

A MARTHA STEWART PUBLICATION

+ THE SECRET OF WILLPOWER: HOW TO FLEX IT AND WHY YOU HAVE MORE OF IT THAN YOU THINK
DIY VEGGIE PICKLES, GREAT GLUTEN-FREE GRAINS, AND STORE-BOUGHT SOUPS THAT TASTE HOMEMADE

whole living

body + soul in balance

**DETOX YOUR
OFFICE**
8 WAYS
TO BRING
WELLNESS
TO WORK

**WINTER SKIN
REMEDIES**
FROM DRY
TO DREAMY
IN 4 SIMPLE
STEPS

START THE NEW
YEAR BRIGHT

SPECIAL SECTION

CLEAN EATING ACTION PLAN

21 DAYS +
50 RECIPES

A WHOLE
NEW YOU!

**THE ART OF
THE NOOK**
COZY SPACES
FOR WORK
& PLAY

(left) kale + romaine + pineapple + mango + ginger + parsley
(center) carrot + ginger + grapefruit
(right) beets + carrots + apple + mint sprigs

Savor Natural Ingredients

This winter, enjoy a flavorful and savory soup. Add Truvia® natural sweetener for an honestly sweet® taste that's born from the leaves of the stevia plant.

Truvia® natural sweetener is made with the best tasting part of the stevia leaf. Blend together Truvia® natural sweetener and fresh ingredients for comfort food you can feel good about indulging in, roasted squash and apple soup. Fill your bowl and garnish the soup with thinly sliced apple, pepper, and toasted pumpkin seeds.

Roasted Squash & Apple Soup

SERVES 10 – 12

- 1½ pounds butternut or kabocha squash, peeled, seeded and cut into 1-inch cubes
- 3 tablespoons olive oil, divided
- 1 tablespoon + 1½ teaspoon of Truvia® natural sweetener (5 packets), divided
- 1 medium onion, diced
- 1 clove garlic, minced
- 2 tart apples such as Granny Smith or Pink Lady, peeled, cored and cut into 1-inch cubes, plus 1 small apple for optional garnish
- 1 tablespoon fresh thyme
- 1 quart low-sodium chicken or vegetable broth
- 1 teaspoon kosher salt
- Freshly ground black pepper
- ½ cup toasted pumpkin seeds

Preheat oven to 400° F. **1.** Toss cubed squash with 1 tablespoon olive oil and 1¾ teaspoons of Truvia® natural sweetener (or 2 packets) and spread out in a single layer on a sheet pan. Roast for 20 to 30 minutes or until tender and beginning to brown, gently stirring halfway through roasting. Set aside. **2.** In a medium pot, heat 2 tablespoons olive oil over medium high heat. Add onion and garlic and sauté 4 to 6 minutes or until softened. Add apples and thyme and sauté 5 minutes more. Add broth and 1 cup water and bring to a boil. Reduce to a simmer and cook 10 to 15 minutes or until apples are tender. Stir in roasted squash to combine. **3.** Puree soup in batches in a food processor or blender until very smooth. If soup is too thick, add additional water until desired consistency is reached. Return to pan and season with 2¾ teaspoons Truvia® natural sweetener (or 3 packets) and salt. **4.** Divide between bowls and garnish with thinly sliced apple, pepper, and pumpkin seeds.

Nutrition Facts per serving (1½ cup)
Calories, 100; Calories from Fat, 30; Total Fat, 3.5g; Saturated Fat, 0.5g; Trans Fat, 0g; Cholesterol, 0mg; Sodium, 170mg; Total Carbohydrate, 19g; Dietary Fiber, 3g; Sugars, 6g; Erythritol, 2g; Protein, 4g; Vitamin A, 160% DV; Calcium, 4% DV; Vitamin C, 30% DV; Iron, 6% DV.

This soup has 100 calories and 6 grams of sugar per serving compared to sugar-sweetened soup that has 120 calories and 10 grams of sugar per serving.



Discover more delicious dinner ideas that include zero-calorie Truvia® natural sweetener at wholeliving.com/truvia

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body+source+media

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your guilty conscience to
go hassle somebody else?
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like you just did the right thing. Find out more at truvia.com



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action plan



The New Year Is Here! Start it right with our 21-day eating plan to help you detox and de-stress. (page 74). In February stay on track with these smart strategies. For helpful daily tips go to wholeliving.com/action-plan



WEDNESDAY

1 WRITE WHAT YOU EAT

If you started a food diary during the cleanse—don't ditch it now! It can help you stay mindful of your cravings and choices. In one study, people who kept a regular record of what they ate lost up to twice as much weight as those who didn't.

