

VIBRANT HEALTH BALANCED LIVING

natural

SOLUTIONS

6 tips
TO KEEP YOUR
PET FIT p.13

Autism

PUTTING THE PIECES
TOGETHER p.42

HEAL YOUR

Whole Self

AFTER CANCER p.50

Sweet Madness

POPULAR SUGAR ALTERNATIVES p.48



simple solutions

For Vibrant Health



GOLEAN CRISP! CINNAMON CRUMBLE

The spice of cinnamon is nice... especially in a breakfast cereal. Kashi GOLEAN cereal is made with ten grams of protein, nine grams of fiber, and 20 grams of whole grains per serving. This cereal will keep you satisfied and energized all morning. // \$4, 15 oz, kashi.com

URBAN MOONSHINE

Urban Moonshine aims to reawaken interest in both herbal medicine and the idea of preventive medicine to refocus attention on building energy and long term wellness. Ingredients include rhodiola root, fo-ti root, eluethero root, American ginseng root, and ginger root. // 10 ml spray, \$8, 2 oz, \$15, 8.4 oz, \$40, urbanmoonshine.com



OCEAN'S FLAVOR SEA SALT

Traditional table salt and all-natural, reduced-sodium sea salts are very different. Ocean's Flavor is harvested, not produced or processed, and possesses 84 vital minerals for a balanced and healthy diet. All salts are 100-percent natural, contain no genetically modified materials, and are not chemically altered. Enjoy original, barbeque, Cajun, Chipotle, and many other flavors. // \$4, 3.2 oz, oceansflavor.com



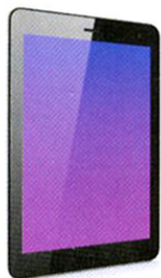
PORE REVOLUTION AND T-ZONE MATTIFIER

The Pore Revolution & T-Zone Mattifier instantly controls shine and restores your skin's smooth, matte look. Ingredients include salicylic acid, watercress, ginkgo biloba, caffeine, vitamins A and E, and willow leaf. The Lipo Conquer Body Toning Cream reduces the appearance of unseemly stretch marks and cellulite deposits so you can feel good about your body's natural curves. // Pore Revolution & T-Zone Mattifier, \$28, .5 oz, Body Toning Cream, \$45, 4 oz, dermelect.com



HAPPY TIMES ORGANIC SNACKS

Finding a nutritious snack that a child actually likes is difficult. Happy Times snacks come in gummy or crunchy textures (depending on the flavor) and are made with real, whole foods. The line includes Carrot Orange Apple Chews, Sunflower Butter & Berry Jam Bites, Caramel Yogurt & Apple Bits, Freeze-Dried Yogurt Bites, and Freeze-Dried Carrot Apple Bits. All Happy Times products are sealed in BPA-free packages. // \$5, box of 5, happyfamilybrands.com



Whitaker Wellness Diabetes App for iPad

Lots of people are talking about type 2 diabetes, but the Whitaker Wellness Institute is doing something about it. A new app for the iPad developed by CulinartMedia in conjunction with Dr. Julian Whitaker and The Whitaker Wellness Institute helps people with diabetes choose food that is both good for their condition and their taste buds.

FEATURE HIGHLIGHTS:

- » Over 100 recipes, all illustrated with photography
- » Built-in timer
- » Nutritional values and targets
- » Tracking device and history record
- » Menu planner, list of favorites and shopping list generator
- » Ingredient calculator based on number of servings needed
- » Social media links, including sharing via Facebook and email
- » Introductory video by Dr. Whitaker on diabetes and treatment
- » Ability to add notes to recipes and dispatch invitations to an event

Quick & Healthy 1.0 is available in the iTunes App Store in the Lifestyle category for a purchase price of \$4.99.

Get Back in Shape With Gaiam's Spring DVD Releases

Yoga and pilates are ideal for getting back in shape. To help you achieve the body you want, Gaiam has released three new DVDs.



RODNEY YEE'S AM/PM YOGA FOR BEGINNERS

This updated version of one of Rodney's most popular DVDs combines original routines with meditation. Featuring two workouts to strengthen, balance, and revitalize mind and body, Rodney leads the AM practice, which is a series of energizing poses to help wake up the body and focus the mind. His wife, Colleen Saidman, leads the PM practice, designed to help users wind down at the end of a busy day. // \$15, gaiam.com



MARI WINSOR'S LOWER BODY PILATES

Mari Winsor features three practices focused on the areas of the body that her devoted clients ask for most: hips, thighs, and glutes. With more than 50 workout programs to her credit, this DVD is a compilation of Mari's most effective Pilates and fitness moves that target the hard-to-reach trouble zones of the lower body. // \$15, gaiam.com



SHIVA REA'S MAMA & BABY YOGA

Shiva Rea leads new mothers through yoga exercises specifically designed to tone and reshape the parts of the body that change the most during pregnancy. The practice differs from other post-natal workouts because it involves the baby in the routines, allowing the mother and child to bond throughout the practice. This DVD is ideal for mothers with infants three to six months of age. // \$15, gaiam.com

PUT YOUR BEST FOOT FORWARD

Summer is coming fast. Are your feet ready for it? Treat yourself to an at-home spa experience with Earth Therapeutics foot care. The Tea Tree Oil Foot Soak contains natural Dead Sea salts, wild mint, and rosemary. The Pumice Brush allows dead skin to be sloughed away to expose fresh, bright skin. The Tea Tree Oil Gentle Foot Peel softens rough and callused skin with an alpha-hydroxy, fruit-acid complex. // Tea Tree Oil Foot Soak, \$8, 10 oz; Pumice Brush with Contoured Handle, \$5; Tea Tree Oil Gentle Foot Peel, \$8, 6 oz, earththerapeutics.com

