

Natural Health

July/August 2009

NATURAL HEALTH

feel good | look good | do good

EASY SUMMER DETOX

- ▶ NO-COOK HEALING MEALS
- ▶ MINDFUL EATING TIPS
- ▶ SAFE CLEANSING HERBS

Tummy Tamers

CURE BLOATING & CRAMPS

ULTIMATE VEGAN BBQ (RECIPES INCLUDED)

Actress GABRIELLE ANWAR, 39, keeps life in balance with yoga, meditation, and art.

plus:

SECRETS TO A FLAT BELLY

OUR SIMPLE LOVE YOURSELF DIET

CHEMICAL-FREE BUG SPRAYS

JULY/AUGUST 2009
DISPLAY UNTIL AUGUST 10
USA \$4.99 CANADA \$6.99



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All-Natural
BEAUTY BARGAINS

Natural Healing holistic wellness solutions

Best bug relief

Prevent, treat, and heal backyard bites and stings with these all-natural remedies.

YOU'RE DINING ALFRESCO by candlelight on a summer evening. But as you dig into your meal, some uninvited guests start to dig into *you*—the mosquitoes have come out to feed. Before you flee indoors or douse yourself with a chemical-laden bug spray, consider our gentle, non-toxic, and eco-friendly solutions.

Prevent bites

Keep the bugs off your skin with these chemical-free repellents:

► **NEEM OIL DRIVES BUGS AWAY.** Apply a neem oil formula—made from the herb of the Indian neem tree and commonly used in Ayurvedic medicine—to exposed skin. The oil has a strong, bitter odor that repels bugs without making you smelly, says Vasant Lad, executive director of the Ayurvedic Institute in Albuquerque, New Mexico. Reapply as needed.
Look for: Sidha Soma Supreme Neem Oil (ayurveda.com; \$14) »

By SUSAN HAYES
Photography by LEVI BROWN



BANISH BITES: Stock your medicine cabinet with essential oils, neem, and oatmeal for an anti-bug arsenal that's free of toxins.