

Compliments of



Natural Beauty

Safer hair color options.

page 41

Smart Supplements

Keep your brain sharp.

page 54

Life Taste for Li



SWEET &
savory

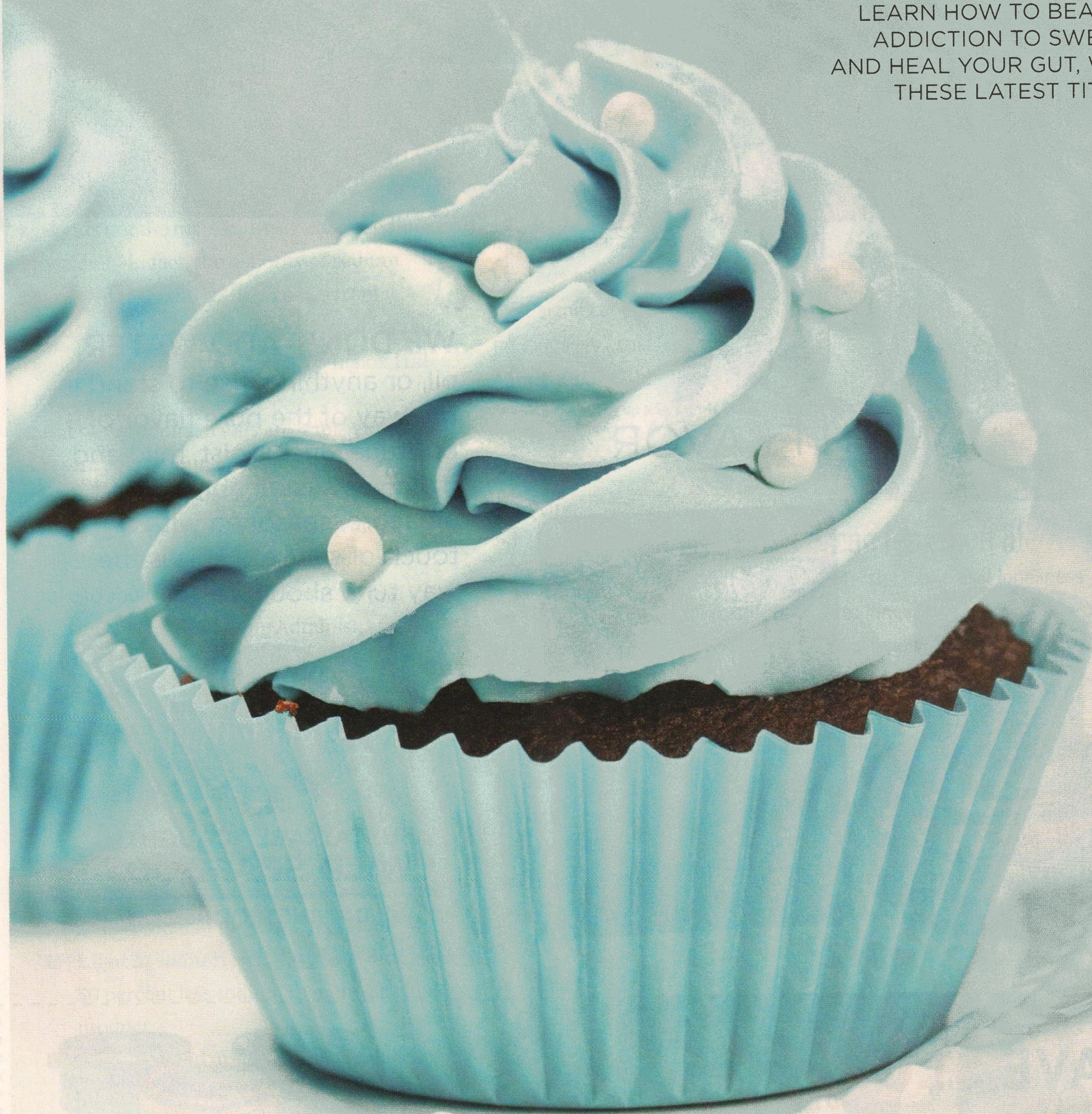
BERRY RECIPES

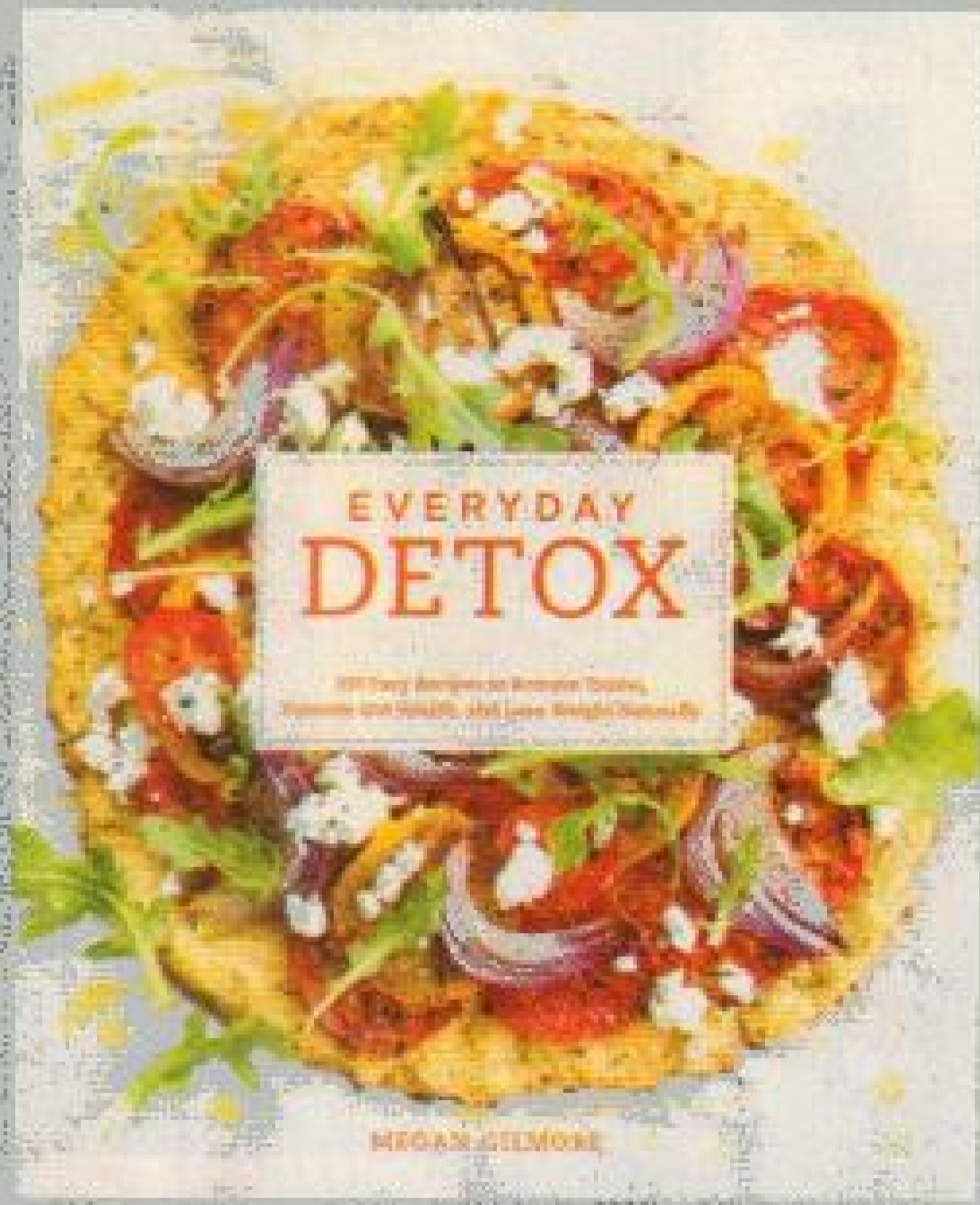
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Annual Kids'
Nutrition Chart
Inside!
pg. 27

