

LOOK AT IT THIS WAY: PRACTICAL, FEEL-GOOD INSIGHTS ABOUT FOOD, FITNESS, LIFE — AND YOU!

EXPERIENCE LIFE

Healthy. Happy. For Real.

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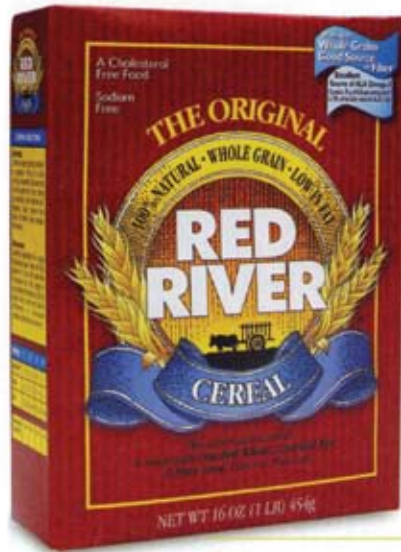
Van Jones <<

Visionary Urban Ecologist,
Social-Justice Activist

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LIFETIME FITNESS

Your answer to a healthy way of life.™



Well and Good

High-quality, convenient products that keep their ingredients clean, healthy and simple.

◀◀ Grain Elevator

HOT CEREAL is a wise breakfast component for a number of reasons: Warm food makes you feel more sated, it's easier to digest than cold cereal, and it encourages you to take a little more time for your meal — a good way to ground yourself before your day takes off. You might remember this childhood hot-breakfast staple from Red River — a toasty blend of wheat, rye and flaxseeds (and nothing else), it was around long before anyone was talking about fiber content or omega fats. Still, you get a healthy dose of both, plus the satisfaction of a warm belly to fuel you through the morning. Add fresh or dried fruit and nuts to further ramp up the flavor, nutrients and fiber. About \$4 for 16 ounces at most grocery stores; find delicious recipes at www.redrivercereal.com.

▼ Uncanny!

WHEN YOUR SCHEDULE has no room for homemade soup, but you're still craving its comforts, these organic vegetarian varieties from Amy's Kitchen will do nicely. A family-run business, Amy's was founded in 1987 and is one of the pioneers of organic convenience foods. The founders' motto was that Amy, their daughter, should be able to pronounce every ingredient, so you won't find any funky additives or stabilizers. Their canned soups contain almost exactly what you'd put in your homemade

soups — vegetables, spices, olive oil, water — and there's also a light-sodium version of almost every available flavor. For our money, the delicious curative powers of the Thai coconut and chunky tomato bisque soups are not to be missed. They make an excellent quick lunch at work — keep a few cans

on hand and your urge to skip lunch will disappear for good. Available for about \$3 a can at most grocery stores or online at www.amys.com.



▶▶ Double Up

ONE WAY TO STREAMLINE your skin-care products, reduce your exposure to chemical ingredients and create more space in the medicine cabinet is to choose simple, all-natural products that do double or triple duty. These high-quality organic oils from Aura Cacia perform well in the bath to moisturize itchy winter skin, and afterward, to soften rough elbows and heels. They also blend beautifully with essential oils to become individualized massage formulas (the super-slipperiness of sweet almond oil makes it universally popular with massage therapists). One more note, on conservation: Jojoba oil is produced from the seed of a desert plant, so it requires very few resources to grow. It's also produced primarily in the southwestern United States, so depending on where you live, it might not have to travel all that far to get to your bathroom shelf. About \$11 for 4 ounces at your local natural grocery or online at www.auracacia.com.

