

VITAMIN D-FICIENCY: HOW TO RECLAIM HEALTHY LEVELS OF THIS CRUCIAL HORMONE

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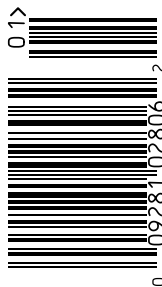
3 Pillars of  
Mind-Body  
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**ns** 8th Annual  
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YOUR RESOLUTIONS

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1) Randomized controlled trial of oral glutathione supplementation on body stores of glutathione. J.P. Richie.  
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## publisher's note

### Safe, affordable, and effective

Inside this issue you will find our 8th annual Beauty with a Conscience (BWAC) award winners for a number of personal care product categories.

Every year I am amazed how many new products are introduced to us through this program. BWAC is an important mission of *Natural Solutions* for several reasons.

At the forefront is product safety. According to a survey from the Environmental Working Group (ewg.org), 25 percent of women apply 15 or more personal care products every day. Most people believe these products are safe, but there are no health studies or pre-market tests required on these products. Many personal care products contain toxins and known or suspected carcinogens. The FDA provides little oversight regarding personal care products, banning only eleven ingredients while 1,392 ingredients are banned by the European Union.

If the toxins in these products just sat on our skin and were later washed off, the issue may be less urgent. But our skin absorbs these toxins, resulting in a buildup of these materials in other human tissues.

Not only do we review these products for safety, we also ask each company to verify that they do not test products on animals. The Humane Society estimates that thousands of mice, guinea pigs, rats, and rabbits are used to test cosmetics. No consid-

eration is given for the pain and suffering these animals go through during testing and they are euthanized when the testing is complete.

We weed out many products because they include synthetic fragrance, even when they are otherwise solid products. But our standards leave no room for exceptions. Our editorial team reviews all the ingredients, and tests products on themselves, family, and friends to identify products that are effective and appealing to consumers.

We hope you find this feature to be helpful. We welcome comments concerning products we selected as well as omissions we should track down for future product reviews. Our BWAC mission does not end with publishing our yearly results. Each issue of the magazine features personal care tips and products in our Natural Radiance section so you're never without quality recommendations.

Thank you for your continued support.

**Dick Benson**  
PUBLISHER

### 3 things I learned in this issue:

Lifting weights or doing push-ups twice a week can lower the odds of dying by 50% for those over 65 years old.

Sage can cure sore throat pain.

Spending time in the green outdoors can improve symptoms of ADHD.





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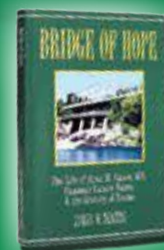
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# healthmatters

## RESOLUTION EVOLUTION

**You've set your goals—  
now how do you maintain  
and improve them?**

Most subscribers to New Years' resolutions know what it feels like to set out to make a big life improvement, only to see results slip away a little bit at a time. You work hard to take off the pounds; then they start to creep back. You fall back into your procrastination habit. You spend more and save less. You stop keeping up with friends or your meditation practice, connecting with your kids, or snuggling with your sweetheart.

BY VISHEN LAKHIANI





I struggle with this as much as anyone. But I've figured out a way to reset myself when I start to slip. I devised a tool called non negotiable set points. A set point is simply a bare-minimum threshold you establish for yourself that you can promise you will not go below. A set point differs from a goal. Goals pull you forward, while set points help you maintain what you have. You need both.

For example, at any time, I should be able to drop and do 50 push-ups. No excuses. I can come off a 24-hour flight from LA to Kuala Lumpur and plop into bed at home. But after a good sleep if I get out of bed and can't do 50—something's off. I can always tell when my travel schedule or a few good meals with family and friends have nudged me off my peak, because I have a hard time doing my usual 50 push-ups during my workout. If that happens, I know that I need to pay attention to how I'm treating my body and make some changes.

We can establish these system checks for our finances, the time we spend with our kids, our endurance, the number of books we read per week, or any other area of improvement we committed to on the first of January. Things tend to slip when we don't have a method to detect that we're losing ground. Set points are that detection method. Here's how to create your own:

### Step 1: Identify areas where you want to create set points.

Where are you slipping? Pick two or three areas to focus on, for which you'd like to make specific, achievable set points. Eventually you can expand your list to more areas of your life, but start with a few that are important to you, like your New Years' resolution.

### Step 2: Determine your set points.

Next, create targets for each area you selected. Make sure they are absolutely achievable. For things you can quantify

“Setting the bar too high is just punishing; it's unrealistic that you'll make all of that progress in one giant leap. **Turning up the heat just a little bit allows you to regain some momentum without setting yourself up to fail.**”

(your weight or your bank account, for example), establish specific amounts. You can also establish set points for intellectual resolutions (I will read three books per month) or even work-related goals such as a promotion (I will spend two hours a week studying something that will make me better at my job). The more specific you are, the easier it will be to keep track of the set point and stick with it.

### Step 3: Test your set points and correct if you miss.

I test my 50 push-ups set point once a week. If I can't do 50—whether I've been slacking off on exercise, my energy levels are low, or I've put on weight—I immediately initiate a set-point correction procedure.

My set-point correction procedure is a specific method to get me back on track. When it comes to fitness, it's what I do when I need to get back into shape and do 50. What works for me is to immediately go on a low-carb diet for a week to get my weight back to normal and commit to working out at the gym three times a week. Experiment to find out what works for you, and make it a non-negotiable part of correcting your course towards achieving your resolution or goal.

### Step 4: Turn up the heat—in a good way

When you slip off your set point, set a goal to get back to the set point plus a little bit more. Suppose 50 push-ups is your resolution set point. If you slip, aim to get back to 50 and a little

more—say, 51. If you've stopped your weekly date nights with your partner, go back to the weekly date night, but now add a gift of flowers. That's turning up the heat—but so gradually that you don't notice it. Once you reach that new level, make that your new set point.

## The Positive Psychology of Set Points

There's a powerful reason why set points work. It's a natural human tendency to feel that we've failed when we slip from our goals. But with set points, failure is turned into a challenge. If you can't attain your 50 push-ups, you enact a new goal. Get to 51. You replace the feeling of failure with the positive feeling of striving for a goal.

The key is to make the new goal easily achievable. Notice that my set-point correction for push-ups was to turn up the heat from 50 to 51, not to 55 or 60. Setting the bar too high is just punishing; it's unrealistic that you'll make all of that progress in one giant leap. Turning up the heat just a little bit allows you to regain some momentum without setting yourself up to fail, a trap many New Years' resolvers fall into.

When you correct your set points by aiming slightly higher than before, you can put yourself on a path to constant improvement with your resolution and in any aspect of life. We can all be better than ever as we gain mileage in life—just make sure your set points are non-negotiable. **ns**

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VISHEN LAKHANI is the founder and CEO of Mindvalley, a company specializing in learning-experience design, personal growth, mindfulness, well-being, and productivity. He is also an internationally recognized speaker on personal growth and transformation.

## Wealthy Health

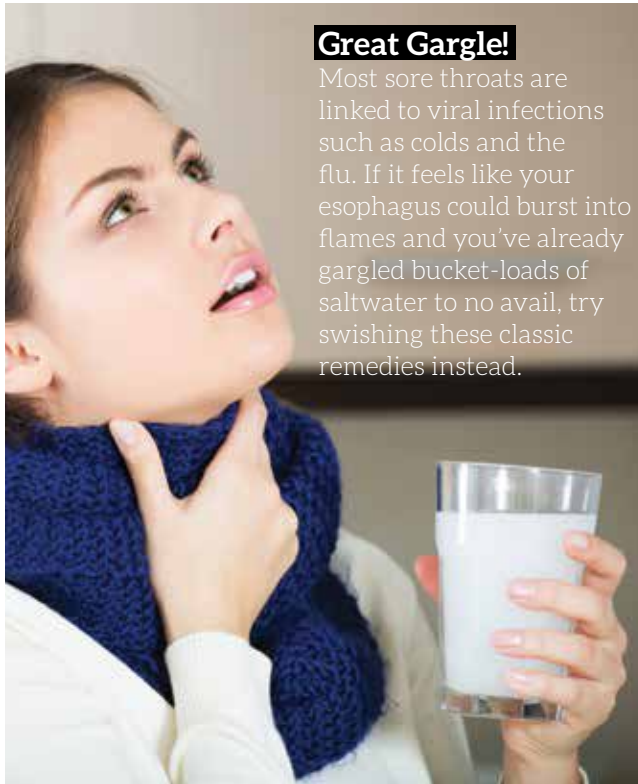
The data you've been sweating and snoring into your health trackers may encourage healthier behavior, but it hasn't provided medically valuable measures for specific health risks until now. Viewing your average step count for the month won't indicate whether you need to take a specific preventative action, but new research says these data points could be transformed into empirically-verified measures of longevity—if you're willing to sell. According to a study in *Computer*, monetized health data could be uploaded to a cloud database and analyzed en masse to determine, for example, that a 65-year-old, 5-foot-6-inch male weighing 175 pounds will reduce his risk of death by 33 percent if he regularly walks at a pace of 4 miles per hour. The possibilities are astounding, although this would likely mean commercial companies pinning for your latest upload, too. Are you in?  
*Source: Computer*

People age 65 and older who lifted weights or did push-ups at least twice a week lowered their odds of dying by almost half during a 15-year study.  
*Source: HealthDay*

## THE SPECTRUM OF STRENGTH

A new study conducted by Achilles International and funded by the Cigna Foundation reports that running improves fitness and communication for autistic kids. The study measured the effects of Achilles' school-based running program on 94 autistic students in five schools. The curriculum encourages children to run 26.2 miles—the length of a marathon—during the course of the school year. A subset of students exhibiting the most severe autism showed improvement in communications and fitness markers, suggesting that a school-based running program raises the potential of physical, social, emotional, and academic improvement for autistic children. To find out how you can support Achilles International's cause, visit them at [www.achillesinternational.org](http://www.achillesinternational.org).