THURSDAY

2

WORK OUT THE KINKS

Joint pain and stiffness affect people of all ages, and can be particularly brutal on cold days. Spend 5 or 10 minutes in the morning doing a few simple stretches or yoga poses to safeguard against discomfort later in the day. [3 4 5 6 7 8]



THURSDAY

9 PICK FRUIT

"Avoiding excess carbohydrates and sugars can help reduce bloating and PMS symptoms," says Kathleen Hartford, author of *Fit, Fun and Fabulous at Any Age*. Her tip: Start your morning with fresh fruit, not juice. One small orange, for example, has about 69 calories and 14 grams of sugar, compared with 117 calories and 22 grams of sugar in 8 ounces of orange juice.

FRIDAY

10 DRINK UP

Bored with H₂O? Try coconut water. It contains electrolytes to help keep you hydrated, and its flavor transports you to a tropical climate, no matter how chilly it is outside.

[11 12 13]

TUESDAY

14 DON'T DENY YOURSELF

Eating a tiny amount of dark chocolate every day may help you power through your workout routine, suggests a study from the University of California, San Diego. Cocoa contains epicatechin, which enhances endurance.

[15 16 17 18 19 20 21 22 23 24]



SATURDAY

25

REVISIT THE CLEANSE

"Eating clean, even for a few days, is like giving your body a head-to-toe tune-up," says Cynthia Sass, R.D. Today and tomorrow, nourish your body with your favorite dishes from Week 1 of the eating plan. [26 27 28 29]



5 WAYS TO JUMP-START YOUR YEAR

Start your year on the right foot. Make time to incorporate these easy tips into your routine. You're bound to stay on track.



1. FEED YOUR MIND

Incorporate food for the brain into all your meals like berries, eggs, salmon, nuts, and soy. Look for foods with vitamin E and antioxidants and add them to your shopping list.



2. A DAY TO RESTORE

Don't let a week's worth of obligations weigh you down. Let yourself off the hook and devote one day a week to what you want to do.



3. ROOM SERVICE

Surround yourself with a scent that calms, relaxes, or energizes. Combine 30 to 40 drops of your favorite essential oil with 1 cup of water in a spray bottle. Shake well and spray throughout your space.

4. TRANSFORM YOUR ROUTINE

Rethink your fitness routine to create an exercise experience that combines fitness, toning, and stretching to improve your overall mind and body well-being.



5. HEAD OUTSIDE

With shorter days and longer nights, don't let a day go by without stepping outside. Get invigorated. Take a brisk walk outside on your lunch hour.



Silk



Un-challenge
yourself at
[facebook.com/
SilkUS](https://www.facebook.com/SilkUS)

Take the Least Challenging Challenge

Here's a healthy New Year's resolution that's the least challenging to take on. Pour Silk on your cereal. It's nutritious and delicious. Un-challenge yourself at [facebook.com/SilkUS](https://www.facebook.com/SilkUS).



3 REASONS WHY YOU SHOULD SWITCH TO SILK

- Silk Pure Almond Unsweetened has less than half the calories of skim milk*
- Smooth, creamy delicious taste
- Silk has 50% more calcium than dairy milk**

*Typical skim milk has 80 calories vs. 35 for Silk Pure Almond Unsweetened. All dairy data from USDA National Nutrient Database for Standard Reference, Release 23 (2010). Data consistent with typical dairy milk. **2011 Silk refrigerated beverages, excluding organic soymilk, soymilk with DHA and aseptic soymilk, have 45% DV of calcium; dairy milk has 30% DV. Dairy data from USDA National Nutrient Database for Standard Reference, Release 23 (2010). Data consistent with typical milk.



HOW TO GET THE TASTE MOST PEOPLE PREFER.



Fact is, most people prefer the taste of Silk Vanilla on their cereal over dairy milk.* So make the switch! (It's not even remotely challenging!)

Silk

Un-challenge yourself at
[facebook.com/SilkUS](https://www.facebook.com/SilkUS) 

*National Taste Test, January 2011 (products included in test were Silk Vanilla Soymilk, Silk Light Vanilla Soymilk and Silk Pure Almond Almondmilk).

