

NATURAL HEALTH

feel good | look good | do good

GET FIT *for* LIFE

- ▶ NO GYM!
- ▶ NO DIET!
- ▶ NO COST!

23 DETOX TIPS

**10 FOODS FOR
HEART HEALTH**
Chocolate, Wine,
Herbs, Plus Recipes

plus:

**SLASH YOUR
ENERGY BILLS**

**More Love,
Less Stress**

**ARE CELL
PHONES SAFE?**

Iron Chef
CAT CORA
shares tips for
cooking with
chocolate.

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DISPLAY UNTIL FEBRUARY 16

USA \$4.50 CANADA \$6.50



Winter Skin Savers

Natural Beauty | SUGAR SCRUBS



MIX UP YOUR OWN SCRUB

Make this scrub for yourself or give it as a gift. We asked Catherine Acosta, spa manager at Priti Organic Spa in New York City, to create a recipe exclusively for *Natural Health*.

INGREDIENTS

Sugar: Use organic white or brown sugar, with medium-sized granules. Larger granules can be rough.

Oil: Find fractionated coconut oil (a form of coconut oil that contains only the fats,

making it an especially effective skincare ingredient)—it blends easily with sugar and has a mild scent (\$6.50; aromathyme.com).

Essential Oil: Add your favorite scent (e.g., chamomile, lavender, peppermint,

jasmine, bergamot, rose, vanilla, lemongrass, lime, or orange).

RECIPE

Blend 1 cup of sugar into ¼ cup of oil. Add in 2 to 3 drops of the essential oil of your choosing and stir to combine.

BONUS

To create a lotion to pair with your new scrub, buy an unscented lotion or cream (go to naturalhealthmag.com/unscented for ideas) and add in a few drops of your favorite essential oil. 🌿

sleep myth #3

"A glass of alcohol before bed will help me sleep better."

A glass of wine might help you feel relaxed enough to fall asleep faster, but alcohol can interfere with the deeper, REM phase of sleep, which is necessary for brain and body recovery. And because your liver has to work overtime to process alcohol's toxins, this can disrupt sleep as well.

rose

the flower: The essential oil extracted from roses (known as "rose attar") is prized for its therapeutic, mildly sedative properties. Because it takes up to 2,000 flowers to produce a single gram of oil, it's very expensive.

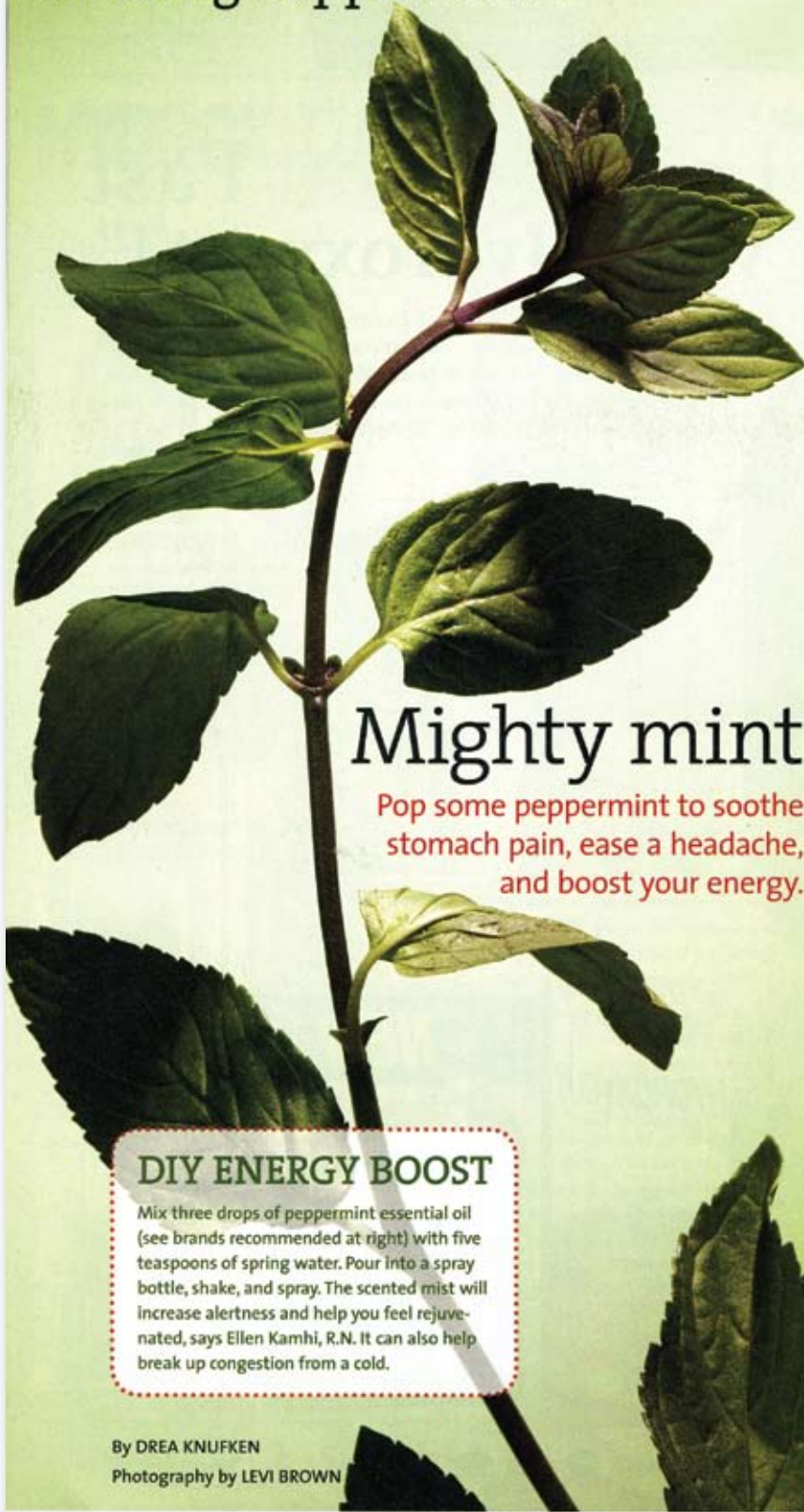
how to use it: Make a warm, rose-scented compress to ease eye strain and promote sleep: Add a few drops of rose oil and a few drops of a carrier oil like jojoba—or try **AURACACIA ROSE ABSOLUTE IN JOJOBA OIL** (\$10; auracacia.com)—to a large bowl of warm water, then soak a washcloth in the bowl. After wringing out the cloth, place it over your eyes and relax before bed.