### Great Gargle!

Most sore throats are linked to viral infections such as colds and the flu. If it feels like your esophagus could burst into flames and you've already gargled bucket-loads of saltwater to no avail, try swishing these classic remedies instead.



### Cayenne Pepper:

Sometimes you must fight fire with fire, and cayenne pepper does the trick. Capsaicin is an anti-inflammatory and antibacterial compound in cayenne pepper that will soothe your throat quickly, even if it does burn a little. Start with ¼ teaspoon in a glass of water and adjust to your comfort level for spices.



### Sage:

This powerful herb relieves pain, kills bacteria, and soothes inflammation. To make your sore throat run for the hills, mix up ½ teaspoon salt and 2 teaspoons sage in a glass of water. Prepare to breathe a sigh of relief.

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## A SOGGY SORRY

Dear polar bears,

We are truly very sorry. You may lose your home and lifestyle by 2050 in part because of us. According to new calculations in *Science*, three square meters of Arctic sea ice melts for every metric ton of carbon dioxide emitted. It may not seem like much, but humanity is regretfully admitting responsibility for 35 to 40 million metric tons per year. When we drive to work and fly to see distant relatives, we permanently erase your habitat chunk by mushy chunk. In fact, the study suggests just 75 miles of driving a fossil-fuel operated vehicle equates to one square foot of vanished ice. These calculations may not fully consider the complexity of the climate system, but the study tied our individual actions to your shrinking world and enacted a much-needed sense of personal culpability. We hope this will encourage cooperation on our part to act sustainably and responsibly to protect your environment—and ours. In a few short decades, you could be resigned to zoos and worse, museums. We simply cannot let that happen.

Remorseful but determined,  
The humans

### SAVE THE POLAR BEARS— BE SUSTAINABLE

- » Carpool to and from holiday party destinations.
- » Offset the carbon emissions from your holiday flight by finding out more at [carbonfund.org](http://carbonfund.org).
- » Decorate with energy-efficient LED lights.
- » Buy a living tree that you can plant after use.
- » Shop online.
- » Send email cards or make your own.

# 25

The percentage of extra trash Americans  
toss between Thanksgiving and New  
Year's Eve

# 45,000

The number of football fields that could  
be covered with saved wrapping paper  
if every American family wrapped just 3  
presents in reused materials

# 35

The percentage of Americans that have an  
unused Christmas present from last year  
*Source: Centers for Disease Control and  
Prevention*



If your resolution involves flaring up your fitness game or imposing a surefire sleep strategy, you'll likely be accompanied by your favorite wearable health tracker this January. **Wearable technology** is set to be the number one fitness trend for 2017, according to a worldwide survey from the American College of Sports Medicine. Filling out the rest of the top 5 trends of the new year are:



#### BODY WEIGHT TRAINING

The centuries-old method of using your body weight as resistance for lifting remains high on the list thanks to a resurgence of offerings in sports and fitness clubs and its highly inexpensive price of admission.

#### HIGH-INTENSITY INTERVAL TRAINING

With effective sessions as short as 6 minutes, calories melting off up to 24 hours after your workout, and little to no equipment necessary, what's not to love about high-intensity interval training?

#### EDUCATED, CERTIFIED, AND EXPERIENCED TRAINERS

Sometimes you need to take a personalized approach to chiseling your body into a unique masterpiece for summer 2017. And you're in luck because the pro fitness trainer industry is experiencing growth thanks to new educational programs, certifications, and accreditations becoming available.

#### STRENGTH TRAINING

Although steadily dropping from the number two spot in 2013, strength training is still favorable with younger crowds. It increases and maintains muscle strength, and has even been used in pulmonary rehabilitation and metabolic disease management programs.

Source: *Health & Fitness Journal*

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\*No significant difference has been shown in cows treated with the artificial growth hormone rBST and non-rBST treated cows.



## Q&amp;A

What are some drug-free alternatives to treating ADHD?

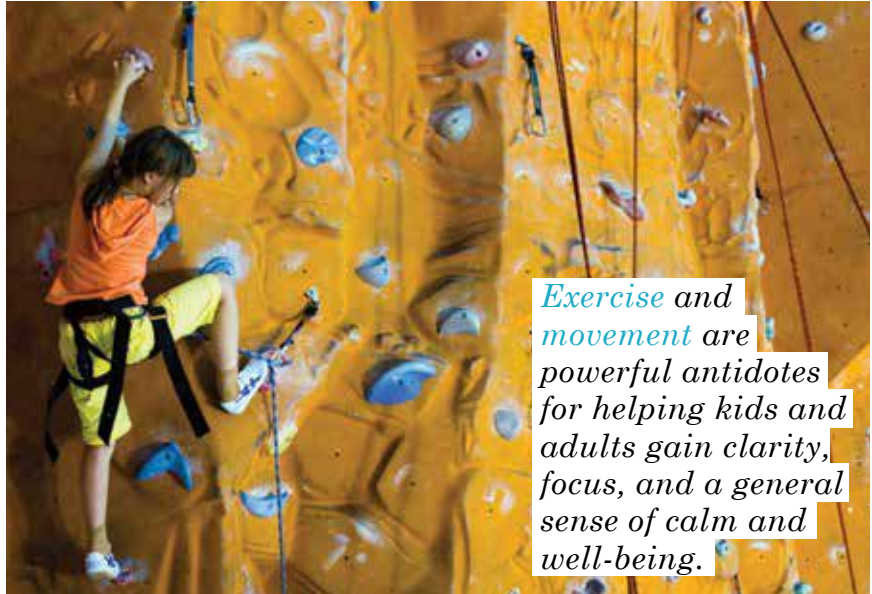
“Show up at 4:45, and make sure you bring the desserts,” might sound like a simple request, but for those with ADHD, it can be a nightmare to focus on and remember what life demands.

The mind slips and focus drifts, concentration issues become the norm, and a lot more is on the line than chocolate cake. Today, more people than ever are finding it harder to focus at work or school. But there is hope that doesn't come in a little orange bottle.

The Centers for Disease Control and Prevention reports that cases of ADHD are up 42 percent from the previous decade. Whether this rise is due to environmental factors, increased awareness, overdiagnosis, or other causes, parents everywhere are wringing their hands. And it's no wonder. The lack of focus, impulsivity, and hyperactive behavior can have serious implications for kids' academic performance—not to mention the many adults who are hindered by the same symptoms.

Yet, putting your child on ADHD medication (or going on it yourself) is a serious step—and one that many people are reluctant to take. The good news is that there are natural ways to treat ADHD in both children and adults.

A lot of people don't realize that many controllable factors affect your mental performance. As more children and adults display symptoms of ADHD, it's important to be informed about treatment options. In my own clinic, I've experienced tremendous success helping patients of all ages diminish their ADHD symptoms with EEG neurofeedback and other natural treatments. Unlike prescription medication, the following



*Exercise and movement are powerful antidotes for helping kids and adults gain clarity, focus, and a general sense of calm and well-being.*

six remedies for ADHD and ADD are side-effect-free.

**Use EEG neurofeedback to optimize your brain's performance.** EEG neurofeedback is a painless, non-invasive therapy that uses an electroencephalogram (EEG) to read and measure the brain's electrical activity. During the session, special software prompts the brain to subconsciously eliminate abnormal brainwave patterns by rewarding the patient—providing audible feedback or making a movie brighter, for example. In addition to successfully treating ADHD, EEG neurofeedback can help alleviate the symptoms of depression, anxiety, autism, PTSD, TBI, and related disorders.

A recent study highlights the success of neurofeedback. The subjects underwent functional MRI scans and EEGs to measure their brain activity. They were then assigned to a 30-minute session of either neurofeedback or a placebo activity.

After the session, the group that received neurofeedback experienced increased beta and alpha waves—those responsible for alertness, concentration, and relaxation. They also experienced a decline in delta and theta waves—those associated with drowsiness and deep sleep.

**Get tested for food sensitivities.** Undiagnosed food allergies, sensitivities, or intolerances to certain foods such as wheat or dairy may bring on inflammation and symptoms of ADHD. So if you have been feeling scattered, anxious, or your attention span has lessened, consider getting tested or try abstaining from a suspected food for at least 30 days to see if your symptoms disappear.

**Make smarter dietary choices.** Eat a balanced diet of proteins, vegetables, and healthy fats. Your body is designed to eat these foods and will perform at its best when you stick to these guidelines. And be sure to focus on the quality of

your meat, vegetables, and dairy products, buying free-range and organic whenever possible.

**Additionally, steer clear of processed foods with artificial dyes which have been linked to hyperactivity in children.** Quit or reduce your intake of gluten and grains, and avoid sugar and refined carbohydrates such as bread, chips, and white rice, which your body treats similarly to sugar. Speaking of the devil, sugar is particularly problematic because it causes cycles of highs and crashes. The sweetener makes you feel great temporarily, but after your body quickly processes it, you feel lethargic and drained—not to mention the burden sugar puts on your liver, pancreas, and brain.

**Get enough quality sleep.** Children and adults alike need at least eight hours of sleep per night. Adequate rest allows the body and brain to repair and will help improve focus. For optimal sleep, stop using electronics an hour before bedtime. Use orange or red lighting and avoid blue or white light, which shuts

down melatonin production. Be sure to turn off your wi-fi at night and keep your cell phone in a separate room. Always sleep in total darkness, and use blackout curtains if necessary. If you're in an area prone to noise, use a sound spa to block out random disturbances. Finally, keep the temperature cooler at night, as this also promotes sound sleep. For further relaxation, try meditation or deep breathing exercises.

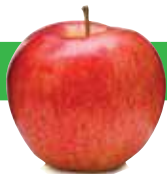
**Exercise and move often.** We are not designed to sit still all day, so it's no wonder that children fidget in their desks and can't concentrate when forced to remain statuesque for hours at a time. Exercise and movement are powerful antidotes for helping kids and adults gain clarity, focus, and a general sense of calm and well-being. Remember, for generations, humans had to climb, walk, run, and lift for their survival. We no longer have to move, but we desperately need to. Try to exercise every day by going to the gym, jogging, or playing a sport—just move and encourage your children to do the same.