THE SUGAR BLUES

KICK THE HABIT

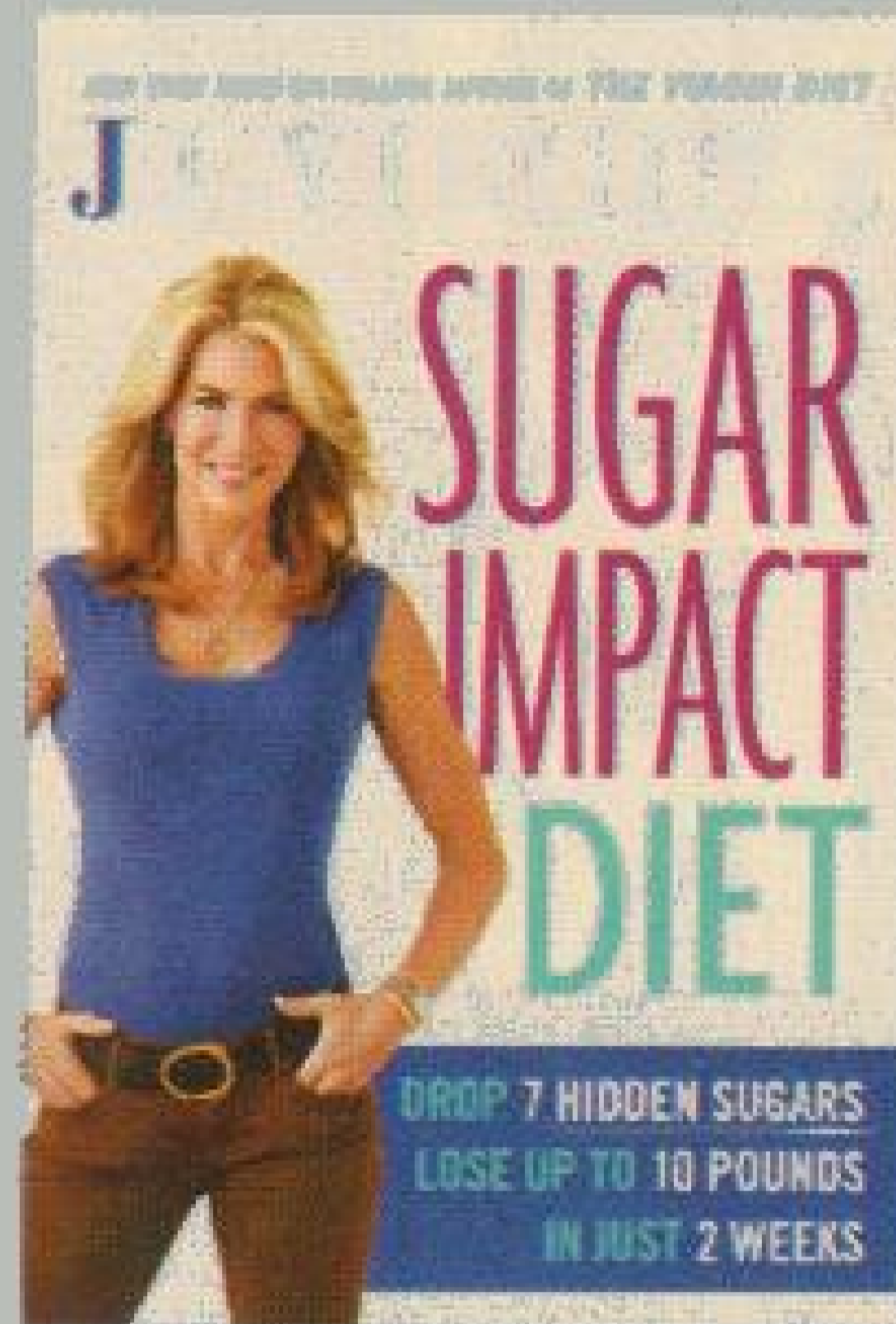
LEARN HOW TO BEAT AN
ADDICTION TO SWEETS,
AND HEAL YOUR GUT, WITH
THESE LATEST TITLES.





