

New Living

October 2009

New LivingSM Free!

SPORTS, NATURAL HEALTH & FITNESS NEWS THAT'S GOOD FOR YOU

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OCTOBER 2009 VOL.20 NO.8 SERVING THE NY AREA FOR OVER 19 YEARS! *But Priceless*

*Breast Cancer
Awareness*

**PREVENTING
Diabetes
NATURALLY**

**Fiber
Slimming
RECIPES**

The UNHOLY
Marriage of
American
Health Care



Denise Austin

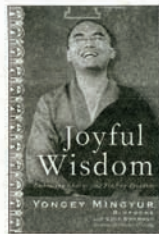
PRODUCTS FOR BODY, MIND & SPIRIT Cont'd from page 11

-mental renditions of some of rock music's best-known and most beloved songs. Shimmering rock guitars and warm percussion create lush soundscapes. The first of two compilation releases, "Rock Classics," features instrumental versions of rock's most popular songs by treasured artists like Bob Dylan, The Beatles, The Rolling Stones, The Police, Led Zeppelin and many others. "Modern Classics" dives into the contemporary rock catalog with tranquil renditions of songs by The Verve, U2, The Cure, Oasis, R.E.M., Nirvana and more. Also set to be released on November 17th is an album dedicated to the songs of The Beatles. An album dedicated to U2 will be released later this year. CDs highlighting the music of Bob Marley, Radiohead, and Coldplay are coming in 2010. An "Indie Classics" set featuring meditative renditions of the music of Modest Mouse, The Flaming Lips, Cat Power, and Sigur Ros is also slated for release next year. For more info visit: www.modernmeditations.com



Fair trade organic apparel pioneer Indigenous is about connection - connecting to its customers through gorgeous handmade apparel and with its artisans at Indigenous-initiated cooperatives around the globe, and bringing the two together with apparel inspired by a greener economy and making a difference. The inherent warmth and character of the hand knit line flourishes in eight distinctive collections for fall 2009, offering eclectic urban flavor, subtly ethnic hand-crafted details and proprietary fiber blends. The collections can be interchangeably styled for the workplace or the weekend with versatile, easy-to-wear silhouettes that appeal to a variety of women. Available in sizes XS-XL, stand-out favorites for the fall line include the Ruched Scoop organic cotton pullover (SRP: \$70) from the Organic Jersey collection (100% organic cotton) and the Asymmetrical Zip (SRP: \$140) from the

playful West Coast collection (85% organic cotton and 15% Merino wool), both of which are ideal for seasonal layering. In the Novelty Gallery and Door to the Word collections, exceptional artistry and elaborate, hand-knit details account for the one-of-a-kind appeal in pieces such as the 100% Free Range Alpaca Mix Knit Coat (SRP: \$297) - a hand knit detailed masterpiece with two way zipper - and the Geometric V (MSRP: \$172) - an updated 100% organic cotton knit featuring remarkable geometric patterns made from texturing high & low yarns. Other returning women's collections include Post Cards - best-selling pullovers and tunics in a lightweight, 100% organic cotton mélange - including the Turning Leaf (SRP: \$97) - an ever popular easy pullover. Urban Legends features shrugs, skirts and cardigans in a variety of patterns and silhouettes, made from 15% silk and 100% organic cotton blends. The collection includes the sensuous, figure-flattering Long Ruffle Cardigan (MSRP: \$141). For more info, visit www.indigenousdesigns.com



Yongey Mingyur Rinpoche is one of the most celebrated among the new generation of Tibetan Buddhist masters and is deeply versed in the practical and philosophical disciplines of that ancient tradition. In his new book "JOYFUL WISDOM: Embracing Change and Finding Freedom" with Eric Swanson (Harmony Books; 304 pages; \$25.00 www.mingyur.org), he focuses his considerable understanding and insight on the problem of handling the range of difficult emotions such as depression, fear, guilt, loneliness and anxiety, emotions that many of us experience in our day-to-day lives. Buddhism teaches us to befriend our problems rather than run away from them and labeling them with various emotions. That approach, of course, begets the response, "Okay, but how?" JOYFUL WISDOM is

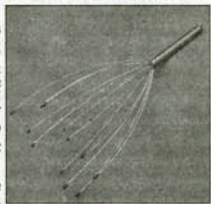
Rinpoche's answer to that question - a practical guide to applying the insights and practices of Buddhism to the challenges of everyday life. Rinpoche also offers a step-by-step guide through three basic meditation practices aimed at settling our minds, opening our hearts, and cultivating wisdom. This section includes chapters on the tools of transformation, insight and empathy. "Ultimately, joyful wisdom comes down to choosing between the discomfort of becoming aware of your mental afflictions and the discomfort of being ruled by them," he says.