**Get a daily dose of green.** Surrounding yourself with nature may improve symptoms of ADHD. A recent study reveals that children with ADHD experienced a reduction in their symptoms after spending time in green outdoor settings. Get plenty of family time outdoors—the greener, the better! Let children do homework outside after school, go for scenic walks in parks or natural areas, and take every chance to enjoy the sunlight and fresh air.

ADHD doesn't have to control your life. Optimal mental performance can be easily achieved without medication. Best of all, these remedies will improve other areas of your life as well. EEG neurofeedback—along with healthy daily habits—will help you regain your focus, improve your performance, and live up to your full potential. [ns](#)

ADAM BREINER, ND, is a naturopathic physician schooled in the areas of naturopathy, homeopathy, and acupuncture. [// wholebodymed.com](http://wholebodymed.com)

# DENTAL Insurance



Physicians Mutual Insurance Company

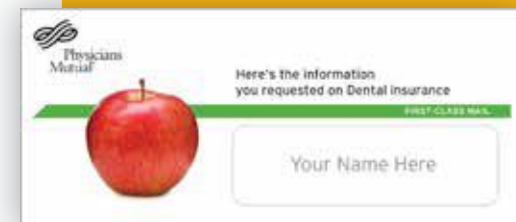
**A less expensive way to help get the dental care you deserve**

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- ✓ **No wait for preventive care and no deductibles** – you could get a checkup tomorrow
- ✓ **Coverage for over 350 procedures** – including cleanings, exams, fillings, crowns...even dentures
- ✓ **NO annual or lifetime cap** on the cash benefits you can receive

\*Individual plan.

Product not available in MN, MT, NH, RI, VT, WA. Acceptance guaranteed for one insurance policy/certificate of this type. Contact us for complete details about this insurance solicitation. This specific offer is not available in CO, NY; call 1-800-969-4781 or respond for similar offer. Certificate C250A (ID: C250E; PA: C250Q); Insurance Policy P150(GA: P150GA; NY: P150NY; OK: P150OK; TN: P150TN)

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# THE BIRTH OF *Babo*

HOW KATE SOLOMON  
PIONEERED GREEN BEAUTY

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When asked about her biggest role model and inspiration, Kate Solomon, founder of Babo Botanicals, immediately jumps to her grandmother, Evelyn. “[Evelyn] was known as a force, making big civic projects come to life. She engaged the community as well, always making things happen and then moving on to the next endeavor.” Kate sums up her grandmother: “creativity, charm, and grit,” and I have to laugh because by the end of our conversation, it’s clear that Kate could have been describing herself.

it’s clear that Babo originated from and remains close to her family. After all, it’s not every day your company becomes a household verb but, “did you Babo yet?” can be heard echoing in Kate’s home as kids are rounded up for bed.

Babo began as many companies do, to fulfill needs that aren’t being met. In Kate’s case, after having her first child, she struggled to find products that met her needs as a mother—gentle, chemical-free, and safe for sensitive newborn skin. When it came time to name the company, she turned to her son’s stuffed security bunny, Babo. “There was Babo, comforting, safe, soothing. My son had given me a mission—and a name.”

She assures me there’s no greater compliment than saying she’s just like Evelyn, and the more you talk to her, the more you realize Kate’s grandmother—and the rest of her family—is never far from her mind. Her grandmother, her parents, and her children come up in conversation almost more than her “sixth child,” Babo Botanicals. From her dad’s life lessons, “learn on someone else’s dime” to her five-year-old son describing Babo to patrons at the brick and mortar store,

BY TEDDI MARZOFKA

But that mission was no easy feat. In the early 2000s, the seeds of green beauty were barely sown, its only hallmark being sulfate-free shampoo—used to extend the life of vibrantly dyed hair, not to contribute to one’s overall wellness. Kate tells me, “it wasn’t until the science of parabens, BPA, phthalates, and formaldehyde came into the discussion that the idea of green beauty really began to surface.”

From there, it was only a matter of time before consumers could educate themselves about the personal care products they were buying for themselves and for their families. It may have begun with dye-dampening shampoo, but skin-stripping face wash, toxic nail polish, and formaldehyde-laden cosmetics were all swept off bathroom countertops to make way for safer products. By this time, the organic, non-GMO food movement was growing, and natural and homemade baby food had become all the rage; safe baby skincare products soon followed these holistic developments.

Long before Kate’s Babo dream came to fruition, she was an avid devotee of the natural lifestyle. At age 20, she was beekeeping with her father and had spent time in Paraguay as an agriculturist volunteer for the Peace Corps. Even when working for beauty giants like Avon and L’Oreal, she was most inspired when working with natural ingredients like Aloe vera, coconut oil, and Kiwi Extract. “I was ahead of the time,” Kate explains. “Before green beauty was even ‘a thing,’ I was developing my own soaps and lotions with natural ingredients. I love botany, beekeeping, and learning about the power of plants and their relationships with medicine, skin treatment, and aromatherapy. The creation of Babo was a culmination of all these things.”

When working with established beauty companies, she felt using only a few natural ingredients was a compromise she didn’t want to make. Using her knowledge of botany and

experiences from Paraguay, she knew it was possible to make products using only natural actives. Despite people’s doubts, competition from commercial brands, warnings against a “niche” market, and a green beauty movement wallowing in infancy, Kate jumped in with both eyes open. “I trusted my instinct,” she told me, “My needs as a mom simply weren’t being met.” She was determined to provide her growing family with the very best products the earth had to offer.

Fast forward through years of hard work, uncountable victories, and memorable failures to the final months of 2016. The green beauty movement has snowballed into a green beauty industry—an industry estimated to be worth \$16 billion by 2020. Profits and desire for green products have exploded and show no signs of abating. Celebrities across the board have taken up the mantle of not only eating clean, but also going natural with their personal care products. And Kate has built herself a successful natural product company in a niche market.

“All those naysayers are now biting their tongues witnessing the valuations these companies are getting!” Kate is proud of all she’s accomplished and committed to the long-term success of Babo not just for her sake, but for the sake of all the families that use and love the products. The trust of her customers (her own family included) is one of the main reasons she could never just flip and sell the company, no matter the valuations thrown at her.

To her, true value lies in providing the best possible product. To that end, she developed a proprietary Nutri-Soothe Complex. Like tea steeping in hot water, a blend of organic Calendula, Chamomile, Kudzu, Watercress, and Meadowsweet is submerged in glycerin for a month. The resulting complex is included in each of Babo’s products, which ensures a “concentrated blend of essential vitamins, antioxidants, and anti-inflammatories,” is delivered to skin as the product is used.

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## According to Kate:

### 3 BEAUTY MUST-HAVES

#### 1 SULFATE-FREE FACE WASH:

I use Babo’s Oatmilk Calendula Shampoo and Wash. It’s non-stripping, gentle on my skin, and filled with antioxidants and anti-inflammatories. I used to get a lot of breakouts and redness, but not anymore.

#### 2 ZINC-BASED SUNSCREEN:

I never leave the house without it. It’s my number one anti-aging product. Zinc is also an anti-inflammatory and the most effective sunscreen ingredient.

#### 3 LIPSTICK:

The lipstick I use daily is Jane Iredale’s Forever Red. I love her line of lipsticks. They’re subtle and softening. I also admire Jane Iredale as a person. She’s elegant and inspiring—I want to meet her so badly!

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GET TO KNOW:  
Kate Solomon

TITLE:  
Founder & CEO

HOMETOWN:  
New York City

MAKEUP MUST-HAVE:  
Lipstick

MAKEUP GUILTY PLEASURE:  
Fun-colored eye shadows

GREEN BEAUTY HERO:  
Jane Iredale


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Though her products are unquestionably soothing, it's easy to assume that her life is anything but. With five children to raise and a company to run, the archetypal image of juggling a healthy work-life balance is hard to ignore. But, Kate tells me, "Honestly, I feel so lucky." Her husband is enormously helpful with the kids and work, and since Babo's office is just a mile or so from her home, it's easy for her to fit in a few moments of self-centering calm here and there. Outside of work, she practices self-care by exercising, cooking, and gardening as often as possible. She also uses the kitchen and garden to spend quality time with her kids.

Kate's children are just as comfortable at the office as they are at their own home, which also helps with scheduling her week. Kate has worked hard to help them feel like they are part of the company, "and I think they do," she says. The kids often hang out at the office, volunteer to act as guinea pigs for new product testing, and give their expert opinions on new product designs.

Her kids aren't the only ones to benefit from Babo's achievements. Kate uses her business as a platform to give back to her community, much like her grandmother did. By supporting initiatives that respect and cultivate the environment like the New York Botanical Garden's urban farming program, Kate hopes to continue to make a difference and spread the word about the power of earth-given ingredients. Whatever Kate's plans for the future may be, we're sure they will be creative and charming, and realized thanks to her grit. 

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KATE SOLOMON is the founder and CEO of Babo Botanicals, has worked for personal care giants such as Avon and L'Oreal, and is the proud parent of five lovely children. // [babobotanicals.com](http://babobotanicals.com)

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Kate's

## GREEN BEAUTY LESSONS

Kate gave some great advice for those of us that are still tentatively adding to our green beauty collection. Here are her words of encouragement:

### IT'S WORTH IT.

There are so many market choices today for making your beauty routine green. Though it takes a little homework to be sure you're making the right choices, in the end your skin will thank you.

### GREEN BEAUTY IS JUST AS EFFECTIVE AS NON-GREEN BEAUTY.

In fact, natural ingredients are sometimes superior to chemical ingredients. For centuries, ingredients like Aloe vera, coconut oil, Shea butter, lavender extract, and so many others have been used for skin remedies all over the world!

### CHECK THE EXPIRATION DATE.

If a product doesn't have an expiration date, it means at least one of two things: One, it lasts forever and therefore must be filled with chemicals. Two, it hasn't been sufficiently tested. Two years is the standard and expected expiration date for natural products.