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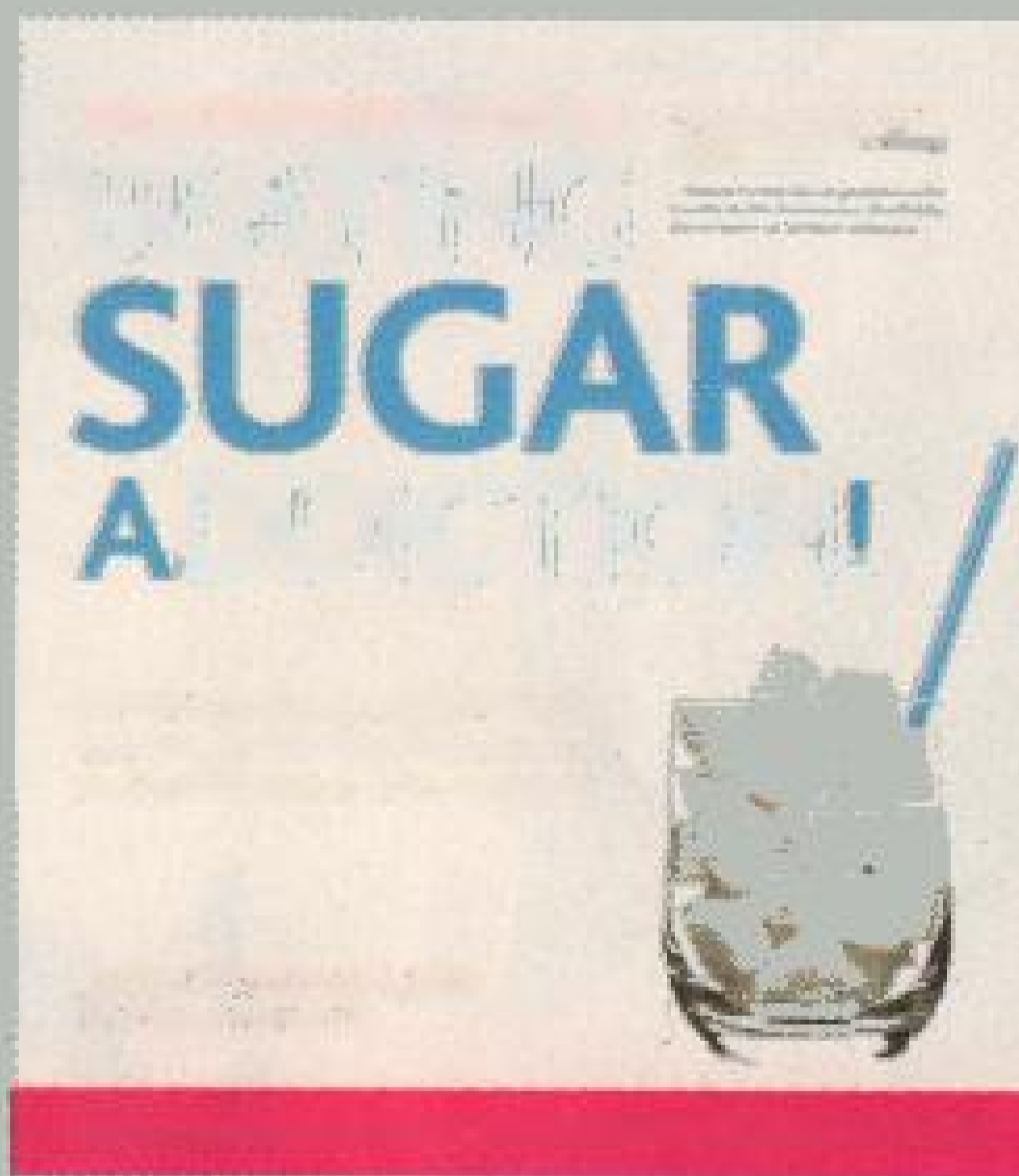


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Everyday Detox

by Megan Gilmore
author of *Weekend Wellness Detox*

If you're looking to improve your digestion, lose weight, and sleep better, this guide can help. A certified nutrition consultant, health coach, and recipe developer, Megan Gilmore offers readers an easy and flexible approach to detoxing. One of her key points is to make digestion easier on