Aura Cacia Aromatherapy Shower Tablets are now available for consumers who can benefit from aromatherapy while showering. Aura Cacia Aromatherapy Shower Tablets come in three delightful aromas - Relaxing Lavender, Purifying Eucalyptus, and Reviving Peppermint. Each package contains three shower tablets (SRP: \$6.99). The new shower tablets - made with 100 percent pure, organic essential oils - are also free of synthetic fragrances, colors, and color stabilizers. The oatmeal bath is a time-honored means to soothe irritated skin. Now Aura Cacia has improved on that tried-and-true remedy with the first all-organic milk and oat bath made with 100% pure organic lavender essential oil. Organic whole-grain oat powder offers skin-calming, counter-irritant properties while the 100% pure organic lavender essential oil offers an extra-gentle, anti-inflammatory, soothing therapeutic benefit and a relaxing herbal aroma. Each single-use packet contains 1.75-ounces of the bath powder SRP \$3.29. As consumers become more aware of the negative effects of synthetic fragrances, they are more closely scrutinizing the ingredients in their home fragrance products. There has not been an all-natural plug-in air freshener available - until



now, Aura Cacia is introducing a line of new electric aromatherapy air fresheners for home and office, using only 100% pure essential oils to provide fragrance. The full ingredient listing on the packaging - not always provided on scented products - assures consumers that only natural ingredients are used for fragrance. The air freshener line is available in four appealing aromas - Relaxing Lavender, Refreshing Lime & Grapefruit, Uplifting Bergamot & Orange and Comforting Spices & Clove. The air freshener unit includes the essential oil blend in a glass container and the heating unit, (SRP \$14.99). Refill units are interchangeable with the electric diffuser and retail for \$6.99 each. All items are available on the Aura Cacia website at www.auracacia.com or any natural retailer that carries Aura Cacia products.

If you have never experienced the delicious tingles of the Head Scratcher, you are in for a delightful surprise. The Head Scratcher is one of the least expensive ways you can de-stress and relax. Just have someone scratch the top of your head with this device and you will feel the most pleasant sensation from the top of your head, all the way down to the tips of your toes. Use regularly and swoon. \$5.00 at www.pricillawoolworth.com



Dani has a luscious line of organic home fragrance and personal care products that will leave you feeling like you just visited an exclusive spa. Dani's Mango Shower Gel (\$14) is made with coconut-derived cleansers and the best natural botanicals for effective cleansing. Rich in aloe and natural glycerin, it works to restore skin's natural oils and promote natural moisture. PH balanced and containing only 100% vegetarian ingredients, no artificial colors. Dani's Pear Organic Bath Bar (3.5 oz \$5) is just like biting into a pear. Made of 30 essential oils, the Pear organic bath bar scent is so complex that you'll feel like you're standing in the middle of an orchard at harvest time. The Organic Bath Bar is a tribute to real soap. Made with Certified Organic Ingredients, Dani's bath bar is luxuriously simple for everyday use. Dani's Lemongrass Lavender Sugar Scrub (\$20) is a wonderful yin yang combination of the uplifting lemongrass mixed with the calming effects of lavender. Organic cane sugar produces alpha hydroxy acids that gently exfoliate and polish your skin while the deep moisturizing blend of shea butter and glycerin nourishes, moisturizes and protects you. And, unlike some scrubs, it won't irritate or sting sensitive or freshly shaven skin. You won't believe how good it feels! Now that you're refreshed, how about refreshing your surroundings? Dani's Grapefruit Ginger Soy candle (7 oz \$14) is revitalizing. DANI Soy Wax Candles are the ultimate blend of nature and luxury. A combination of 100% soy wax with proprietary essential oils Dani's soy candles contain non-toxic, food grade ingredients free of paraffin, petroleum, pesticides and herbicides. Contains no genetically modified materials. Available in numerous essential oil blends. If you're traveling and want to burn a candle without much fan fare, no need to take a large candle with you. Dani's White Cedar Soy Candle Travel tin (2 oz. \$5) is spicy, woody and refreshing and fits conveniently in your purse. Great for freshening up hotel rooms and other places where you're on-the-go. Dani's Bamboo and Birch Reed Diffuser (100 ml \$30) offers a fresh leafy green scent combined with notes of bark and birch leaf. The EVO diffuser offers a flame-free way to slowly diffuse all-natural fragrances throughout your home. Comes in six essential oil blends. For more info go to: www.danibath.com



Mobile fitness tools in the form of iTunes Apps has changed the fitness landscape, which was once dominated by fitness DVDs and infomercial gimmicks. To date, there are over 1,100 health and fitness Apps available in the iTunes App Store, many of which provide tracking for even the most basic health concerns. Leading the way is portable fitness pioneer PumpOne's FitnessBuilder, which just released their FitnessBuilder 1.3 which combines the features of over 250 individual Apps, combining the best of both the technology and fitness worlds. The sophisticated workout platform allows users of all fitness levels to reach their goals right on their iPhone or iPod touch - the same devices they are already working out with. iPump FitnessBuilder, available exclusively through the iTunes App Store for \$19.99 provides access to the world's largest exercise image/video library in the palm of your hand. It features over 400 complete workouts and a growing collection of over 4,000 exercise images and videos that users can drag and drop to create their own workouts, making it the essential fitness tool. The new FitnessBuilder 1.3 introduces groundbreaking fitness tracking tools including on-the-fly fitness calculators, personal photo progression trackers and fitness timers designed to optimize every workout. For more info visit www.pumpone.com

