

THE SHOPPING MAGAZINE FOR NATURAL LIVING

CAN A SUPPLEMENT MAKE YOU SMARTER? SEE P. 22

better nutrition

June 2009

BETTERNUTRITION.COM

MEN'S HEALTH made easy

Quick solutions to common problems

EATING VEGAN

Tips & recipes for success

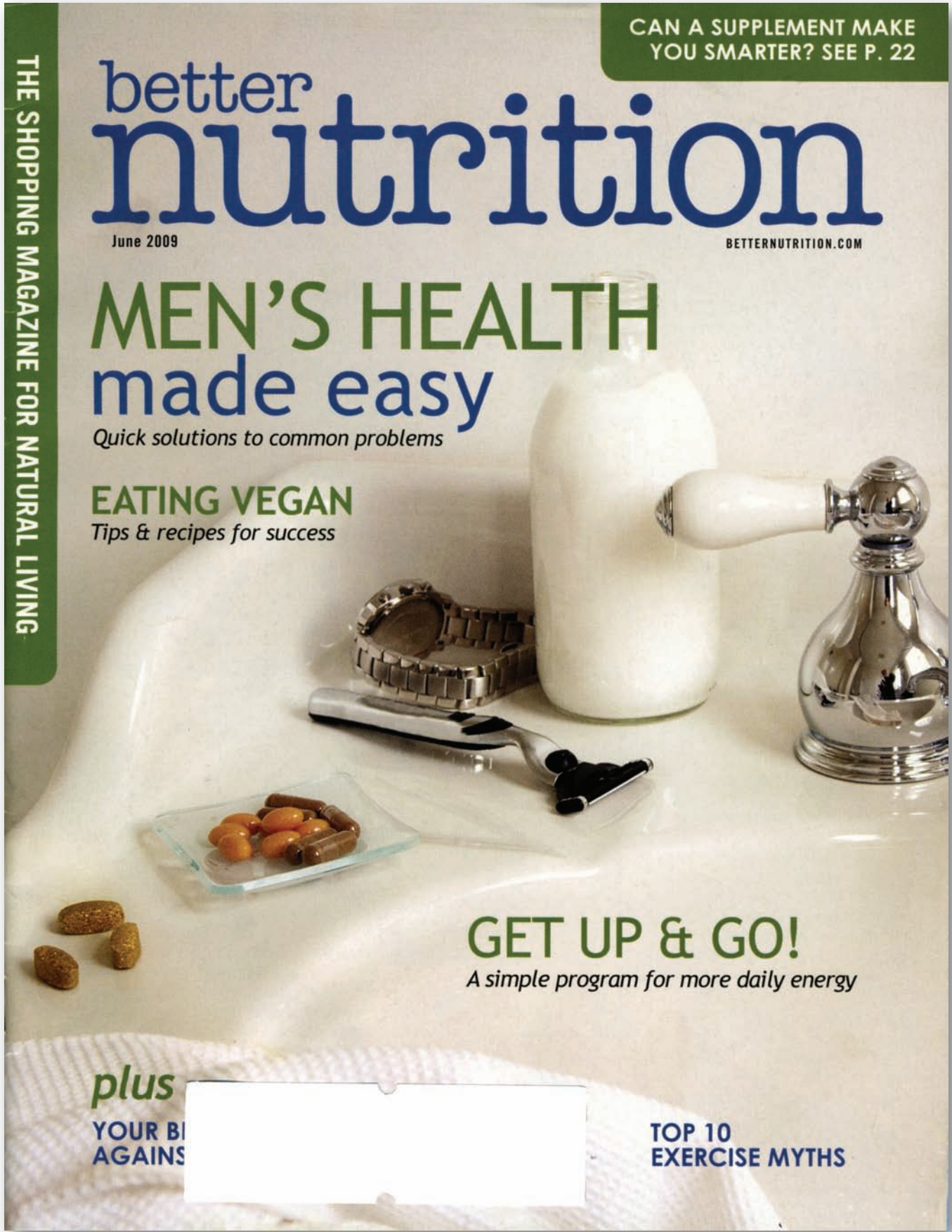
GET UP & GO!

A simple program for more daily energy

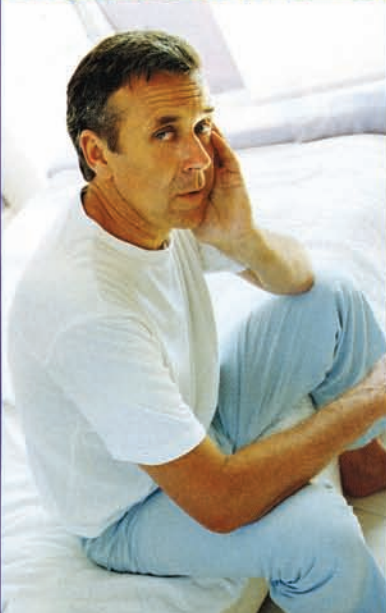
plus

YOUR BI
AGAINST

TOP 10
EXERCISE MYTHS



UP ALL NIGHT?



BEST SELLERS!



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READY SET SHOP | NEW PERSONAL CARE



Cleanse and moisturize right for your skin type with the **D'ADAMO GENOMA SKIN CARE** line from world-renowned author of *The New York Times* best seller *Eat Right 4 Your Type*, Peter D'Adamo, ND. This new, all-natural cosmeceutical line will restore your skin's youthful, healthy glow with the key ingredient carnosine, a powerful amino acid that inhibits the aging process and rejuvenates skin cells. The line includes **AGE-INHIBITING TONER, RESTORATIVE NIGHT CRÈME, DAY LIGHT FACE CRÈME, and REJUVENATING CLEANSER.**

Make your morning or evening shower as luxurious as a bath with **Aura Cacia AROMATHERAPY SHOWER TABLETS** in **RELAXING LAVENDER, REVIVING PEPPERMINT, and PURIFYING EUCALYPTUS.**

Each scent contains 100 percent organic essential oils that will help soothe, relax, or get you started for the day. Drop the tablet on your shower floor for a spa-like experience.



Rainbow Light **THINBERRY DIET** and **THINBERRY DIET & CLEANSE** each contain green coffee berry, a superfruit antioxidant that is thought to help burn fat, control appetite, and even help with antiaging. **THINBERRY DIET & CLEANSE** has the addition of fiber to jump-start weight loss.

You eat pure, natural foods, and now you can wash your dishes with a pure, natural detergent. Earth Friendly Products **WAVE 2X ULTRA—HIGH PERFORMANCE AUTO DISHWASHER GEL** is free of phosphates, chlorine, and caustics. Scented with lavender oil, this gentle but effective wash is neutral pH, plant-based, and totally biodegradable. It comes in gel, tablet, and powder form, and also is available in Free & Clear.