### GREEN BEAUTY IS A MOVEMENT.

It's mindfulness of our environment. What we put on our body can be as natural as what we put in our mouths. At the end of the day, we all want to feel and look healthy, and it's up to us to make choices that get us there.





**GREAT TASTING**



**ANTI-CAVITY**



**EASY TO USE**



**COMPLETE SYSTEM**

# YOU'RE DOING IT. MAKE IT COUNT.

THE SPRY5 SYSTEM IS THE MOST COMPLETE, EASY TO USE AND GREAT TASTING LINE OF ORAL CARE PRODUCTS ON THE MARKET

Using products from the Spry5 system make it easy to get the **dentist-recommended five daily exposures of xylitol**. Research has shown over and over that using xylitol products five times throughout the day is the best way to keep your teeth healthy.

**The Spry5 System is simple** to use, in fact you're probably going through the motions, just not with products that work together. If you brush your teeth, use mouthwash, chew gum, eat mints or candy you should make it count.



**The goal of the Spry5 system** is to make oral care easy, tasty and effective. Find your nearest Spry5 retailer at [Xlear.com](http://Xlear.com).

Make the switch to Spry products and **start making these things count.**

- 1 Brush and rinse with Spry toothpaste and oral rinse when you wake up.
- 2 After meals chew Spry gum or mints.
- 3 Brush and rinse with Spry toothpaste and oral rinse before bed.
- 4 Use Spry Dental Probiotics before bed.
- 5 Other exposures to 100% xylitol products throughout the day are added bonuses and will help.

Available at fine retailers like:



Or visit  
**Xlear.com**

**Spry**



# ns 8th Annual BEAUTY *with a* CONSCIENCE Awards

From a very early age, I was exposed to the idea of creating healing ointments from nature. My father was a beekeeper and served as a catalyst for my exploration and passion for aromatherapy and botany. When I got older, my beauty regimen consisted of the products I would concoct in the kitchen using beeswax, honey, and oils. Now, as a mother I try hard to set an example for her own children, I spend much of my family time cooking and gardening as a way to get my kids interested and involved with nature and all of its benefits.

As the natural beauty movement continues to explode, it's important as a consumer to do your research. Align yourself with brands that are committed to creating products that truly respect the environment and harness the best ingredients nature has to offer. The staff at *Natural Solutions* continues to recommend Babo and other companies that have a deep respect for the Earth at the core of every product with their latest **Beauty with a Conscience Awards**.

INTRO BY KATE SOLOMON, CEO BABO BOTANICALS





### Balm of Gilead

**LOTION** We chose Balm of Gilead's Butter Balm for its whipped texture, delicate scent, and luxurious moisture. We especially liked the Pomegranate Butter Balm, but you can't go wrong with any of their options.  
// allnaturalbalm.com



### CrossFixe

**HAND BALM** Sometimes our hobbies are hell on the hands. Whether you're a power lifter, rock climber, or an avid gardener, CrossFixe Hands Tube absorbs quickly and soothes any leftover pain from shredded palms.  
// crossfixe.com



### The Wonder Seed

**HAND LOTION** This nurturing hemp hand cream is like superfood for your skin. The Wonder Seed Water Lotus Hand Cream absorbs and moisturizes quickly, the two most important factors when trying to heal dry winter skin!  
// thewonderseed.com



### John Masters Organics

**BODY WASH** There's nothing better than a body wash with lavish lather and powerful hydration. John Masters Organics Bare Unscented Body Wash uses a blend of milk thistle, sunflower oils, and vanilla extract to achieve just that.  
// johnmasters.com



### Earth's Care

**FOOT BALM** If you suffer from rough, sore feet, we urge you to stock up on Earth's Care Dry and Cracked Skin Balm. It has no parabens, fragrance, phthalates, or petrolatum, but still manages to work wonders overnight.  
// earths-care.com

### Nature's Gate

**HAND SOAP** Nature's Gate Oatmeal Liquid Soap not only smells amazing, but also gently cleans with a natural blend of oatmeal, marshmallow root, and yarrow.  
// naturesgate.com



### ACURE

**BODY OIL** If you've longed for a reason to hop on the Ayurvedic beauty bandwagon, look no further than ACURE's Citrus Ginger Dry Oil Body Spray. Spray delivery dissuades oily overdose, but encourages all manner of mandarin-scented dreams.  
// acureorganics.com

### Good Body Products

**SALVE** We used Good Body Products' Calendula and Lemon Balm Soothing Salve on our chapped winter elbows, and were amazed at the results. This multi-tasking salve is a lifesaver for more than just dry skin. Use it for whatever gets thrown at you—diaper rash, paper cuts, bug bites, psoriasis, and more.  
// goodbodyproducts.com



### Ola Tropical Apothecary

**BATH SALT** Naturally farmed sea salt, sugar cane, and coconut milk mingle in Ola Tropical Apothecary's Rainforest Bath Ritual, creating an exfoliating and earthy bath experience in your own home.  
// hawaiianbodyproducts.com



### ClimboN

**DEODORANT** This deodorant smells good enough to eat, so it's good enough for our underarms. Though the active formula will stain white clothing, ClimboN Deo Spicy Eucalyptus is effective for the darker fashions of winter.  
// climbonproducts.com

### Badger

**SUNSCREEN** When picking a zinc-based sunscreen, we look for a product that's non-greasy, doesn't clog pores, and doesn't leave a ghostly white residue. Badger Zinc Oxide Sunscreen Lotion meets those standards on all counts.  
// badgerbalm.com



### S.W. Basics

**BODY SCRUB** In the incredibly accurate words of S.W. Basics, "It's like dessert for your skin."  
// swbasicsofbk.com



### Wyndmere Naturals

**BAR SOAP** We don't always think of bar soap as a luxury item, but Wyndmere Naturals Mint and Rosemary Soap changed our minds. It has the utility of regular bar soap, but the scent is worthy of a spa.  
// wyndmerenaturals.com



BODY





**Jane Iredale**  
**LIQUID FOUNDATION**  
We love the coverage and hydration of Jane Iredale's Liquid Minerals Foundation. It didn't flake, crumble, or dry out even after all day wear. // janeiredale.com



**Honeybee Gardens**  
**BLUSH** HoneyBee Gardens Pressed Blush is easy to apply evenly and blends well if you accidentally get a little heavy-handed. Our go-to color choice is Rendezvous, a warm, rosy shade. // honeybeegardens.com



**Eminence Organics**  
**Skincare**  
**CLEANSER** Facial cleanser should do just that—cleanse—so if your usual face wash leaves your skin stripped and tight, Eminence Stone Crop Gel Wash is a skin revelation. // eminenceorganics.com

**Jane Iredale**  
**LIPSTICK** Jane Iredale PureMoist Lipstick stands out for conditioning and quenching lips as you wear it. Our favorite color for the winter season is Cindy. // janeiredale.com



## COSMETICS

**W3ll People**  
**MASCARA** W3ll People Expressionist Mascara gives you bold, fluffy lashes with its lengthening brush and is easy to remove at the end of the day. What more could we ask for? // w3llpeople.com



**Meisha**  
**CONCEALER** Of all the concealers we tested, Meisha's Cream Concealer had the best coverage, and with only five ingredients, we can easily envision using this regularly. // earthsbeauty.com



**Arbonne**  
**EYELINER** Our number-one eyeliner must-have is glide. We refuse to pull and struggle for a straight line, and with It's a Fine Line Pencil Eye Liners from Arbonne, we'll never have to again. // arbonne.com



**Aura Cacia**  
**DIY OILS** Aura Cacia Face Oils lend bright scents and effective ingredients to our DIY beauty binges. Our current favorite is the Illuminate Oil, which can make a refreshing toning mist. // auracacia.com



**Love Myself Organics**  
**PERFUME** If you're struggling to find a natural perfume that lasts all day, allow us to suggest Love Myself Organics Deeply Jasmine Perfume. With hints of jasmine and balsam, the scent is complex and unique. // lovemyselforganics.com



**Earth's Beauty**  
**EYE SHADOW** This matte eye shadow from Earth's Beauty lasts all day and has great coverage. Our favorite color was Natural Clay, an eye-popping neutral brown. // earthsbeauty.com

## FACE

**Frangipani**  
**EXFOLIANT** Frangipani Exfoliating Face Gel is gentle enough to use daily, and works for all skin types. We love that instead of microbeads, the product utilizes jojoba beads. // frangipanibodyproducts.com



**Dr. Hauschka**  
**MOISTURIZER** We chose Dr. Hauschka Ice Plant Face Cream for our moisturizer pick this year because this cream can quickly bring nourishment to even the driest skin. // dr.hauschka.com



**MyChelle**  
**Dermaceuticals**  
**SPOT TREATMENT** Acne always pops up on the most inconvenient days. MyChelle's Clear Skin Spot Treatment can be your fast-acting, anti-acne cavalry. // mychelle.com







### Eminence Organics Skincare

**NIGHT CREAM** We're always looking for the overnight fix to our aging skin, and this year, Eminence's Monoï Age Corrective Night Cream came very close. It is deeply hydrating and leaves skin baby soft. // [eminenceorganics.com](http://eminenceorganics.com)

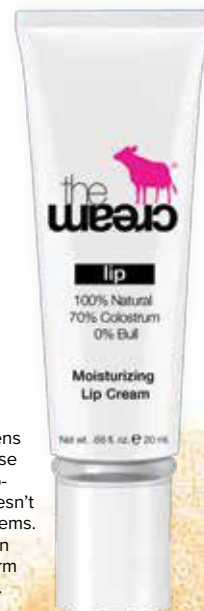


### POLYN Skincare

**SERUM** The best two things about POLYN Regenerative Face Serum might be its healing power and quick absorption. A close third is the heavenly scent it leaves behind. // [polyn.co](http://polyn.co)

### The Cream

**LIP TREATMENT** We were pleasantly surprised by our pouts after using The Cream Lip Treatment. Our lips became soft and hydrated, probably due to the moisturizing ingredients like avocado and coconut oils. // [thecream.com](http://thecream.com)



