

BREAST CANCER: RISK FACTORS AND NATURAL REMEDIES

VIBRANT HEALTH

BALANCED LIVING

natural SOLUTIONS

3 triumphs:
SUCCESS STORIES
OF BEATING CANCER
WITH FOOD

+ This Fall:
BEAT THE
COLD & FLU

Chili!

Healthy Recipes
for a Fall Favorite

5 SEAFOOD
SAFETY TIPS

**BETWEEN
US GALS:**

Going Gluten-Free

GET YOUR
ENERGY BACK:

*5 Techniques
from Hawaii*

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Lucille** ND, RN
WOMEN'S
HEALTH
EXPERT

NATURALSOLUTIONSMAG.COM
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Cooksimple
Cooksimple just unveiled a new package design for their line of globally-inspired, all-natural meal kits. Their new packaging helps consumers prepare each meal with ease, and displays their Certified Gluten-Free and Non-GMO Project verified icons! // \$5, 6.7 oz, thehealthypantry.com.

Alter Eco
Using healthy coconut oil, organic ingredients, fair trade chocolate, and compostable packaging, Alter Eco's line of truffles are perfect for a quick chocolate fix. Try both Black (dark chocolate) and Velvet (dark milk chocolate)! // \$8, 10-pack, alterecofoods.com.



Pacific Foods
New this fall is Pacific Foods' Organic Vegetable Lentil and Roasted Red Pepper soup. With 35 percent less sodium than the original, it is a healthier alternative with a bold taste and quality ingredients. // \$3 - \$4, 17 oz, pacificfoods.com



Melt Organic
Melt Organic is a line of all-natural buttery spreads made from a blend of fruit and plant-based organic oils. Each variety is certified organic, kosher, and non-GMO. // \$5, 13 oz, meltbutteryspread.com

off the shelf

Fall is the perfect time to bring out the warm comfort foods, but this doesn't mean they have to be loaded with sodium or other unhealthy or unwanted preservatives. Try some tasty cold-weather favorites, from the perfect butter alternative to some delicious reduced-sodium soups we have picked.



Sea Fare Pacific
Try Sea Fare Pacific's Seafood Bisque this fall! This smooth, creamy soup is loaded with Pacific shrimp, sockeye salmon, and sea clams with roasted red peppers. Also packed with omega-3. // \$8, 9 oz, seafare-pacific.com



Lucy's
Lucy's newest product, Pumpkin Patch, resembles the taste of a rich pumpkin pie with a hint of lemon. Just like their other products, these cookies are gluten-free and vegan. // \$5, 5.5 oz, dlucys.com



Pamela's Products
Pamela's Biscuit and Scone Mix is a great gluten- and wheat-free alternative to other mixes. With two simple ingredients added to the mix, you can make biscuits or scones—great for breakfast, lunch, or dinner. // \$4, 13 oz, pamelasproducts.com

Attune Foods
Wake up with Uncle Sam Rye and Hemp cereal. Made with whole rye kernels that are steamed, flattened, and toasted. They've also added omega-6-rich hemp seeds and a hint of barley malt. // \$4, 11 oz, attunefoods.com



Seapoint Farms
Seapoint Farms has launched and repackaged two of their dry roasted edamame items. Both varieties are available in eight-bag boxes of 100-calorie Snack Packs, as well as individual snack-size bags. // \$4 - \$5, 1.58 oz, seapointfarms.com

