

Compliments of



**The Herbal Life**

Safe bug repellents.  
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**Natural Beauty**

Solutions for tresses in distress.  
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July 2010

# taste for life

*Superfoods*

## power up

FOODS THAT  
DETOX, ENERGIZE  
& PROTECT

OPTIMIZE  
BRAIN  
FUNCTION

CREATIVE  
COOKOUTS

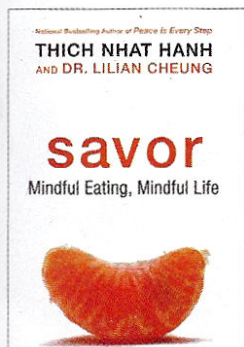
NATURAL  
SWEETENERS

ANNUAL  
CLIP &  
SAVE  
VITAMIN &  
MINERAL  
CHART



## jewels for july

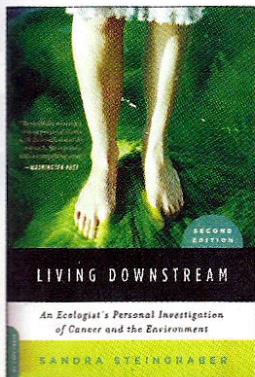
Our selection includes gems for your health, well-being, and good eating too.



### Savor: Mindful Eating, Mindful Life

by Thich Nhat Hanh and Lilian Cheung, DSc, RD  
(\$25.99, HarperOne, 2010)

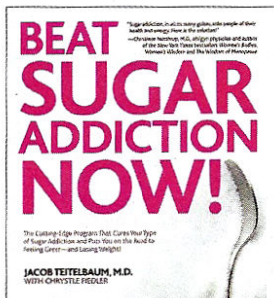
Research links mindless eating to obesity. In *Savor*, spiritual leader Thich Nhat Hanh and Harvard School of Public Health nutritionist Lilian Cheung join forces to create a definitive guide to weight management. The authors suggest that being fully engaged in the present moment and being more mindful of how we nourish our bodies may allow us to experience more peace and better health. Weaving together Buddhist teaching and nutritional science, the authors offer new perspectives on the global obesity epidemic and a whole-life plan for ending the weight-loss struggle. Included are practical tools, personalized goal setting, a detailed nutrition guide, and a mindful living plan. Appendices on relaxation, alternatives to passive entertainment, and strategies to prevent obesity all support their well-written message.



### Living Downstream: An Ecologist's Personal Investigation of Cancer and the Environment

by Sandra Steingraber, PhD (\$16.95, Da Capo, 2010)

This beautifully written, updated edition of a contemporary classic is even more compelling than the original. Sandra Steingraber, an international authority on environmental links to cancer (and herself a cancer survivor), explores new research on endocrine disruptors, prenatal exposure, epigenetics—changes in gene expression caused by non-genetic factors—and more. Other members of her family have also struggled with cancer, but because Dr. Steingraber was adopted as a child, she has focused on what all families share—environment. She presents emerging trends in cancer research, with evidence that our toxic world plays a greater role in the current cancer epidemic than previously thought. She also explores antiquated chemical policies and ways we can eliminate toxins.



### Beat Sugar Addiction Now!

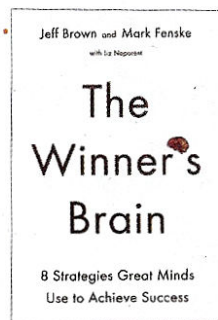
By Jacob Teitelbaum, MD  
with Chrystle Fiedler (\$16.99, Fair Winds Press, 2010)

Processed foods add over 100 pounds of sugar a year to the average diet, wreaking havoc on bodies not designed to handle this load. Related health problems include chronic fatigue syndrome, fibromyalgia, decreased immune function, and irritable bowel syndrome. Integrative physician Jacob Teitelbaum, MD, offers a plan for beating sugar addiction. Four quizzes help readers determine their risk for the different types of sugar addiction. Dr. Teitelbaum provides solutions in a user-friendly, workbook-like format. Readers can access treatment programs geared to their specific challenges. (Read more about sugar addiction on page 36.)