TAKE the **LEAST** CHALLENGING CHALLENGE {IN THE WORLD}™




START

FINISH



CUT YOUR MILK CALORIES IN HALF. (IT'S THAT EASY!)

Who says eating healthy for the New Year has to be challenging? Silk Pure Almond Unsweetened isn't just creamy and delicious—it's also 35 itty-bitty calories per serving.* (That's less than half of skim milk!) Plus, Silk has 50% more calcium than milk.** Go ahead, try it! Then, un-challenge yourself at facebook.com/SilkUS 

Silk

SOYMILK • ALMONDMILK • COCONUTMILK

*Typical skim milk has 83 calories vs. 35 for Silk Pure Almond Unsweetened per serving. All dairy data from USDA National Nutrient Database for Standard Reference, Release 23 (2010).

**Silk refrigerated beverages, excluding organic soymilk, soymilk with DHA and aseptic soymilk, have 45% DV of calcium; typical dairy milk has 30% DV.



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Shira Bocar

PROP STYLING BY
Andriana Verdi

ON THE COVER

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FEATURES

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NEW YEAR NEW YOU

Ready to refresh yourself? You've come to the right place! Charge into 2012 with our Fourth Annual Action Plan, an invigorating mind-body detox that will leave you feeling your absolute best as you take on the year ahead.

BY LINDSAY FUNSTON
RECIPES BY SARAH BRITTON,
TERRY WALTERS, AND SHIRA BOCAR

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THE ART OF THE NOOK

Whether you live in a large sprawling home or a tiny apartment, you can create your own cozy hideaway with little more than a corner and some creativity. Take your inspiration from these five women. For playing, reading, or retreating, they've each carved out a sanctuary of their own.

BY SARAH ENGLER

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BABY YOUR SKIN

All-over softness isn't just for newborns—pamper your grown-up skin in four simple steps.

BY OLESSA PINDAK

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SNOW DAYS

Don't let a little flurry keep you indoors. Pull on your mittens, grab your sled, and head outside to play.

BY KATE HANLEY

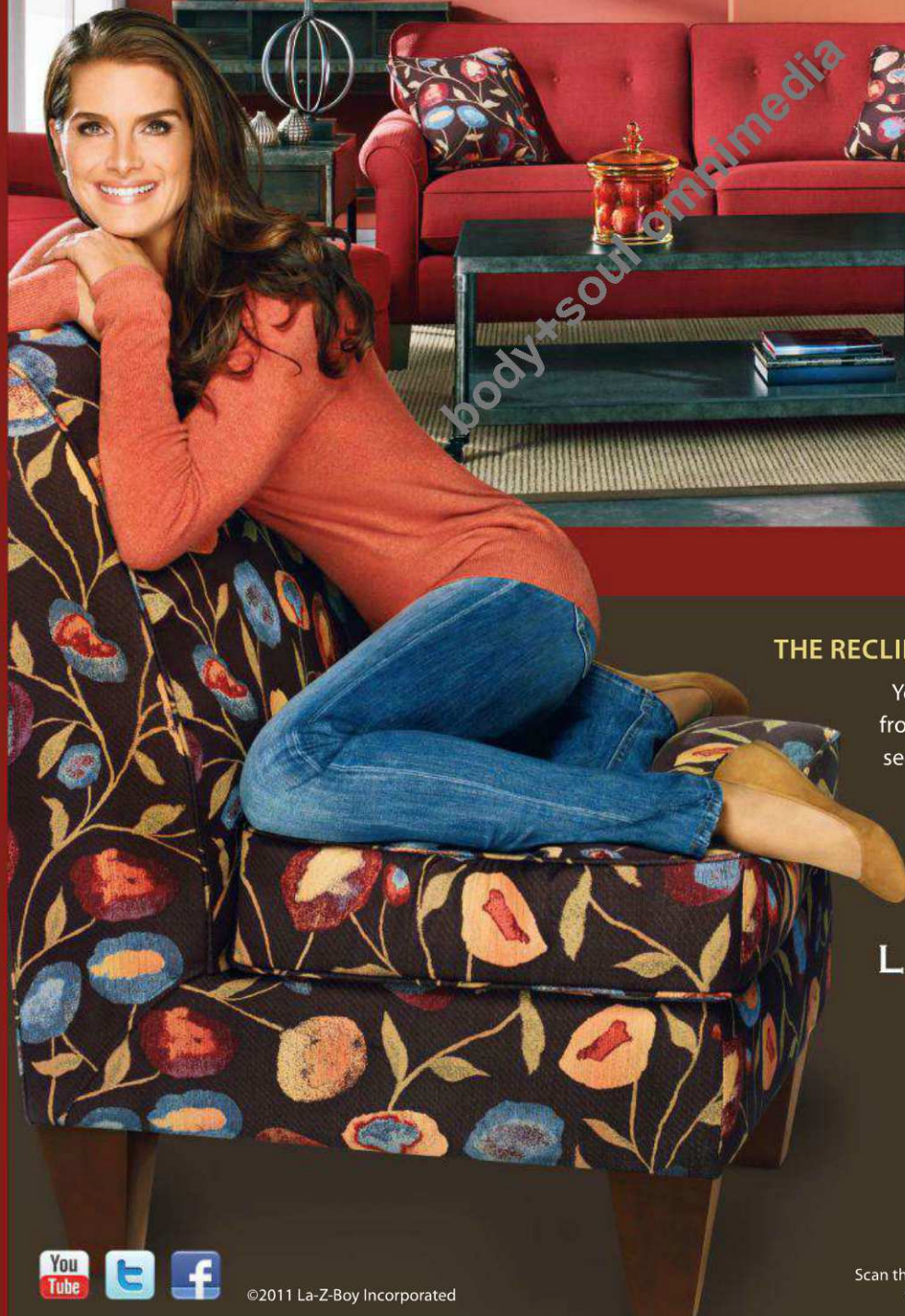
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MORE (WILL) POWER TO YOU

