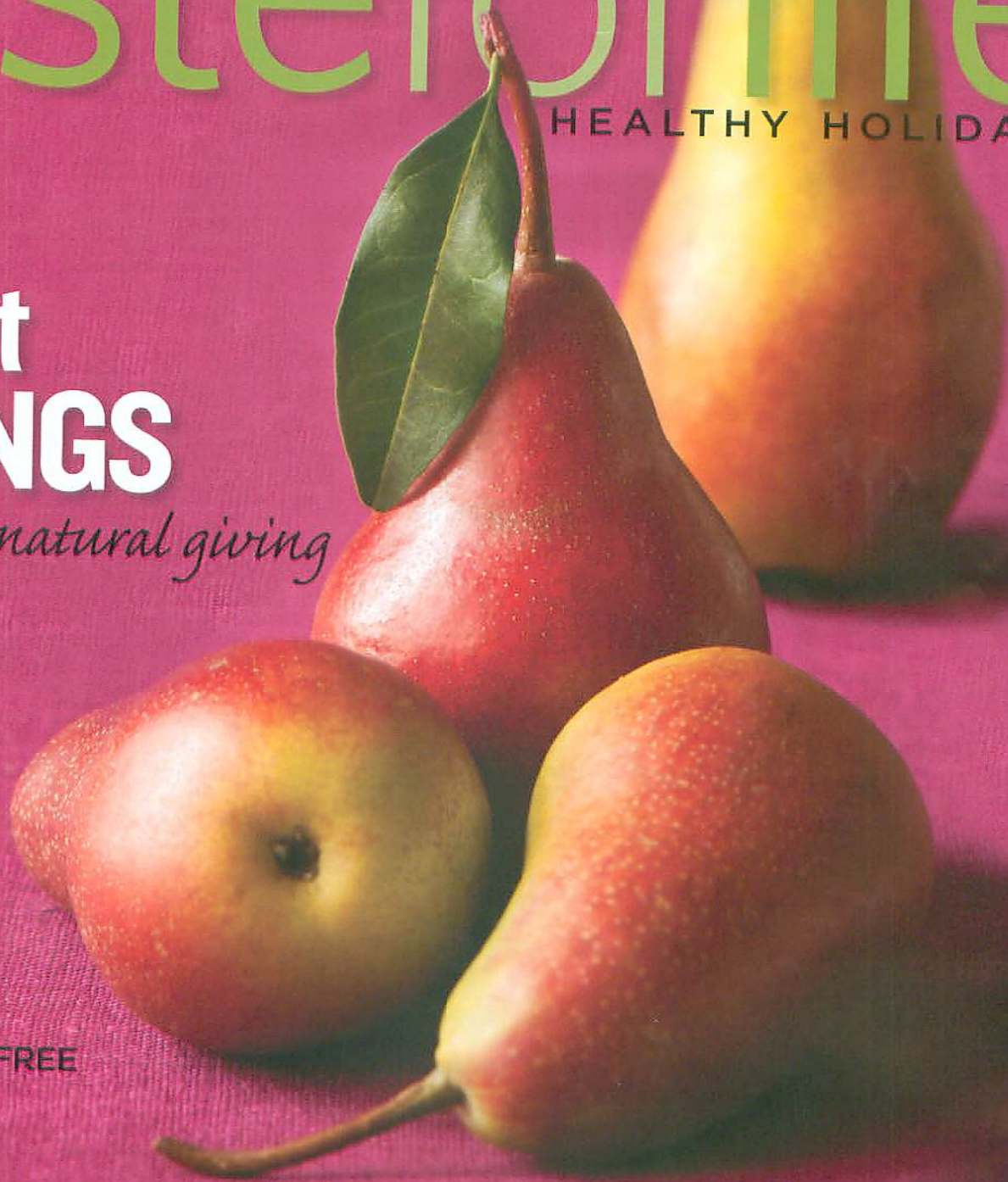
## sweet TIDINGS

*inspired natural giving*

BEST BITES:  
PARTY FOOD

GENTLE HELP  
FOR ANXIETY

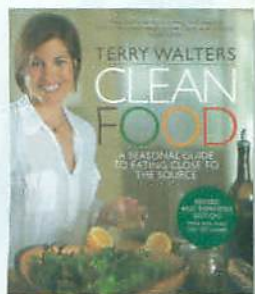
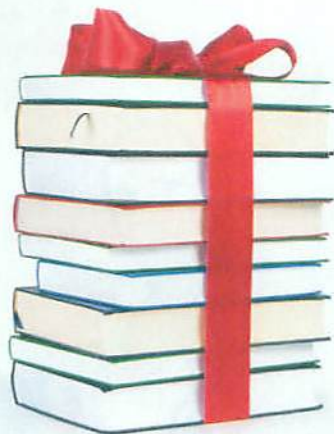
COZY GLUTEN-FREE  
BREAKFASTS





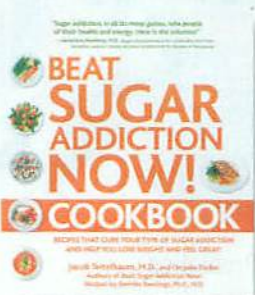
# cheers to good health during the WINTER SEASON

AS WE DIG OURSELVES DEEPER INTO THE COLD WINTER MONTHS, IT IS IMPORTANT TO STAY IN TOUCH WITH CHOICES THAT MAINTAIN A HEALTHIER YOU—INSIDE AND OUT. THESE BOOKS NOT ONLY MAKE GREAT GIFTS, BUT THEY CAN ALSO HELP JUMPSTART A HEALTHY NEW YEAR.



