

THE TRUTH ABOUT AGING • MEDICINE CABINET MAKEOVER

VIBRANT HEALTH

BALANCED LIVING

natural

SOLUTIONS

5 HEALTHY
ON-THE-GO
RECIPES

**YOGA
THERAPY**

FOR DISORDERED EATING

5 TIPS FOR
MEANINGFUL LIVING:

**Finding
Realistic
Balance**

**ULTRA
CLEAN
EATING**

+ FOCUS ON:
CURCUMIN

MAINSTREAM MEDIA AND

GMOs

FROM WATCHDOGS TO LAPDOGS

KeVita

Get your probiotics and greens all in one with Apple Kale Sparkling Probiotic Drink, a nutritious blend of apples, pineapple, kale, celery, cucumber, spinach, chlorella, and spirulina. // kevita.com



GoMacro

Give your body a boost with Cherries + Berries, a tasty package of antioxidants, vitamin C, iron, and fiber. // gomacro.com



Sambazon

Bring the tropics to your taste buds with Pineapple + Coconut + Acai Berry, an organic juice sustainably sourced from the Brazilian Amazon. // sambazon.com



Royal

Aged for 12 months to bring out the full flavor of the grain, this Basmati Rice is fluffy, aromatic, and nonsticky. // authenticroyal.com



OFF THE SHELF There's no need to sacrifice taste if you want to eat healthy food!



Temple Turmeric

Matcha Latte is truly a super smoothie, featuring 13 grams of Hawaiian Gold Turmeric, hemp and coconut milk, and Japanese ceremonial-grade matcha. // templeturmeric.com



Little Secrets

These tasty chocolate candies use ingredients like turmeric and spirulina to create their vibrant colors, proving delicious and natural belong in the same sentence—and product. // sharelittlesecrets.com



Rise

All Protein+ Bars have five or fewer ingredients for a clean source of fuel—our favorite flavor is Lemon Cashew, which offers 15 grams of protein sans animal products. // risebar.com

Earth Balance

Gluten Free Vegan Mac and Cheese contains no wheat or dairy, yet you'll taste creamy, delicious goodness in every bite. // earthbalancenatural.com



In The Raw

Sweetened with a blend of Sugar In The Raw and zero calorie stevia, Tea With Lemon has half the sugar and calories of other leading brands. // intheraw.com

primizie

THICK CUT CRISP BREADS
DOLCE CARAMEL

Primizie

Eat 'em alone or as part of any dessert dish—new Dolce Caramel Crispbreads are sweet, salty, savory, and sure to satisfy. // primiziesnacks.com



Snack Factory

Pretzels dipped in yogurt? Yes please! These Crunch Minis are gluten-free, too. // pretzelcrisps.com

NuAquos

A combination of dark superfruits equals a tasty super drink to recover post-workout. // nuaquos.com

marlo