### Mad Hippie

**SUNSCREEN** Sometimes zinc sunscreens clog pores and cause breakouts. Mad Hippie's Facial SPF doesn't give us those problems. Instead, it offers skin protection in the form of vitamins C and E. // [madhippie.com](http://madhippie.com)



### ilike Organic Skincare

**NECK CREAM** With just 10 ingredients, ilike's PhytoLift Neck and Décolleté Cream makes us believe that less definitely is more—more moisture, hydration, and results. // [szepelet.com](http://szepelet.com)

**Just Neem**  
**SPOT TREATMENT** Neem oil is known for natural anti-septic, anti-fungal, and anti-histamine properties, so for whatever blemish ails you, we recommend Just Neem's Cure Oil. // [justneem.com](http://justneem.com)



### SheaTerra Organics

**MASK** The Chocolate and Rose Hips Beauty Mask from Shea Terra Organics feels as decadent as it sounds. We tested this mask more times than necessary to make the decision—a sure sign of a great product. // [sheaterraorganics.com](http://sheaterraorganics.com)



### Kaia Naturals

**MAKEUP REMOVER** Kaia Naturals Juicy Bamboo Cleansing Cloths not only remove makeup, but also clean skin without stripping necessary natural oils. Better still, these wipes biodegrade completely in just 70 days. // [kaianaturals.com](http://kaianaturals.com)



### Replere

**TONER** This toner acts as a pore minimizer and skin balancer. Our faces felt supple after using Replere's Skin Tonic just once, and we liked that there was no overwhelming scent. // [replere.com](http://replere.com)



### InstaNatural

**ROSE WATER** Our rose water pick for this year comes from InstaNatural, as their Moroccan Rose Water was gentle, hydrating, and made our skin feel facial-fresh from morning to night. // [instanatural.com](http://instanatural.com)



### Just Neem

**MASK** The power of French green clay and West African Neem mingle in the Clay Face Mask from Just Neem. We loved the consistency of the mask as well as its pore minimizing effects. // [justneem.com](http://justneem.com)



### Earth Science

**EYE CREAM** If most of your morning routine consists of battling dark eye circles and puffiness, you're not alone, but you are in luck. Earth Science's Azulene Eye Cream uses chamomile flower and fruit extracts to perk up your peepers. // [earthsciencenaturals.com](http://earthsciencenaturals.com)





**Purxury SHAMPOO AND CONDITIONER**  
Healthy, bouncy hair is just a few washes away. We love Purxury's non toxic Mint Nutritive Shampoo and Conditioner. The entrancing smell of peppermint extract, milk thistle, and honeysuckle put it over the top as our favorite shower combo. // purxury.com

**Contesta Rock Hair HAIR STYLING** Contesta Rock Hair's Curling Milk nourishes hair more and more each time you use it, until finally your curls are buttery soft. // contestarockhair.com



**Babo Botanicals**  
Its scent isn't the only thing that made Babo's Swim and Sport Shampoo and Wash stand out. It was astonishing how easily it removed dirt and other debris from children with just one wash. // babobotanicals.com



## KIDS

**ACURE**  
No matter the age of your child, chances are they will delight in the moisturizing effects of ACURE's Yummy Baby Vanilla and Citrus Lotion. Ingredients like cucumber, calendula, and chamomile lead the way to baby-soft skin. // acureorganics.com

## HAIR



**Madam C.J. Walker HAIR STYLING** Our favorite aspect of Madam C.J. Walker's Flyaway Curl Control Serum is the shine it gives to lusterless tendrils. Smoothing the frizz has never been so easy. // mcjwbeautyculture.com



**Shea Moisture HAIR TREATMENT** It might be an exaggeration, but it seems like Shea Moisture's Mongongo and Hemp Seed Oil Porosity Moisture Seal Hair Mask works before you can even finish saying its full name. // sheamoisture.com



**Babo Botanicals**  
Babo impresses again with their Sensitive Baby 3-in-1 Cleansing Wipes. With oatmeal and calendula, these soothing wipes leave skin clean and refreshed. // babobotanicals.com



**Badger**  
Frequent shaving can wreak havoc in the form of dry skin, ingrown hairs, and more. This cooling and moisturizing aftershave oil from Badger ensures sweet smelling protection for freshly shorn faces. // badgerbalm.com

## SUPPLEMENTS



**Z Skin Systems SKIN SUPPLEMENT** Sometimes beauty is best tackled from the inside out. With Z Skin System's Method No. 1 Radiant Skin package, you can jumpstart healthy skin with ingredients like vitamin D<sub>3</sub>, zeaxanthin, and green tea extract. // zss-skincare.com

**Reserveage HAIR SUPPLEMENT** Reserveage is our go-to supplement guru yet again with their Keratin Hair Boost Powder Supplement. Active ingredients like keratin, biotin, and resveratrol ensure strong, healthy hair no matter your age. // reserveage.com



## MEN

**The Cream**  
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# That Oven Feelin'

Recipes for long winter days



**D**elicious food always takes away the blustery gloom of winter. That's why we've picked six recipes from easy-peasy breakfast hot chocolate to laborious two-day meat pies to while away colder days. Find your apron, preheat the oven, and dive spatula-first into the bubbling warmth of these yummy recipes.



## Cinnamon Buns

MAKES 12

### DOUGH:

- 1½ cups whole milk
- ⅓ cup vegetable oil
- ⅓ cup granulated sugar
- 1 envelope (¼ ounce) active dry yeast
- 1½ cups whole wheat flour
- 1⅓ cups all-purpose flour, divided
- 1 teaspoon salt
- ½ teaspoon baking powder
- ½ teaspoon baking soda

### CINNAMON BUTTER:

- 4 tablespoons unsalted butter, melted
- 2 tablespoons granulated sugar
- 1 tablespoon ground cinnamon

### GLAZE:

- 1 cup powdered sugar, sifted
- 2 tablespoons whole milk or heavy cream
- 1½ tablespoons unsalted butter, at room temperature
- Pinch of salt

*To make the dough:* In a large heavy-bottomed pan, combine the milk, oil, and granulated sugar. Heat over medium-low heat until the mixture just comes to a boil. Remove from heat, cover, and let stand for 45 minutes. Add the yeast, stir to combine, and set aside for 5 minutes or until bubbles have appeared on the surface and the yeast has activated. Stir in the whole wheat flour and 1 cup all-purpose flour. Cover with a kitchen towel and set aside until the dough has risen and doubled in size, about 1 hour. Add the remaining ⅓ cup all-purpose flour, the salt, baking powder, and baking soda and mix to combine with a spoon or your hands. Transfer the dough to a well-floured surface and, using your hands, press into an 11x15-inch rectangle about ½-inch thick.

*To make the cinnamon butter:* In a bowl, combine the melted butter, granulated sugar, and cinnamon. Brush the mixture evenly over the top of the dough. Starting at one long end, gently roll the dough into a log shape. (Use a bench scraper to help.) Slice the log into twelve 1- to 1½-inch-thick slices and place them, cut-side down, into two greased pie dishes. Cover with a kitchen towel and let stand for 30 minutes as they rise. Preheat oven to 400 degrees.

*To make the glaze:* In a bowl, vigorously whisk the powdered sugar, milk or cream, butter, and salt until smooth. Set aside. Bake the buns for 15 minutes, or until golden. Let stand for 5 minutes, then drizzle the glaze over the buns and allow to set (or eat straight away!). *Reprinted from SCRATCH by MARIA RODALE with permission from Rodale Books, 2016.*



## Crostini with Chèvre, Figs, and Thyme

SERVES 5

- ½ large baguette (about 1 foot), cut into ½-inch thick slices
- Extra-virgin olive oil, for drizzling
- 1 large clove garlic
- 4 ounces chèvre (goat cheese)
- 4 or 5 fresh figs, sliced thin, or ½ ripe pear, sliced thin
- Honey, for drizzling
- 1 tablespoon fresh thyme leaves
- Coarse sea salt

Set the oven to broil with a rack on the upper shelf. Place the baguette slices on a rimmed baking sheet and drizzle one side generously with oil. Place under the broiler and toast until lightly browned, about 1 minute. Watch carefully to prevent burning. Remove from the oven, flip each slice, and broil the second side for 30 seconds to 1 minute. Rub one side of each crostini with the garlic and arrange on a platter. Top with a smear of chèvre, a fig or pear slice, a drizzle of honey, and a sprinkle of thyme and salt. *Reprinted from RUN FAST, EAT SLOW by SHALANE FLANAGAN and ELYSE KOPECKY with permission from Rodale Books, 2016.*

## Aussie Meat Pies

MAKES 12

### PUFF PASTRY:

**2½ sticks (10 ounces) unsalted butter, divided**  
**2 cups cold all-purpose flour, plus extra for dusting**  
**1½ teaspoons salt**  
**¼ cup cold water**  
**1½ teaspoons apple cider vinegar**

### MEAT PIE FILLING:

**2 tablespoons extra-virgin olive oil**  
**1 onion, chopped**  
**2 pounds cubed beef sirloin or ground beef**  
**6 to 8 cups water**  
**2 tablespoons apple cider vinegar**  
**2 tablespoons Worcestershire sauce**  
**2 teaspoons salt**  
**2 teaspoons freshly ground black pepper**  
**2 tablespoons cornstarch**

### CRUST:

**2 cups cold all-purpose flour**  
**½ teaspoon salt**  
**10 tablespoons unsalted butter, cut into cubes and slightly softened**  
**⅓ cup cold water**  
**1 teaspoon apple cider vinegar**  
**1 large egg (for assembly)**

more times, refrigerating for 30 minutes in between. Chill the dough until ready to assemble.

*For the filling:* In a large heavy-bottomed saucepan, heat the oil over medium-high heat. Add the onion and cook, stirring for a few minutes to soften. Add the beef and cook, turning, for 8 minutes, until evenly browned. Add enough water to cover the meat by an inch. Bring to a boil and skim any foam from the surface. Add the vinegar, Worcestershire sauce, salt, and pepper, reduce the heat to a simmer, and cook for 1 hour, or until the meat is tender. With a slotted spoon, transfer the meat to a bowl. Bring the liquid in the pan to a boil. Mix the cornstarch with a little water, add it to the pan, and stir to combine. Cook for 4 minutes, or until thickened. Return the meat to the pan, stir to combine, then set aside to cool completely.