Researchers say self-control is easier to tap into than you might realize. Here are seven ways to sharpen your resolve just in time for resolution season.

BY WHITNEY JOINER

"You'll be *so surprised*
by everything La-Z-Boy makes,
you may need to sit down."



The Laurel Room Group and Karli Chair

THE RECLINERS WERE ONLY THE BEGINNING.

You may not believe everything you can get from La-Z-Boy—like sofas, loveseats, sleepers, sectionals, chairs and ottomans. You may not believe how affordable it all is. But the high-quality construction, craftsmanship and comfort of La-Z-Boy furniture? That shouldn't come as a shock at all.

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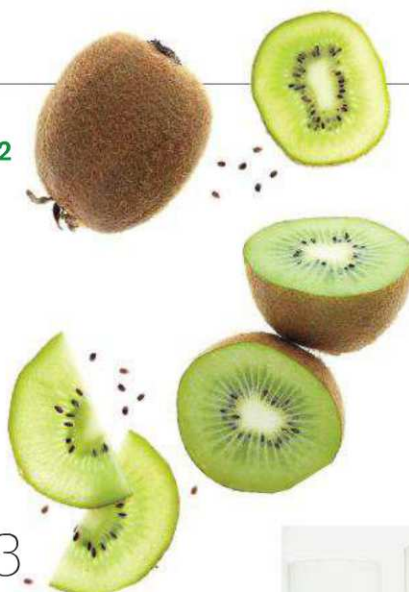
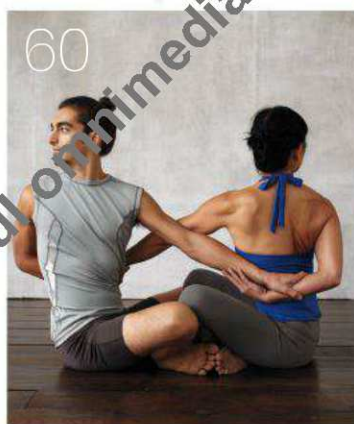
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WHOLE LIVING

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Greener bubbly, our favorite low-sodium soups, an eco-friendly guide to Austin, Texas, plus, fair-trade flowers, and tights that fit right and last long.

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Fitnesswear is going earth-friendly with recycled fibers and other virtuous details. Try these pieces and you can exercise your ideals, as well as your quadriceps.

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Fresh books and albums to usher in the new year.

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Kim D'Amato turned a fruitless search for a nontoxic nail salon in her city into her own green beauty company.

WHOLE BEAUTY

33 NEWS + TRENDS

How to get a rosy winter glow, flawless foundations, sunscreens for snowy weather, a kiwi DIY mask, and more.

