

3 TIPS TO RISE ABOVE CRITICISM • VITAMIN D VS. SKIN CANCER • BOOST FERTILITY USING MEDITATION

VIBRANT HEALTH

BALANCED LIVING

20 *tips*
FOR GLUTEN-
FREE LIVING

natural SOLUTIONS

GO RAW
NOW!
HERE'S HOW
AND WHY!



STOP
SUMMER
ALLERGIES

6 **TIPS**
TO EXTINGUISH
INFLAMMATION



DITCH THE CARBS,
DITCH THE WEIGHT:

Protein-packed recipes

HELPING US GET ENERGETIC FOR SUMMER:

Ashley Koff **RD**



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healthmatters | BEAUTY

3 Essential SPF Tips



1 Know your numbers – If you apply a moisturizer with SPF 15 and makeup with SPF 20, you're not at SPF 35—you are only at whatever your highest SPF product is. (The difference between SPF 30 and SPF 15? Thirty filters out 97 percent of UVB rays, 15 filters out 93 percent.

2 Don't mix! Try not to use a moisturizer with SPF 20 and makeup with SPF 25 on top. Mixing the SPFs can irritate sensitive skin.

3 UVA + UVB = happy skin – UVA rays penetrate deeper and are responsible for skin cancer. UVBs cause redness and surface burns. Make sure your skin is fully protected and keep reapplying.

—Jasmina Aganovic, bonaclara.com

simple solutions

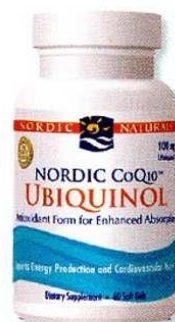


BONA CLARA

Sunscreen has a new name: Bona Clara's Hello Sunshine! This oil-free, ultra-light sunscreen is non-greasy and unscented and comes in a liquid form. SPF 29. // 1 oz, bonaclara.com

ELEMENTAL HERBOLOGY

Keep your complexion in check and ward off blemishes, dryness, and irritation with the botanically-based best-selling duo, Facial Glow Radiance Peel and Cell Plumping Facial Hydrator, from Elemental Herbology. // 1.7oz., elementalherbology.com



NORDIC NATURALS

Get your energy production and complete cardiovascular health from Nordic Naturals' Nordic CoQ10 Ubiquinol dietary supplement. // 60 soft gels, nordicnaturals.com

TERMINIX ALLCLEAR

Terminix ALLCLEAR's TableTop Mosquito Repeller is a handy natural portable repeller that uses a fan-based diffusion technology to circulate 100-percent lemongrass repellent mixed with cinnamon, peppermint, and geranium oils. Provides 18 hours of protection. // .12 oz, terminixallclear.com



NATURVET

Give your pet NaturVet's Aches and Discomfort Soft Chews to help alleviate minor aches and discomfort associated with normal daily exercise. Also reduces stress and tension. // 30 soft chews, naturvet.com



VECTOMEGA

Vectomega provides important, bio-available omega-3. Supports cardiovascular health, brain function, cellular health, and anti-aging. // 60 tablets, vectomega.com



DOCTOR'S BEST

Doctor's Best Fully Active B₁₂ is the most biochemically active form of vitamin B₁₂ that supports basic life processes, bone marrow function, and provides ample supplies to the brain and nervous system. // 60 veggie caps, drbvitalamins.com



REVIVA LABS

Reviva Labs has repackaged and renamed Essential Fatty Acid Cream—it is now Omega-3 and Omega-6 Nourishing Cream! Don't worry, it still strengthens skin cell membranes for smoother skin. // 1.5 oz, revivalabs.com



TRADITIONAL MEDICINALS

Try using traditional Medicinals' Organic Dandelion Root to help support healthy digestion. This tea is a great way to naturally detox the body and stimulate the liver. // .85 oz, traditionalmedicinals.com



WHITE EGRET

Since 2010, White Egret has paved the way with their topical Magnesium Oil. This oil is known to relieve nerve and muscle spasms, increase energy and well-being, maintain healthy bones, and more. // wepersonalcare.com

NOW FOODS
Now Foods offers a complete line of essential oils that will soothe, uplift, cleanse, and warm. All products are 100-percent natural. // 1 oz, nowfoods.com



XLEAR
Prevent summer allergies from getting out of control with Xlear Nasal Spray. Not only is this spray all natural, but it uses Xylitol and saline to soothe and moisturize the sinus and nasal passages. // 1.5 fl oz, xlear.com



EARTH THERAPEUTICS

Try Earth Therapeutics Footsie Foot Brush, and Clean and Cool Foot Wipes! Packed with vitamin E and aloe vera, they put your feet in heavenly bliss as they refresh and revive overworked feet. // earththerapeutics.com



WATERWISE

To help ease the stress of meeting your body's hydration demands, Waterwise created their Model 9000 Countertop Distiller/Purifier. This purifier is guaranteed to keep water purified and give you the best water possible. // waterwise.com



KNEIPP

Try Kneipp's Almond Blossom products to rejuvenate your skin from head to toe. Your skin is left feeling velvety smooth with the help of vitamin E and essential fatty acids. // kneippus.com



HYLAND'S

Stop the pain with Hyland's Leg Cramps Ointment. This is a non-greasy homeopathic formula that works to relieve cramps and pain in the legs and calves. // 2.5 oz, hylands.com



ATEEVIA BOTANICA

Ateevia Botanica is an anti-inflammatory cream proven to decrease or eliminate inflammation at its source while providing relief for most common pain conditions. // 1.5 oz, ateevia.com



JOHN MASTERS ORGANICS

Use John Masters Organics Shine On leave-in treatment to help your hair in the humid summer months. Uses the power of organic sea kelp, marine phytoplankton, carrot seed oil, and more! // 4 oz, johnmasters.com