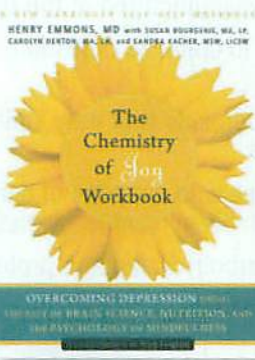
**Clean Food: A Seasonal Guide to Eating Close to the Source** by Terry Walters (\$30, Sterling Epicure, 2012)

In Terry Walters's revised and expanded edition of *Clean Food*, she shows us how to maintain a clean diet. Incorporating the season's freshest ingredients into your diet not only protects wellness, but also supports your local farmer and economy, and the environment. Walters features today's healthiest ingredients, and she also includes variations to make every recipe gluten free. The book inspires positive changes. And it's a resource to meet everyone's cravings, with healthier alternatives. Smoothies are an easy way to give kids their vegetable and fruit intake for the day, kale chips are a tasty replacement for potato chips, and hummus is a snack that can be enjoyed by all.



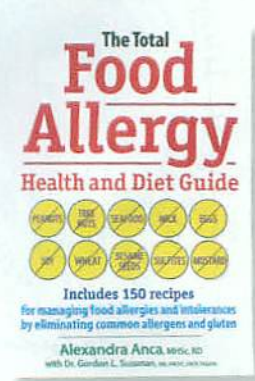
**Beat Sugar Addiction Now! Cookbook: Recipes That Cure Your Type of Sugar Addiction and Help You Lose Weight and Feel Great!** by Jacob Teitelbaum, MD (\$16.99, Fair Winds Press, 2012)

You can't have your cake and eat it too, but with Dr. Jacob Teitelbaum's approach you can replace that slice of cake with a healthier option. His new cookbook shows how to balance your blood-sugar levels with 120 low-sugar recipes that fight the four types of sugar addiction: caffeine and sugar, stress-handling, cravings caused by candida or yeast overgrowth, and cravings caused by your menstrual cycle or menopause. Each year, 140 pounds of sugar are added to our diet through processed foods, and an additional 18 percent of our calories are derived from white flour, which acts like sugar in our body. Recipes such as Fatigue Fighting Flourless Chicken Flapjacks, Sustaining Meat Loaf Medley, Bam-A-Lam Meat Loaf Medley, and Mega Omega Deep Sea Delight will help to break a sugar addiction and replace it with nutritional and healing foods.



**The Chemistry of Joy Workbook: Overcoming Depression Using the Best of Brain Science, Nutrition, and the Psychology of Mindfulness** by Henry Emmons, MD (\$21.95, New Harbinger Publications, 2011)

Henry Emmons's *Chemistry of Joy Workbook* may help dig you out of the winter blues and spring you back into a happier lifestyle. Every year, 20 million Americans are affected by mood disorders, depression, dysthymia, and bipolar disorder. Through Emmons's 10-stage resilience training program, you can ward off the enemies of an imbalanced body, an unsettled mind, and a disconnected heart. Emmons, who incorporates mind-body and natural therapies into his work, bases his program on the most recent research in neuroscience, genetic expression, nutrition, and psychological studies. In a study of his program, more than 60 percent of the subjects saw full remission of depression. By fighting off those winter blues, you can regain your resilience in order to familiarize yourself with change, face challenges, and deal with life's constant stresses.



**The Total Food Allergy Health and Diet Guide: Includes 150 Recipes for Managing Food Allergies and Intolerances by Eliminating Common Allergens and Gluten** by Alexandra Anca, MHSc, RD, with Dr. Gordon L. Sussman, MD, FRCPC, FACP, FAAAAI (\$24.95, Robert Rose, 2012)

For anyone who must manage food allergies or intolerances for themselves or a loved one, this comprehensive resource is a must. The first section of the book covers how the immune system is involved, including the role of antibodies. The various types of food allergens are covered, as well as how they develop and what causes them in the first place. Learn about elimination diets and what tests are used for diagnosis. Of special help is a chapter on the 10 most common allergens; for each allergen there's a helpful chart on what foods to enjoy, question, and exclude. Important considerations such as how to live with food allergies and intolerances are addressed, including any psychological issues that may arise. Rounding out the book are 150 tasty and safe recipes, including Double Banana Muffins, Cumin-Laced Chickpea Soup with Roasted Red Peppers, French-Style Red Rice with Chicken, and Coconut Panna Cotta with Mango Ginger Sauce. 🍴🍴🍴