Soothe your skin with rose-infused creams and oils like **AUBREY ORGANICS ROSA MOSQUETA ROSE HIP MOISTURIZING CREAM** (\$16.50; aubrey-organics.com) and **BURT'S BEES REPAIR SERUM** (\$15; burtsbees.com) for the face, or **TISSERAND WILD ROSE & LEMON LEAF BODY LOTION** (\$20; tisserandusa.com): You'll get the aromatherapy benefits of the scent and the antioxidant power of the flower.

what it does: Rose oil can ease anxiety as effectively as anti-anxiety medications, according to a study at the Universidade Federal da Paraíba-Caixa in Brazil.

PROP-STYLIST: BARRI FRETZ

Healing Supplements



Mighty mint

Pop some peppermint to soothe stomach pain, ease a headache, and boost your energy.

DIY ENERGY BOOST

Mix three drops of peppermint essential oil (see brands recommended at right) with five teaspoons of spring water. Pour into a spray bottle, shake, and spray. The scented mist will increase alertness and help you feel rejuvenated, says Ellen Kamhi, R.N. It can also help break up congestion from a cold.

By DREA KNUFKEN
Photography by LEVI BROWN

mENTHOL, manganese, and vitamins C and A (natural compounds in peppermint) help soothe your system, stimulate helpful digestive enzymes, block the growth of bad bacteria, and improve alertness. Try peppermint one of these three ways to heal what ails you:

TEA FOR YOUR TUMMY: Drink one cup of peppermint tea before or after a meal to prevent indigestion. Pour one cup of boiling water over a heaping teaspoon of dried organic peppermint leaves and steep for five minutes, suggests Richard Mandelbaum, R.H. (AHG), a clinical herbalist in New York City.

CAPSULES FOR CRAMPS: If you suffer from the cramping, constipation, or diarrhea that comes with irritable bowel syndrome, take one capsule of whole-leaf peppermint oil extract after a meal. Try Nature's Way Peppermint Leaves (naturesway.com), Nature's Herbs Ginger-Peppermint (vitaminshoppe.com), or Heather's Tummy Tamers Peppermint Oil Caps (helpforibs.com). Follow label dosage guidelines.

ESSENTIAL OIL FOR HEADACHES: Mix one drop of peppermint essential oil into a teaspoon of almond oil and rub it on both temples to relieve pain and refresh the senses, says Ellen Kamhi, Ph.D., R.N., author of *The Natural Medicine Chest* (M. Evans & Co., 1999). Try pure essential oil from Aura Cacia (auracacia.com), EO (eoproducts.com), or Aveda (aveda.com).



LEARN MORE: For more info on supplements, go to naturalhealthmag.com/remedy_finder.