*For the crust:* In a bowl, mix together the flour and salt. Add the butter and rub it into the flour gently with your fingertips until it resembles coarse breadcrumbs. In a cup, combine the water and vinegar, add it to the flour mixture, and mix gently with your hands until the mixture just comes together. Transfer to a lightly floured surface and knead very gently to form a dough. Divide the dough into 6 balls, flatten into disks, wrap in plastic wrap, and refrigerate for 30 minutes.

*Assembly:* Preheat the oven to 375 degrees. Roll out each portion of the crust to a 6- to 7-inch round and use to line the bottom and sides of six 4½-inch pie tins. Trim any excess pastry. Divide the meat filling among the 6 tins. Roll out the puff pastry dough to a ¼-inch thickness, being careful not to crush the layers as you work. Cut out six 5-inch rounds from the dough to fit the tops. Beat 1 egg with a little water to create an egg wash. Use the egg wash to glue the puff pastry lid to the top of the short crust and pinch together with your fingers. Brush the top with more egg wash and cut a slit in the pastry top. Bake for 35 minutes or until golden.

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*For the puff pastry:* Cut 4 tablespoons of the butter into cubes and set at room temperature to soften slightly. Leave the remaining butter in the fridge until you're ready to use it. In a bowl, stir together the flour and salt. Add the cubed, softened butter and rub it into the flour gently with your fingertips until it resembles coarse breadcrumbs. Mix together the water and vinegar, then add it to the flour mixture and combine gently with your hands. Transfer to a lightly floured surface and knead to make a smooth dough. Flatten the dough into a disk, cover with plastic wrap, and refrigerate for 30 minutes. Take the remaining 2 sticks cold butter out of the fridge to soften for about 10 minutes. Roll the butter out between 2 sheets of parchment paper to a 4x4-inch square about ½-inch thick. On a lightly floured surface, roll the chilled dough into a 4x8-inch rectangle. Place the butter on one side of the pastry and fold the rectangle over to cover it. Roll the dough out into a long 6x18-inch rectangle. Then, pretending you are making a book, fold both short ends in toward the center, so the ends meet. Fold the pastry in half again. Wrap in plastic wrap and refrigerate for 30 minutes before repeating the folding once more. Always make sure that the closed side is on the right side so you work the dough evenly. Refrigerate for 24 hours. The next day, let the dough warm up slightly before repeating the rolling and folding process two











## Broccoli Chèvre Soup

SERVES 4

**2 tablespoons unsalted butter**  
**1 yellow onion, chopped**  
**2 carrots, peeled and chopped**  
**3 cloves garlic, roughly chopped**  
**4 cups low-sodium vegetable broth**  
**1 large head broccoli, cut into florets**  
**1 bay leaf**  
**½ teaspoon freshly ground black pepper**  
**2 tablespoons tahini**  
**4 ounces soft plain chèvre (goat cheese)**

In a large pot over medium-high heat, melt the butter. Add the onion, carrots, and salt and cook, stirring occasionally, until the onions soften but do not brown, about 5 minutes. Add the garlic and stir continuously for 1 minute longer. Add the broth, broccoli, bay leaf, and pepper to the pot. Bring to a boil, then reduce the heat to low. Simmer, covered, until the broccoli and carrots are tender, 15 to 20 minutes. Remove the bay leaf and turn off the heat. If you have an immersion (stick) blender, use it to blend the soup right in the pot until smooth. Alternatively, allow the soup to cool slightly, then transfer it to a blender and process until smooth. Please note: Adding hot items to a blender causes the pressure to expand and can blow off the lid, so hold it firmly in place and blend on low. Add in the tahini and chèvre and blend again until combined. Taste and season with additional salt and pepper if needed. Keep warm on the stovetop until ready to serve. If the soup is too thick, thin it with a little broth or water. Ladle the soup into warmed bowls and enjoy. *Reprinted from RUN FAST, EAT SLOW by SHALANE FLANAGAN and ELYSE KOPECKY with permission from Rodale Books, 2016.*



## Vegan Rigatoni Bake

SERVES 4

**1 pound vegan rigatoni noodles, cooked**  
**16 ounces organic tomato basil soup (Pacific Foods)**  
**2 tablespoons fresh basil**  
**1 tablespoon oregano, minced**  
**2 cups baby tomatoes**  
**1 cup bread crumbs**  
**½ tablespoons olive oil**  
**Salt and pepper, to taste**

Preheat oven to 350 degrees. In a medium saucepan, add olive oil and tomatoes; simmer on medium heat for 5 minutes. Add tomato basil soup, continue to simmer for an additional 5 minutes. In an oven-safe cast iron pan or casserole dish, combine cooked pasta and tomato soup, sprinkle with herbs and bread crumbs (reserving half of the fresh basil). Bake for 15 to 20 minutes until slightly crispy on top. Sprinkle with fresh basil before serving. *Recipe courtesy of Pacific Foods.*



## Spicy Mexican Hemp Chocolate

SERVES 4

**32 ounces Hemp Chocolate Beverage (Pacific Foods)**  
**½ cup cane sugar**  
**1 tablespoon unsweetened cocoa powder**  
**⅛ teaspoon sea salt**  
**¼ teaspoon ground cinnamon**  
**½ teaspoon vanilla extract**  
**Pinch of ancho or cayenne chili powder (optional)**  
**Dairy-free whipped cream (optional)**

Whisk all ingredients in a saucepan, making sure powders incorporate completely. Turn heat on medium and continue whisking until hot. Serve hot with whipped cream. Sprinkle with a dash of cinnamon for a bit of decoration and a bit of flavor. *Recipe courtesy of Pacific Foods.* [ns](#)





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# It Starts *with* You

How our vitamin  
D-deficient country  
can turn its health around.

BY MICHAEL A. MILLER

The jubilant colors of the holidays have dissipated beneath a slate-colored sky. As you return to your usual grind, you might feel robbed of your sunny disposition—but not because of that looming deadline—you’ve been robbed of actual sunshine. Odds are, you are deficient in vitamin D, and that is certainly something to be sad about.

You’re not alone. More than 66 million Americans are deficient in vitamin D. The Institute of Medicine at the National Institutes of Health considers blood (serum) levels of just 12 ng/ml to indicate deficiency and 20 ng/ml to be adequate, but either amount falls way short of its potential benefits.

Vitamin D is actually not a vitamin at all, but a hormone that the body makes through a chemical process triggered by UVB light contacting the skin. It is converted by the liver and then by the kidneys into the usable version of vitamin D, which supports strong bones and teeth by helping the body absorb and distribute calcium and phosphorus. Serving as calcium’s usher, vitamin D battles soft bones (osteomalacia), thinning bones (osteoporosis), and weakening bones (rickets). But to many researchers and medical practitioners, this is old news—about 80 years old, according to *Current Rheumatology Reports*. Instead, researchers are now buzzing about vitamin D’s potential extra-skeletal benefits.

Vitamin D receptors exist in almost all your cells and organs, suggesting disease-fighting functions far beyond bone health. Recent research shows an association between low vitamin D levels and increased risk for heart disease, high blood pressure, type 1 diabetes, depression, immune dysfunction, infectious and autoimmune diseases, and even certain types of cancer. Vitamin D is much more than a humble bone builder, and the nationally recommended 20 ng/ml simply isn’t enough.

A non profit research group, Grassroots Health, has determined effective serum levels of vitamin D to reduce risk for many of these chronic diseases. Only rickets was prevented at the national serum average—25 ng/ml—but serum levels between 49 to 60 ng/ml bestowed protection from cancer, type 1 diabetes, multiple sclerosis, and much more. Considering their research, Grassroots Health educates consumers on adequate levels of 40 to 60 ng/ml. You’ll want to be careful with upping your level of vitamin D, though. Your body can misuse all that extra calcium unless you simultaneously boost your levels of vitamin D cofactors, such as vitamin K<sub>2</sub>, vitamin A, magnesium, and boron.

Unfortunately, this groundbreaking new research is having difficulty finding its way into actual practice. Some medical institutions are waiting for more evidence from long-term randomized clinical trials before taking a definitive stance on the new findings. The Vitamin D and Omega-3 Trial (VITAL) out of Harvard is investigating whether vitamin D or omega-3 supplements affect the risk of cancer, heart disease, and stroke in a population of almost 26,000 people. A similar study in Australia is looking at changes in mortality and cancer from 60,000 IU per month. Yet, we may not see the results of these studies for years.

Jeffery Blumberg, PhD, a senior scientist at Tufts University, doesn’t recommend putting off your good health while waiting for the results of



more randomized clinical trials to land on doctors' doorsteps—gold standard or not. "People don't invest that much time and effort in doing clinical trials where they think oh, it probably doesn't work, but I'm going to devote the next 5 to 10 years of my career looking at this," he said. "For somebody who wants to empower themselves to take control of their own health, vitamin D supplements make a lot of sense." There's no need to wait for institutional lethargy to realize your vitamin D-estiny. How you get there is another story.

The appropriate dosage of vitamin D to reach disease-spurning territory depends on the latitude of your residence, diet, sun exposure, age, skin color, and absorption efficiency. "People have different healthcare issues, and there may be compounding risk factors or drugs that they take, so it's very individualistic," said Karen Howard, CEO and executive director of the Organic and Natural Health Association, a partner of Grassroots Health.

As we make sand angels on the beach and soak up the sun, we synthesize vitamin D—but snow angels don't have the same effect. "I could stand outside all day with no shirt on in December in Boston, which is not something I would like to do, and I would never make any vitamin D," said Dr. Blumberg. If you live north of the Mason-Dixon Line (connecting San Francisco to Philadelphia), the solar angle is such that you rarely make vitamin D from the sun no matter the season. Bundling up and slathering sunscreen further limit the vitamin D we naturally make from the sun.