J VIRGIN'S

JJ Virgin's Sugar Impact Diet

by JJ Virgin, C.N.S., C.D.
Central Life & Strength (2014)

It's scary to consider how much sugar sneaks into the average person's diet (about 22 teaspoons a day), and it's affecting our health and waistlines. Fitness, nutrition, and food intolerances expert JJ Virgin stresses in her latest title how cutting it out is the one thing that can finally jump-start weight loss.

the body by following the principles of food combining—not mixing certain categories together such as animal protein and fruit, an approach similar to what our ancestors did when they came across just one or two foods at a time. She provides tips on improving your digestion in three simple steps, and tells how to prepare ingredients for the week ahead. A sample seven-day jump-start menu and shopping list are included, as are tips on stocking a detox-friendly kitchen. Recipes from beverages to breakfasts to salads and desserts are included. Start the morning with Strawberry Basil Blast or Blender Banana Pancakes. Finish the day with Quinoa Mushroom Burgers or Wild Salmon Sliders, and treat yourself to Peppermint Fudge Bars.

But the key is that you eliminate the right kinds of sugar—those sneaky ones that appear in diet foods, drinks, dressings, packaged items, and condiments. Learn through a "Sneaky Sugar Inventory" which foods have hidden sugars and which foods to swap them out for. Identify the sugars that are sabotaging your health. Simply by eliminating them you can go from burning sugar to fat. Discover how to get enough protein, good fats, and fiber in your diet, and learn why low-fat snacks, desserts, and dairy foods can be problematic. Included are meal plans for the two-week weight-loss period outlined in the book. Low-sugar recipes are included too—such as Coco-Cashew Shake, Pan-Seared Salmon Lettuce Wraps, and Warm Napa Cabbage Slaw with Shallot Dressing.

BASED ON CUTTING-EDGE RESEARCH

probiotic promise

Simple Steps to Heal Your Body from the Inside Out

*MICHELLE SCHOFFRO COOK, Ph.D., D.M.A.

Probiotic Promises

by Michelle Schoffro Cook, Ph.D.
M (\$25.99 Da Capo, 2014)

Probiotic sales are projected to reach \$32 billion this year. While they are increasingly popular, it can be difficult to ascertain which strains will work best for you. With years of expertise in natural health and holistic nutrition, Michelle Schoffro Cook offers readers a guide to healing their bodies through the use of these supplements. Learn how to select probiotics, how to tell if the cultures are truly "live," and how to make sure they'll survive the gastrointestinal tract. In a chapter titled "New Hope for Serious Illnesses," Dr. Schoffro Cook outlines the research that shows how probiotics can help aging, allergies, depression, digestive disorders, and more. Discover the right mix of cultures that will populate both the small and large intestines and which potencies work best. Rounding out this resource is a chapter on fermented foods. Probiotic-rich recipes are included too: Cultured Anise Carrots, Apple-Cabbage Kraut, and Creamy Dairy-Free Yogurt Cheese, to name a few.

THE COMPLETE GUIDE TO BEATING SUGAR ADDICTION!

SUGAR ADDICTION!

THE COMPLETE GUIDE TO BEATING SUGAR ADDICTION!

JACOB TEITELBAUM, M.D.

THE COMPLETE GUIDE TO BEATING SUGAR ADDICTION!

much sugar can contribute to pain, autoimmune disease, cancer, schizophrenia, candida infections, heart disease, and other ailments. So quitting this addictive stuff is in everyone's best interests. With this expanded edition, Jacob Teitelbaum, MD, offers readers new research and updated treatment modalities. He outlines the four primary types of sugar addicts and provides quizzes for you to easily identify your type. Once determined, he includes advice on withdrawing from sugar, the foods to cut out, and the supplements that work best for everything from insomnia to adrenal support—making it all the easier to quit the habit and feel good. This book also includes 40 easy-to-make recipes that can help your body recover and heal. Fight back with recipes geared to all four types of sugar addiction.