

THE SHOPPING MAGAZINE FOR NATURAL LIVING

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better nutrition

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betternutrition.com

QUERCETIN

Boost stamina, relieve allergies & asthma

FISH OILS

Believe the hype—they are that good for you

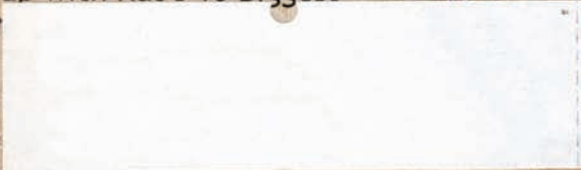
ON A ROLL

Leafy green wraps with a gourmet twist

Acid-Alkaline Balance
How to achieve perfect pH through diet

REDO YOU!

Catch up with Kat's 10 Biggest Gainer





health food store savvy

Navigate the aisles of your natural foods store with
knowledge and confidence

BY REBECCA RANDOLPH

It's no secret that your local independently owned health food store is the best place to shop for quality vitamins, minerals, and supplements, but if you usually make a beeline for the raw honey and then head straight to the register, or have tunnel vision when you're looking for the vitamin C, you may unknowingly walk right past unique, natural products that have the potential to improve your health and well-being. It's more than worth your time to take a stroll up and down the aisles to discover all the healthful treasures you may have missed. We polled health food stores that carry *Better Nutrition* to find out which products are their top sellers in six categories.

Aromatherapy

Relax, rejuvenate, and perhaps even prevent or ease symptoms of illness with essential oils. Lavender may alleviate anxiety, while grapefruit could curb hunger cravings. Various aromas can

be combined to help with a specific condition or emotional issue.

If used topically, essential oils should never be applied directly to the skin, but instead carefully combined with a "carrier," which is usually an unscented vegetable or nut oil. Oils also can be used together with plant powders to create incense sticks. Care should be used when working with essential oils, and they should be kept out of reach of children and pets. *The Complete Book of Essential Oils & Aromatherapy*, by Valerie Ann Worwood, is a great resource for the beginner, and consulting a health food store professional or a qualified aromatherapist is always a good idea.

What to look for: When shopping, look for rows of small, dark-colored glass bottles that contain these highly concentrated botanicals. Some stores sell diffusers to disperse the aroma throughout a room;



HEALTH FOOD
STORE BEST SELLER!

AROMATHERAPY
Aura Cacia Lavender
Essential Oil