40 SHAPE UP YOUR SCALP

An itchy, irritated head and the flakes that fall from it probably isn't the snow you were hoping for this season. Use this guide to pinpoint what's getting under your scalp and find the holistic treatments that will help bring it back into balance.

WHOLE HEALTH

47 NEWS + TRENDS

Great grains to add to your plate, healthier coffee creamers, sinus solutions that really work, relaxing massage tools, how to make a habit stick, and more.

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Don't leave your healthy lifestyle at home when you go to the office. Keep yourself and your coworkers happy and hardy with a few key 9-to-5 strategies.

60 IT TAKES TWO

Partner yoga can help you deepen both your yoga poses and your relationships.

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Ever tried on a pair of pants and they just...fit? Talk about magic. We've fallen for a range of styles—each of which, we promise, will keep you sitting pretty.

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WHAT'S ON THE WEB

50

WAYS TO MAKE
THIS YEAR
YOUR HEALTHIEST YET



STOP STRESS

Serenity and balance need not be elusive. Try adding mood-boosting foods such as avocados and almonds to your diet and journaling to cope with your worries.

LOSE WEIGHT, FEEL GREAT

We know that dropping pounds is never easy—and that keeping them off is especially hard. Our guide gives you foolproof ways to rev your metabolism, make better food choices, maximize your exercise, and more.

SNACK SMART

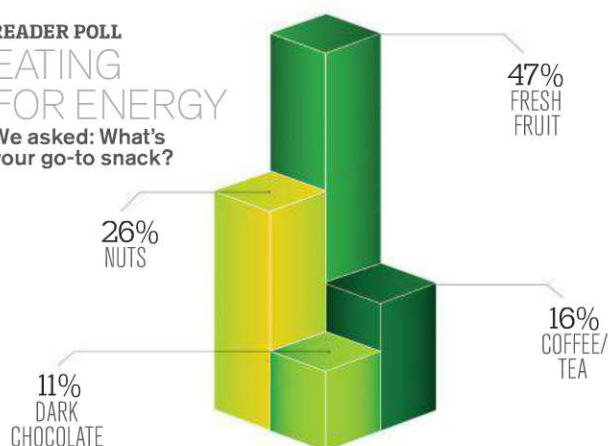
Whether you're craving crunchy, sweet, or creamy, we have hundreds of healthy ideas to help you find delicious satisfaction.

Find all this and more at wholeliving.com/goals

READER POLL

EATING FOR ENERGY

We asked: What's your go-to snack?



Share with us at facebook.com/wholeliving

COMMUNITY BLOGGER



Name Jodi Chapman

Age 36

Hometown
Medford, OR

HOW DO YOU COPE WITH SELF-DOUBT?

First, I try to figure out where it's coming from. Once I understand that, I think about all the times in my life I've been proud of myself. Then I listen to my soul; it always has such nice things to say. If all else fails, I turn to my husband; he's my biggest cheerleader.

HOW DO YOU GET MOTIVATED?

When I'm tapped into the way I'm meant to live, I'm energized and focused. So when I start feeling drained, I look within and ask myself if I'm living the way I want to.

Start your own blog at wholeliving.com/community

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editor's letter



TIME FOR A FRESH START

I'M NOT A BIG BELIEVER in New Year's resolutions, probably because I never manage to keep them for very long. My annual pledge to get in shape, master Spanish, or end world hunger invariably fizzles by March. Sound familiar?

Here's the good news. As "More (Will) Power to You" reveals, most of us do have the ability to make the kinds of changes we want—as long as we know why we want to make them. In setting goals, it's helpful to consider the "I will," "I won't," and "I want" factors (page 108) and to exercise them. Focusing realistically on where we want to go makes it easier to put one foot in front of the other and get there.

So this year I'm trying again. My resolutions—which include making more fresh veggie juices, eating a better variety of grains (see page 50 for my inspiration on this one), and going on a weekly date with my husband—are perhaps less ambitious than in the past. They are also, I now know, realistic and achievable.

Speaking of achievement, this issue includes "New Year, New You," our Fourth Annual Action Plan (page 74). With delicious daily menus and advice, it shows you exactly how to flex that willpower and get from point A: "It's really time I improved my diet," to point B: "I'm a lean, mean, clean-eating machine" in less than a month. Ready to lose weight? Need a post-holiday detox? Want to wean yourself off bad eating habits? Our 21-day program will guide you to your goals.

