

Acupuncture face-lifts * Traveling with your dog * Bikini weather exercises

NATURAL HEALTH

feel good / look good / do good

Amy Smart's organic gardening mission

107 healthy summer secrets

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Aren't you tired of feeling like a fugitive every time you need a cigarette break?

► **Nux vomica** can help relieve the irritability, headache, "toxicity" and constipation that sometimes accompany efforts to quit smoking. Take 30c once or twice a day for five days.
TRY: Boiron Quit Smoking Care Kit contains nux vomica and lobelia inflata (\$14; amazon.com); Hyland's Homeopathic Tabacum (\$8 at retail stores); Boericke & Tafel's Antimonium tartaricum 30X (\$5 at retail stores)

Your problem ►
RECREATIONAL DRUGS

Follow your nose Many essential oils have sedative properties, while others can lift and energize, says aromatherapist Brigitte Mars, author of *Addiction-Free: Naturally* (Inner Traditions International). Use only pure (not synthetic) oils, choose scents you love and switch oils from time to time. Put a few drops of the oil on a cotton ball and inhale deeply. Mars suggests the following:

- **Rose oil** (*Rosa damascena*, *R. gallica*) inspires confidence and lifts depression. It's useful during a crisis, such as alcohol or drug withdrawal.
- **Clary sage** (*Salvia sclarea*) helps relieve panic, paranoia and mental fatigue. A good choice for overcoming cravings for barbiturates ("downers") and marijuana.
- **Bergamot** (*Citrus bergamia*) helps relieve anxiety, depression and compulsive

Smell the roses: Scent has a powerful effect on mood and energy.

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Bergamot essential oil can be a calming antidote to a reliance on stimulant drugs.

behavior. Use it to counter addiction to cocaine or other stimulants.

TRY: [AuraCacia Aromatherapy oils \(auracacia.com\)](http://AuraCacia.com) or in stores like Whole Foods Market

Undergo acupuncture often The National Acupuncture Detoxification Association's well-studied protocol uses specific auricular (ear) points to treat drug withdrawal. According to Steve Given, DAOM, L.Ac., of Bastyr University in Seattle, drugs suppress the body's own ability to produce endorphins, which are pain-reducing neurotransmitters. "Acupuncture has been shown to induce the release of endorphins and other neurotransmitters," he says. It calms the nervous system and reduces withdrawal symptoms, cravings and drug-related dreaming. Its effects are cumulative, so consider daily sessions at first.

Take an amino acid supplement A neurotransmitter deficiency can trigger specific cravings; amino acid supplements can be effective treatments. "We've been using them to treat addiction since the '80s because they work," says Julia Ross, M.A., executive director of The Recovery Systems Clinic in Mill Valley, Calif., and author of *The Mood Cure* (Viking Adult). A serotonin deficiency (which can cause cravings for alcohol and marijuana) can be treated with

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Natural Healing



Summer bummer » poison ivy
To the rescue » homeopathic rhus tox

✦ Urushiol—the oily sap produced by poison ivy and its cousins poison oak and poison sumac—triggers contact dermatitis, an itchy and oozy rash. Topical treatments can actually spread the noxious oil around; instead, heal the rash from within. “Homeopathy works on the principle that like-cures-like,” says Zand. “Rhus tox is homeopathic poison ivy.”
How to use: Allow two to three tablets to dissolve in your mouth every two hours until symptoms are relieved.
Try: Hyland’s Poison Ivy/Oak (\$7 for 50 tablets; 1800homeopathy.com).

Summer bummer » indigestion
To the rescue » nux vomica

✦ If you overindulged at a summertime shindig, turn to the classic homeopathic cure for gluttony. “Nux vomica is good if you’ve eaten too many fatty foods or had too much alcohol and the result is nausea or gas,” says Zand.
How to use: Dissolve five pellets in your mouth 20 minutes after eating and drinking, then use two to three times until symptoms are resolved.
Try: Boiron Nux Vomica 30c (\$7 for 80 pellets; vitaminshoppe.com).

Summer bummer » sunburn
To the rescue » lavender essential oil

✦ “Lavender is the best thing to apply right after a sunburn,” says Margo Marrone, author of *The Organic Pharmacy* (Duncan Baird). “It contains linalool, a natural antiseptic that helps keep burns infection-free; and esters, which reduce pain and promote cell regeneration.”
How to use: Mix 10 drops of lavender essential oil with pure aloe vera gel (or your favorite fragrance-free lotion) and apply it to your skin as soon as you notice the burn.
Try: Aura Cacia Lavender Essential Oil (\$10 for 0.33 ounce; auracacia.com).

Summer bummer » muscle strains
To the rescue » arnica

✦ Arnica works for strains, sprains, bruises and superficial scrapes. Most people use it topically, but you can get faster results if you also ingest tablets, Zand explains.
How to use: Take three tablets orally three to five times a day for the first 24 to 48 hours; apply topically throughout the day. (Note: Never apply arnica to an open wound.)
Try: Boericke & Tafel Arnica Montana 30x tablets (\$3 for 100 tablets; iherb.com), Boericke & Tafel Arniflora Arnica Gel (\$6 for 1 ounce; vitaminshoppe.com).

Summer bummer » bites, stings and cuts
To the rescue » hydrogen peroxide, yarrow tincture and latex-free bandages

✦ “First, clean the bite, sting or cut with hydrogen peroxide,” says Flint. “Then follow with a few drops of yarrow tincture, which acts as an astringent to pull the tissue together. It’s safe to use on open wounds.”
How to use: Douse the affected area(s) with peroxide, then apply six to 12 drops of yarrow tincture.
Try: Rite Aid Hydrogen Peroxide Solution (\$2 for 16 ounces; drugstore.com); Alternative Remedies Health & Herbs Yarrow Flower (\$12 for 1 ounce; healthherbs.com); All Terrain EcoGuard Bandages (\$5 for 25; allterrainco.com).

Summer bummer » athlete’s foot
To the rescue » grapefruit seed extract

✦ “Compounds found in the inner rind and seeds of grapefruits have shown potent anti-fungal activity,” says Marrone. “They attack the cell wall of fungi and prevent replication when applied topically.”
How to use: Add 10 to 15 drops of The Original GSE to a tablespoon of water and apply with a cotton swab to the affected areas, twice daily.
Try: NutriBiotic’s The Original GSE Liquid Concentrate (\$14 for 2 ounces; nutribiotic.com). ✕