### The Winner's Brain: 8 Strategies Great Minds Use to Achieve Success

by Jeff Brown, PsyD, and Mark Fenske, PhD, with Liz Neporent (\$25, Da Capo, 2010)

Two Harvard-trained brain experts translate cutting-edge neuroscience into a roadmap for training your brain to perform at a higher level and increasing your potential for success—however you define it. The authors identify and explain eight “Win Factors” for achieving your goals: self-awareness, motivation, focus, emotional balance, memory, resilience, adaptability, and brain care. Included are a quick tour of the brain, a brief history of neuroscience, and “BrainPower Tools”—essential elements for success. This engaging book relates stories of successful people from all walks, including musician B.B. King and actress Laura Linney.



# are you a **SUGAR ADDICT?**

natural sweeteners can help



**D**iabetes and cardiovascular disease serve as dramatic examples of how sugar can wreak havoc in your life. But there are less obvious signs that your sweet tooth may need capping.

## Ask yourself

Are you often tired? Are you plagued by digestive issues? Do you have trouble losing weight even when dieting? Do you experience brain fog?

Consuming too much processed sugar can cause all of these conditions—you may even be addicted to the white stuff.

## The energy expert

There are four types of sugar addicts, believes Jacob Teitelbaum, MD, author of *Beat Sugar Addiction Now! An Energy Loan Shark* feels chronically tired and needs regular hits of sugar and caffeine. The Feed Me Now or I'll Kill You type has depleted adrenal glands. An overgrowth of yeast in the body leads the Happy Ho-Ho Hunter to search for sugar. And the Depressed and Craving Carbs type's desire for sweets is linked to changing hormones.

Answer the questions below to determine your type, and then follow the Wellness Rx suggested by Dr. Teitelbaum. A much more comprehensive quiz and step-by-step program can be found in his book.

## What's your type?

**Do you often feel tired and achy?**

**Do you need coffee to get going in the morning?**

**Does your energy flag by midafternoon?**

**Do you get frequent headaches?**

You may be a **Type 1 Sugar Addict**, the **Energy Loan Shark**.

## Wellness Rx:

1. Get seven to nine hours of sleep a night.
2. Take 15 to 25 milligrams (mg) of zinc per day.
3. Eliminate "energy drinks" loaded with sugar and caffeine.
4. Get 30 to 60 minutes of exercise four to seven times a week (preferably outside).

**Do you find you are often thirsty and need to urinate frequently?**

**Do you often get sore throats and swollen glands?**

**Do you sometimes get dizzy when you stand up?**

**For you, does life feel like a crisis?**

You may be a **Type 2 Sugar Addict**, the **Feed Me Now or I'll Kill You** type.

## Wellness Rx:

1. Supplement with vitamins C and B5, the mineral chromium, and licorice extract to decrease the symptoms of low blood sugar.
2. Eat a high-protein, low-sugar, low-carb diet.
3. Eat small meals frequently throughout the day.
4. Do a reality check. When you start to feel anxious, ask yourself, "Am I in imminent danger?" If you aren't, realizing this will turn off the fight-or-flight reaction and allow your adrenals to relax.

**Do you have chronic nasal congestion or sinusitis?**

**Do you have spastic colon or irritable bowel syndrome?**

**Have you been treated for acne with an antibiotic for one month or longer?**

**Do you have postnasal drip or clear your throat a lot?**

You may be a **Type 3 Sugar Addict**, the **Happy Ho-Ho Hunter**, whose sugar cravings are caused by yeast/candida overgrowth.

## Wellness Rx:

1. Make high-protein foods such as eggs and seafood the foundation of your diet.

2. Eat only whole-grain bread, and limit yourself to two servings a day.
3. Eliminate sweets except for dark chocolate in moderation.
4. Take anti-yeast herbs, which include garlic powder, grapefruit seed, olive leaf and milk thistle, among others.

**Do you have a history of PMS?  
Are you a woman older than 38 with decreased libido and irregular periods?  
Are you a woman older than 47, in menopause, and experiencing depression, fatigue, and insomnia?  
If you are male, are you older than 45, and do you have a spare tire around your waist?**

You may be a **Type 4 Sugar Addict**, the **Depressed and Craving Carbs** type, whose sugar cravings are caused by fluctuating hormones.

