

Better Nutrition

May 2008

THE SHOPPING MAGAZINE FOR NATURAL LIVING

ANNUAL
| WOMEN'S HEALTH |
ISSUE!

better nutrition

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7 HEALTH SECRETS FOR HER

easy & elegant
**MOTHER'S
DAY BRUNCH**

menopause
& breast cancer

creamy, dreamy
greek yogurt
see p. 78

Plus!

- Why sprouted grains are so great
- Simple steps to fall asleep fast
- Lose weight and lift mood with 5-HTP



NATURAL BEAUTY | PERSONAL CARE

bath & body gifts for mom

Pamper Mom on her special day with our beauty product picks that refresh and soothe naturally

By Sherrie Strausfogel



1 Indulge someone special with Aura Cacia Aromatherapy Foam Bath made with 100 percent pure essential oils to provide aromatherapy benefits for the mind, body, and spirit. Extra-mild coconut cleanser leaves skin soft and silky. Five scents evoke particular moods, such as Cinnamon/Ylang Ylang (sensual and warming), Ginger/Mint (warming and replenishing), Lavender (calming and relaxing), Patchouli/Sweet Orange (love, peace, and happiness), and Tangerine/Grapefruit (refreshing and awakening).

2 Treat Mom to the luxury of rich Shea Butter Body Crème from V'Tae Parfum & Body Care. Packed with more than 15 percent shea butter plus essential oils, these delightfully scented crèmes provide intense moisture for parched skin. Available in five delicious scents—Almond Apricot, Lemony Lemon, Cherry Cherish, Lavender Field, and Coconut Tangerine.

3 Aubrey Organics Eau de Parfum made with 100 percent essential oils is nothing to sneeze at. Free of synthetics, preservatives, and fixatives, they are ideal for anyone who has allergic reactions to mass-market perfumes. Available in six versatile scents to suit every taste: Spring Floral, Light Citrus Floral, Ocean Waters, Jade & Spice, Musk, and Angelica. Spray on the body, into the air, and on bed linens.

4 Delight Mom with EO/Essential Oil Products Bubble Bath. Choose from nine bath remedies: Time Out with coconut, vanilla, and organic tangerine to calm tension, relieve stress, and soothe skin; Nighty Night with soothing and calming blue chamomile and lavender; calming and relaxing French Lavender; sensual and stimulating Ylang Ylang & Cedarwood; purifying and refreshing Juniper & Lemon; balancing and refreshing Rose Geranium & Citrus; balancing and calming Rose & Chamomile; purifying and warming Hinoki & Ginger; and Eucalyptus and Arnica for aches and colds.

Show Mom—and the other special women in your life—how much you care with gifts of beauty.

Be sure to choose products that use therapeutic essential oils for fragrance rather than synthetic scents that can dry and irritate skin, and cause a variety of other symptoms. Essential oils are extracted from aromatic flowers and plants, and are recognized for their scent and subtle restorative effects on the mind and emotions.

Be choosy when you give gifts that contain fragrance. Synthesized oils made in a lab start from a base of petrochemicals and differ from pure essential oils, which are wholly derived from a botanical or plant source.

"Only a highly trained nose will be able to smell the difference between a pure natural essential oil and a perfume created by mixing synthetic chemicals," says Denys Charles, PhD, a biochemist specializing in aromatherapy, botanical lab analysis, and essential oil chemistry. "These chemicals and solvents are combined in such a way that the brain

is tricked into believing that it smells something natural and very pleasant."

About 100 years ago, most perfumes were made of entirely natural ingredients. But today, of the more than 3,000 fragrance ingredients available to perfumers, fewer than 5 percent come directly from natural sources.

"Synthesized oils pose a health risk," says Charles. "The synthetic compounds include benzene derivatives, aldehydes, and many other known sensitizers that are toxic to the nervous system and capable of causing cancer, birth defects, and allergic reactions. Phthalates are a class of compounds used in a wide variety of everyday products, including perfumes, cosmetics, and beauty aids."

Charles suggests that consumers read ingredients lists carefully to distinguish the chemicals used; any mention of fragrance indicates the product contains synthetic chemicals. "An expensive price does not guarantee that a perfume has pure essential oils," explains Charles. "There is no higher quality than pure essential oil from a specified botanical." ♦