Why not catch golden rays through the window in your cozy office? Nice try, but no. Only UVA rays pass through glass—the kind that cause melanoma and wrinkles. That leaves diet and supplementation as the last bastions for scoring the essential hormone. Unfortunately, very few foods contain it, such as fatty fish, milk, and fortified juice and cereal, making it unrealistic to



**If you live north of the Mason-Dixon Line, the solar angle is such that you rarely make vitamin D from the sun no matter the season.**

fulfill your needs from diet alone. More than 90 percent of Americans don't get the estimated average requirement of vitamin D from their diets, according to Dr. Blumberg. So how do you find out where you're at and what corrective measures you should take?

### Testing for Ds


Dr. Blumberg says the best way is to test and monitor your serum levels. Asking your physician to administer a 25-hydroxyvitamin D test is one way to find out, but Grassroots Health offers a low-cost way to test and correct your levels while helping to advance vitamin D research and create a long-term plan for public health.

The D\*Action Project is a five-year study involving more than 12,000 individuals who monitor their own

vitamin D levels in relation to their health status using home test kits every six months and report back to Grassroots Health. By participating in the study, you'll give researchers a detailed picture of your lifestyle and medical history, and—unlike the VITAL study which does not release bloodwork—you'll receive the information you need to act, whether that means increasing supplementation, adjusting sun exposure, or starting an educated conversation with your physician. "The more we can educate people on where supplementation is important based on their knowledge of what their levels are, the better the health status we'll have for individuals and the population at large," said Howard.

Grassroots Health is also working directly with medical institutions to push their research into practice. "We are creating conversations with a broad spectrum of practitioners, including integrative medicine and naturopathic medical doctors who understand the importance of nutrients and are proactive with their patients on getting tested and being monitored for achieving appropriate levels," said Howard. For example, Grassroots Health found a 50-percent reduction in pre-term birth in a population of pregnant women during their work with the University of South Carolina. As a direct result, the university changed their delivery care protocols to monitor vitamin D levels in their pregnant employees.

By testing your own vitamin D levels, you learn where you stand as an individual and how to use your results to prevent disease. "Your understanding of the impact vitamin D and subsequently other nutrients have on your health is just a better way for you to manage your health," said Howard.

To learn more about receiving a home test kit, visit [powerofd.org](http://powerofd.org). 

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## Balance your mind, body, and spirit

It's all the same. Self-love, body acceptance, eating properly, listening to your intuition, and fueling and caring for both your physical and your spiritual self are all part of the whole. Food, meditation, and self-care are all essential components of this whole, so we need to embrace all of them if we want to look, feel, and live our best in this lifetime.

I want you to really let this sink in. I call this our “well-being trifecta,” and it incorporates self-care, food, and meditation as a sacred triangle anchoring the best version of you. They are inseparable and you should honor and utilize all three of them collectively to fully tap into their individual powers.

### SELF-CARE

When I was very young, I became ill and went from playing street hockey and soccer to barely being able to get off the couch. It was terrifying—I didn't know what was wrong with me, but it suddenly felt as though life was being sucked out of me. The doctors finally concluded that I had mononucleosis and that it needed to run its course. I was sent home and instructed to sleep and drink plenty of fluids, and so I did.

Since then, I've developed profound awareness of my energy levels, which is something that I don't think a lot of children think about. I witnessed firsthand the healing power of listening to your body, allowing it to sleep, and giving it the fluids it needs to thrive. It was about three months of doctor visits and various medications, and the best thing they ever did was to just take me off of all of it and let me sleep. That experience taught me that I needed more sleep than most people and when I ignored my body's signals for rest, my body would shut down on me.

These days, I have a much more peaceful relationship with my body. I take baths almost every single night ever since I discovered that my body loves warm water with lavender Epsom salts. I can almost feel it thanking me every time I relax into the tub. I have also become an occasional napper. I used to push through or caffeinate myself through a tired spell, but now I realize that my body tells me what it needs. When I listen to my body and give in to the nap, I wake up an hour or so later completely refreshed to jump into the next task of the day. Self-care is no different than food. When you love and accept your body, you begin to hear its requests for rest, relaxation, and rejuvenation. Whether it be bubble baths, painting, a cup of herbal tea, reading a book, or listening to music, indulge in that one thing that relaxes you at the end of the day and puts you in a good head space.

### FOOD

Unsurprisingly, it was the keen awareness of my energy levels that convinced me of my newly clean diet. I immediately realized that the foods I consumed could be measured in other ways beyond the number on the scale. I was absolutely fascinated by the changes in my mind and body. After abstaining from meat and dairy, I was noticeably less moody and my periods were much less painful.

BY CASSANDRA BODZAK

Finally, I had more energy, and I was off the emotional food roller coaster that had terrorized me for so long. I was so grateful and overwhelmed with those two developments alone that I could barely wrap my head around the idea that there might be more. Years later, as a vegan, gluten-free baking enthusiast, I read about the effects of sugar on our bodies and minds, and I decided to omit bread and sugary baked goods from my diet and see what happens. Well, as you might have guessed, I had more sustained energy and sharper focus instead of sporadic energy bursts, which are synonymous with sugar. I didn't even realize how distracted and scattered I had been before I quit sugar.

Don't get me wrong: I have not sworn off bread or sugar completely. I love bread as much as the next person, but it's no longer a part of my daily life because it doesn't love me (with or without gluten). Occasionally, when I'm in the mood for toast or pizza with gluten-free dough, I go for it. When I was in Paris, you bet I had a croissant. I am all about *living*, and it's the reason that I never put bread totally off-limits. Everyone is different in this area, so again, it's about knowing yourself. If having a little bread means you consume an entire loaf, then skip it. The great news about the food conversation with your body is that you will get into the swing of listening to its needs and responding to it so intuitively that it becomes integrated into your lifestyle. You do not have to spend the rest of your life writing in a food-mood journal. You reprogram yourself to veer toward foods that fuel you and to listen to your intuition when it says, "Meh, not feeling any more kale this week."

## MEDITATION

Meditation has been the most epic game changer for my life. People meditate for various reasons: to release work stress, to seek peace of mind, or to establish a deeper connection with a spiritual entity. I found meditation




because I didn't know how to live after my brother Kenny was diagnosed with a rare terminal illness. I've already explained how meditation transformed my life, but I don't want you to think meditation is just for a certain type of person—it can help anyone.

When I first began meditating, I felt as if I had entered a vortex. All I had done was show up, willing and desperate to find a way to calm my mind and connect to something inside of me for strength, and the gates just opened. In fact, you would be amazed by how far a little willingness goes! If you have had enough; if you are done feeling imprisoned by food and your body; and if you are ready for guidance to help you navigate from where you are to where you want to be, then you are ready for meditation in your life.

I like to tell my clients to think about meditation as medication. The amount of medication you take for a minor headache will differ from the amount you would need if your leg was cut off. So if you try to heal a devastating wound (like mine when my brother was diagnosed), you probably need a stronger "dosage." Meditation helped me balance out the hard times. It's not that I stopped crying or feeling sad about my brother; in fact, that

journey continues to this day. I have moments—even days—of deep, dark sadness about his condition. When Kenny went into surgery to remove his large intestine, I would sit in easy pose on the floor of the hospital chapel, crying hysterically, and bargaining with God. That brought me more comfort than anything else could during those scariest few hours of my life. It wasn't about pretending my feelings weren't there, it was feeling held by a power much greater than me while experiencing them.

This triangle of well-being has been my saving grace and my anchor to hold down my ship during the storm, but it has also been my rocket ship, propelling me to a life beyond my wildest dreams. I truly believe it is the secret sauce to living a life that lights you up from the inside out. It doesn't serve us to pretend that bad things don't happen in the world or in our lives; it's not helping you to ignore the patterns that are hurting you or the feelings that well deep in your soul from events that have happened in your life, but that doesn't mean any of those things need to take us out of the game.

This life is a gift—it's a precious privilege to walk this Earth, so let's really live while we are here. When the world throws us a curveball, we don't have to feel out of control. We have the power to take a deep breath, re-center, go back into our toolbox, and navigate ourselves to safe shores. By cultivating this trifecta as our base of operations, we achieve altitude in all aspects of our lives: the ability to look at circumstances from above and have some peace, clarity, and compassion. 

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*Excerpted from EAT WITH INTENTION by CASSANDRA BODZAK with permission from Race Point Publishing, an imprint of Quarto Publishing Group.*

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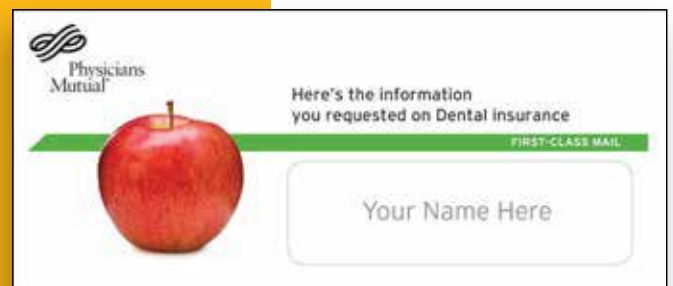


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Your midday pick-me-up just got sweeter. A 3- to 6-ounce swig of Biodynamic Mango Nectar nourishes your body and mind and protects the environment. Made from fresh-pressed organic mangos, apples, and grapes, you'll have a hard time not downing the whole bottle! // lakewoodjuices.com



### THE REPUBLIC OF TEA

It's not often you can say your cupboards hold the bounty of ecological farms in Sri Lanka, but that's exactly where The Republic of Tea's Biodynamic Ginger Tea is grown. Sink into a piping hot mug while the ginger works its anti-inflammatory, stress-busting magic. // republicoftea.com



### WHOLESOME SWEETENERS

Wholesome! Biodynamic Cane Sugar isn't just biodynamic—it's purchased from fair-trade collectives, making the lives of sugar cane farmers a little sweeter. Treat yourself to quality sugar for your baked confections and give back to the cultivators of our land. // wholesomesweet.com



