

JULY 2014

nontoxic grooming for DOGS & CATS // OCEAN-FRIENDLY fish dishes

betternutrition

THE SHOPPING MAGAZINE FOR NATURAL LIVING

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SUMMER BEAUTY GUIDE!

Tips & Tricks to Update Your Look Instantly

Try our Homemade Scrubs & Masks

**QUICK GUIDE
TO PALEO**
Menu ideas
& more!

**6 WAYS
YOU CAN
IMPROVE
YOUR
MEMORY,**
p. 20

SIMPLE SUMMER BBQ

Light salads,
hamburger
perfection,
and gluten-free
cookies

PAIN-FREE JOINTS

One type of
collagen makes
it possible

STRESSED OUT & TIRED?

You could have
adrenal fatigue

PLUS! LOSE IT!

The Best Supplements for Weight Loss Right Now, p. 34



summer selections

New products to make your July sizzle—from sea salt chocolates to an herbal spot treatment for clear skin

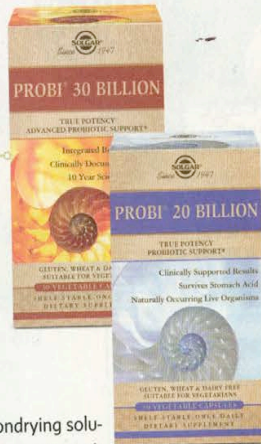


Multis with More

Enzymedica Enzyme Nutrition Multi-Vitamins are a comprehensive blend of nutrient-dense whole-food vitamins and minerals, along with probiotics, superfoods, botanicals, and most importantly, enzymes. Enzymedica's innovative "Enzyme Activated Nutrients," grown to preserve the highest potency of enzymes contained within the food structure, are the stars here. These enzymes help to ensure proper digestion and nutrient utilization. Enzymes also help to prevent nausea related to multivitamin use (a common side effect of multis). Choose from four specialized formulas: **Women's**; **Women's 50+**; **Men's**; **Men's 50+**; and **Two Daily**.

Discover the Probi Difference

Solgar Probi 20 Billion and **Probi 30 Billion Vegetable Capsules** are designed to help to relieve gas, bloating, and other digestive issues by populating your gut with good-for-you bacteria. Probi 30 Billion, specifically, is indicated for integrated bowel support and is ideal for anyone experiencing cyclical digestive issues. Both products are formulated with *Lactobacillus plantarum* LP299v, a single-strain probiotic backed by more than 10 years of scientific research and review. These high-dose, robust formulas are known to survive stomach acid—even harsh stomach acid. Therefore, the active, live cultures (aka, the beneficial microflora) are delivered to your intestines intact, retaining their full potency. The formulas are free of gluten, wheat, dairy, sugar, artificial flavors, and sweeteners.



Bye-Bye Blemishes

Watch pimples disappear with the help of a natural, nondrying solution. **No Bull Blemish Blaster** combines blemish-fighting botanicals selected for their antibacterial, antimicrobial, redness-reducing, and soothing properties—willow bark, neem, witch hazel, licorice root, grapefruit, and tea tree oils, plus soothing aloe vera. Simply dab on blemishes as needed throughout the day. You may be surprised at how quickly this formula starts working. It's also helpful for surrounding, inflamed areas of redness.



try it!

Enter to Win MBP Osteo with Calcium

A unique formula of MBP and calcium, Source Naturals MBP Osteo With Calcium delivers advanced bone density support. MBP excels at making bones more receptive to calcium. Clinical studies have shown results for healthy bone density after six months of use by women of all ages. This formula also includes 500 mg of calcium, as well as vitamins C, K1, and K2 to support protein production needed for strong bone scaffold.

Enter for your chance to win 1 of 10 bottles of MBP Osteo With Calcium, courtesy of Source Naturals. Simply email your name and address to sourcenaturals-products@gmail.com, with "MBP Osteo" as the subject line. Readers will receive an email with purchase necessary.

You'll Simply Melt

Alter Eco's two new darkly sweet confections will make you melt with a blend 70% cocoa, artisan dark chocolate, and fleur de sel de Guerande sea salt (from the French town of Guerande). The **Dark Salted Brown Butter** proves everything tastes better with butter—rich browned butter from grass-fed cows is blended with single-origin cocoa from Ecuador for a sublime, salty-sweet flavor. And the **Deep Dark Sea Salt** features a sprinkling of sea salt crystals for a subtle, craveable crunch, mixed with ultra-silky Ecuadorian chocolate.