#### Wellness Rx:

1. Choose whole grains, high-protein foods, and foods that score low on the glycemic index.
2. Exercise for 30 to 60 minutes a day, outside if possible.
3. For depression caused by low estrogen: Take the herbs magnolia and St. John's wort and supplement with the amino acid 5-HTP.
4. Take fish oil, which can elevate your mood.

#### Some sweet options

Sugar substitutes are a way to "have your cake and eat it too" by satisfying your sweet tooth in healthy ways, says Dr. Teitelbaum.

Stevia comes from the stevia plant, native to South America. Leaves from this herb contain an extract that is several hundred times sweeter than sugar. The extract contains no calories, can be used in cooking, and is safe for people with diabetes. It's available as a liquid, a concentrate, and in powdered form. Choose filtered stevia to avoid a bitter, licorice-like aftertaste.

Erythritol is a natural sugar alcohol that doesn't lead to the bloating or gas that can be caused by other sugar alcohols. It's becoming more readily available as Truvia and PureVia (products that mix stevia and erythritol).

Be sure to check the substitution equivalents on package labels; for example, one packet of Truvia provides the same sweetness as two teaspoons of sugar.

"Don't settle. Get something that tastes great to you," Dr. Teitelbaum advises. "Medicine is too focused on taking away everything pleasurable. We should never take away anything without offering something equally pleasurable." 🍬🍬🍬

#### Something to smile about

In addition to being used as a natural sweetener, xylitol (pronounced ZY-li-tol) can prevent cavities, reduce the formation of plaque around the teeth, regulate blood sugar for those with Type 2 diabetes, prevent childhood ear infections, and support bone health.



# Amyloban® *The Mane for Your Brain*

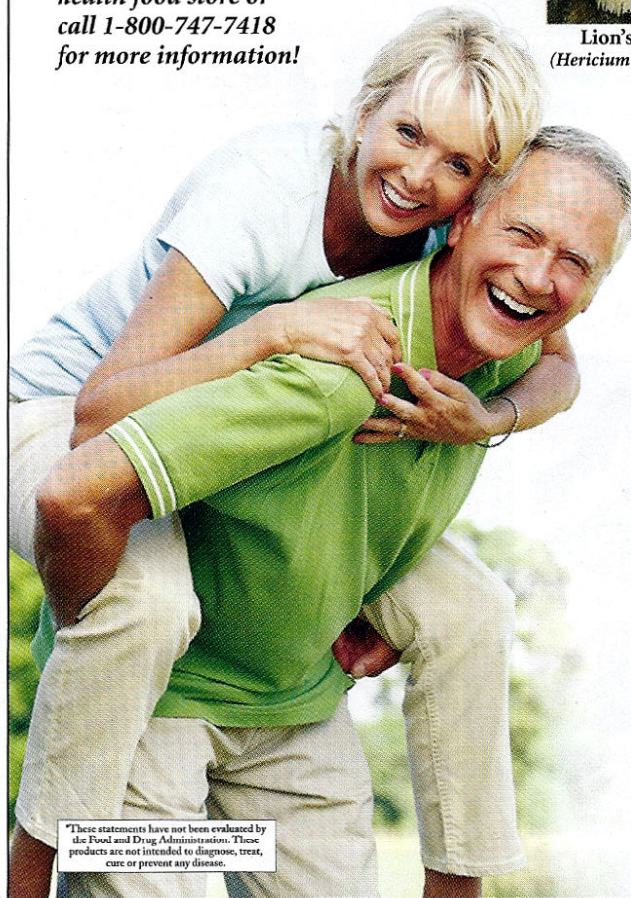
## A Quantum Leap Beyond Standard Brain Nutrients!

**Amyloban® 3399** has been developed, based on two unique bioactive substances of the Lion's Mane mushroom; *hericenones*, which have been shown to stimulate the production of Nerve Growth Factor (NGF) and the newly discovered *amyloban*, which research shows may exert a protective effect on brain cells and help shield them from damage.\*

Available at your health food store or call 1-800-747-7418 for more information!



Lion's Mane  
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