### NATURAL NECTAR

Natural Nectar's Biodynamic Flatbread is a blank canvas to dress with your favorite toppings. With 3 grams of fiber and whole-grain rye and spelt, it's the perfect healthful cornerstone for any morning munch. // natural-nectar.com

Deep Valley's commitment to the environment is as strong as your first cuppa. Grown in a single biodynamic-certified estate in Espirito Santo, Brazil, Deep Valley's coffee beans are complex and invigorating. We recommend sticking with the light roast for the greatest antioxidant benefit and complex flavor profile. // deepvalleycoffee.com







#### YELLOW BARN

Yellow Barn's Biodynamic Tomato Basil Pasta Sauce makes for a prismatic pasta night full of flavor from generations-old family recipes. The vine-ripened tomatoes and basil are grown on the same farm and planted snugly in volcanic soil.  
// [goodboyorganics.com](http://goodboyorganics.com)

#### DELALLO

The other half to a perfect biodynamic duo for pasta night is Delallo's Biodynamic Whole Wheat Pasta. Durum wheat is harvested from family farms and dried slowly at low temperatures to protect nutrients and flavor.  
// [delallo.com](http://delallo.com)



#### DIVINA

Whether enjoyed with feta or savored with hummus, these Biodynamic Kalamata Olives melt in your mouth and burst with smoky and fruity delight. They are picked by hand to avoid bruising and vine-ripened without pesticides, colors, or additives in the true Kalamata region of Greece.  
// [foodmatch.com](http://foodmatch.com)

#### LUNDBERG FAMILY FARMS

Lundberg Family Farms has a long-standing history with organic and sustainable farming, and their Biodynamic Brown Rice is a natural progression of that trend. Its sweet and lively taste makes it great for sushi, stir-fry, and sides.  
// [lundberg.com](http://lundberg.com)



## WHAT IS BIODYNAMIC?

Biodynamics is a set of farming principles that sees farmland as an all-encompassing, self-preserving ecosystem. In biodynamic farming, a farm is treated as a living organism. The farm is not a factory—it is responsible for its own vitality. By harmonizing climate, local wildlife, water, and sunshine, biodynamic agriculture creates a farming system that relies little on anthropogenic intrusion and imported materials for cultivation—thereby preserving the natural purity and nutritional excellence of produce.

For products to be certified biodynamic by Demeter, the only internationally-recognized certifier, crops must be sourced from biodynamic-certified farms, used with other biodynamic ingredients, and processed minimally in adherence to Demeter's Processing Standard.

# inner balance

Building stronger mind-body connections



## ***PERFECTING PERFECTIONISM***

ONE ENTREPRENEUR'S STORY OF INTROSPECTION



**L**ike many recovering perfectionists, I've found learning how to delegate to be a steep and rocky path. I truly believe that self-sufficiency is a virtue. And since my brain is so good at finding what it's looking for, I notice each time that idea gets proved right, and so I always have lots of evidence for why it really is better if I just handle everything myself. This kind of thinking, friends, is the devil in disguise.

My self-reliance came in handy when I was a latchkey kid in the seventies and in adulthood when I was an independent artist. Then, in the first years of running the Organized Artist Company, I found myself learning everything I could about websites, copywriting, graphic design, small business administration, webinars, teleclasses, and contracts and agreements, and then I really geeked out on Internet and email marketing. Whenever one of my entrepreneurial friends complained about how her website was being held hostage by her designer, or how an assistant had screwed up the pay-per-click ads again, I secretly felt smug. At least if mistakes were made in my business, they were all mine.


Now this is where my vanity shows up—in not wanting others to know I made mistakes. If I had other people helping me, they would see my errors and misjudgments. Working alone, I could keep up a facade of shiny excellence.

But as the Organized Artist Company became increasingly successful, I realized I was doing a disservice to the people I was trying to serve by attempting to do everything myself. I was limiting my growth and the depth of my work. After all, the time I spent posting the webinar I'd just recorded was time I was not spending talking to new clients, developing new workshops, or writing books. I had built a business with my own two hands, and I ended up with a business that I could hold in my own two hands. Cozy, but limited in scope.

Once I was willing to face down my ego and admit that my vision of self-sufficiency was a delusion and a trap, my

business took a quantum leap forward, and revenue doubled. Little change, big difference. I realized that I had focused too narrowly on the complaints of other business-owner friends of mine about how hard it was to find good people. One friend was going through at least two new assistants a year. Each time she was convinced that the new person was the answer to her prayers, and each time she ended up disappointed. She didn't want to look at how her own behavior might be contributing to this cycle, so she just kept repeating it.

Once I turned my attention away from other entrepreneurs' tales of victimization and instead focused on the fact that I genuinely love working with other people, my team started to take shape. After all, I'd spent my entire life in the theater, and that's what theater, and particularly my subspecialty of improvisational theater, is all about—utter reliance on your fellows. I realized that I could hire people who shared my values, who would laugh at my jokes, and who had skills I couldn't even dream of. The next time I heard a friend singing the blues about an unreliable team member, I simply thought to myself, that's not my story.

That's not my story. I have also used this mantra to fill events when everyone says it's impossible to fill an event these days, and to sell books when everyone says that publishing is dead. That may be their story, but it's not my story. Try it for yourself. "Change is hard." That's not my story. "Teenagers are impossible." That's not my story. "You can't get a well-paying job that's flexible." That's not my story. 

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*Excerpted from START RIGHT WHERE YOU ARE by SAM BENNETT, with permission from New World Library, copyright 2016.*

SAM BENNETT is the author of *START RIGHT WHERE YOU ARE AND GET IT DONE*. She created *The Organized Artist Company* to help creative people get unstuck and achieve their goals. She is a writer, actor, teacher, and creativity specialist who has counseled thousands of artists and entrepreneurs on their way to success.

“Once I was willing to face down my ego and admit that my vision of self-sufficiency was a delusion and a trap, my business took a quantum leap forward, and revenue doubled. Little change, big difference.”

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# Dirty Dozen ENDOCRINE DISRUPTORS

## 12 Hormone-Altering Chemicals

There is no end to the tricks that endocrine disruptors can play on our bodies: increasing production of certain hormones; decreasing production of others; imitating hormones; and much more. Here are 12 of the worst hormone disruptors and their dirty deeds according to the Environmental Working Group.

**BPA** Do you want a chemical imitating the sex hormone estrogen in your body? No. Unfortunately, BPA has been linked to everything from breast and other cancers to reproductive problems, obesity, early puberty, and heart disease. According to government tests, 93 percent of Americans have BPA in their bodies. This is unsurprising, considering its prevalent use in many plastics.

**Dioxin** Dioxins can disrupt the way that male and female sex hormone signaling occurs in the body. Recent research has shown that exposure to low levels of dioxin early in life can both permanently affect sperm quality and lower sperm count in men. Dioxins are powerful carcinogens and can affect the immune system.

**Atrazine** Atrazine is an herbicide used on the majority of corn crops in the United States, and consequently it's a pervasive drinking-water contaminant. Atrazine has been linked to breast tumors, delayed puberty, and prostate inflammation in animals, and some research has linked it to prostate cancer in people.

**Phthalates** Studies have shown that these chemicals can trigger "death-inducing signaling" in testicular cells, causing premature death for these cells. If that's not enough, studies have linked

phthalates to hormone changes, lower sperm count, birth defects in the male reproductive system, obesity, diabetes, and thyroid irregularities.

**Perchlorate** Perchlorate, a component in rocket fuel, contaminates much of our produce and milk. When perchlorate gets into your body it competes with the nutrient iodine, which the thyroid gland requires to make thyroid hormones. It's these hormones that regulate metabolism in adults and proper brain and organ development in infants and young children.

**Fire retardants** These chemicals, known as polybrominated diphenyl ethers (PBDEs), mm contaminate the bodies of people and wildlife around the globe. These chemicals can imitate thyroid hormones in our bodies and disrupt their activity, leading to lower IQs and other significant health effects.

**Lead** Few people realize that lead may affect their bodies by disrupting their hormones. In animals, lead has been found to lower sex hormone levels. Research has also shown that lead can disrupt the hormone signaling that regulates the body's major stress system (called the HPA axis), making high blood pressure, diabetes, anxiety, and depression more common.


**Arsenic** Arsenic isn't just for murder mysteries anymore. In fact, this toxin is lurking in your food and drinking water. In small amounts, arsenic can cause skin, bladder, and lung cancer. Less well known: Arsenic can interfere with normal hormone functioning, which can contribute to weight gain/loss, immunosuppression, insulin resistance, high blood pressure, and more.

**Mercury** Mercury, a naturally occurring but toxic metal, pollutes the air and the oceans primarily through burning coal. Eventually, it can end up on your plate in seafood. Pregnant women are most at risk for the toxic effects of mercury, since the metal is known to concentrate in the fetal brain.

**Perfluorinated chemicals (PFCs)** Perfluorochemicals are so widespread that 99 percent of Americans have these chemicals in their bodies. This is worrisome, since PFC exposure has been linked to decreased sperm quality, low birth weight, kidney disease, thyroid disease, high cholesterol, and more. The most popular of these chemicals is Teflon.

**Organophosphate pesticides** Despite many studies linking organophosphate exposure to effects on brain development, behavior, and fertility, they are still among the more common pesticides in use today. One of the many ways that organophosphates can affect the human body is by interfering with hormone levels.

**Glycol Ethers** Shrunken testicles: This is one thing that can happen to rats exposed to chemicals called glycol ethers, which are common solvents in paints, cleaning products, brake fluid, and cosmetics. The European Union says that some of these chemicals "may damage fertility or the unborn child."

For information on these dirty denizens and how to avoid them, visit [ewg.org](http://ewg.org). 





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Every child's first five years is a critical period of development. We call it the critical window, and it's what we protect. What happens in the beginning of life will determine a child's future. Nutrition is incredibly important, because if a child's diet lacks vitamins and minerals, they will fall behind—physically and cognitively. It's a very short span of time, but if it's compromised, there's no going back. At Vitamin Angels, we have an immediate and proven way to protect every child's first five years.

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