If you can, embark on it with a friend and definitely join us online for encouragement. Most of us who have done this kind of thing have wavered at one point or another. So don't go AWOL if you sneak a cup of coffee or even a cookie, just go to wholeliving.com/actionplan. Both willpower and change are much easier when you have support.

Twenty-one days may sound daunting at first, but remember: one foot in front of the other! We've carefully planned each recipe and step, and we promise you'll feel great by the time our March issue hits your mailbox.

If that mailbox is currently covered in snow, don't let that keep you indoors. Take a page from our outdoor fun story, "Snow Days" (page 102), and grab your gloves. Throwing snowballs, sledding, snowshoeing, or just exploring winter's wonders is invigorating and exhausting in the best kind of way.

Happy New Year!

Alanna Stang
Alanna Stang, Editor-in-Chief



Eating healthy in the new year? We've got just the app for you!

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We'd love to hear what your favorite skin care products are for our third-annual, bigger and better Healthy Skin Awards. To vote, (and learn more about our fabulous prizes) go to wholeliving.com/awards.

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chat YOU SAID IT

READER TO READER

What surprises you most about getting older?

This month's winner

I am surprised to find how much happier I am with life. With age comes a deep acceptance and appreciation of self. Instead of focusing on what I don't have in life, I find myself feeling a great sense of satisfaction with what is. I no longer worry so much about what other people will think, or obsess about details that won't matter in five years. My career has flourished, my home life is happy, and friendships are more genuine and lasting. *LISA K., Sanduski, MI*

In Tune With Yourself

I'm more attached to my body and feel every sensation, both good and bad. My mind has become more dynamic, but my short-term memories get lost, leaving room for just the important ones.

HEATHER B., Effort, PA

Same Soul, More Confidence

I'm surprised that as I get older I feel wiser, more confident, and much less self-conscious. I'm happier now and worry so much less than I used to. But my soul is basically the same as it was when I was 18. I didn't expect that!

KIM B., Maple Grove, MN

Guilt-Free Social Life

I no longer feel the need to attend every social function I'm invited to. I value my free time and make my choices more wisely.

MONICA B., Pacifica, CA



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RECENTLY TWEETED

Reading about "healthy-overeater's syndrome" in @wholeliving. This is me. Yet, I still believe I should be thinner!

—PAIGEWOLF

Settling in for an evening of inspiration by reading the latest issue of @wholeliving.

—DOSEOFCREATIVITY

FACEBOOK

ANDREA PAPPAS SABINO

After drooling over the [November] cover for a week, I made the roasted brussels sprouts with grapes—DELISH! I used hazelnuts instead of walnuts and the stove top instead of the oven. I will definitely be making this dish again! Next, green beans with ravioli!

VIBEKE VEGETARIAN

I just bought my first issue of *Whole Living* and I'm thinking that a yearly subscription might be just what I need.

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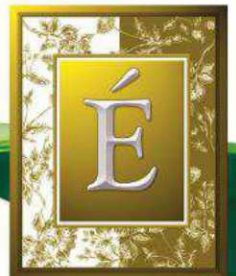
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TOAST TO A GREEN YEAR

If your New Year's resolutions include minimizing your waste along with your waist, welcome 2012 with a glass of better bubbly. We particularly love the deliciously smooth, fruity—and inexpensive!—Blanc de Noirs from Gruet winery in New Mexico, where grapes are grown without synthetic pesticides, and all vines, stems, and skins are composted (\$14, gruetwinery.com). For extra planet-friendly points, serve it in vintage flutes and drop the corks in Cork ReHarvest recycling bins at your local Whole Foods store.

TASTE TEST

Super Bowls

Satisfy in minutes with a healthy heat-and-serve soup. We slurped spoonfuls of 39 varieties (all with fewer than 600 mg sodium per serving and free of MSG) and couldn't get enough of these five. —LINDSAY FUNSTON



1. PACIFIC FOODS ORGANIC LIGHT SODIUM CREAMY TOMATO It's the perfect mate for

grilled cheese: thick (but not gloppy) and slightly sweet. \$4.20 for 32 oz, pacificfoods.com for stores



2. MUIR GLEN ORGANIC REDUCED SODIUM CHICKEN NOODLE Herbs like rosemary, thyme, and parsley give the broth a homemade

flavor. Antibiotic-free poultry is a plus. \$3.20 for 14.5 oz, muirglen.com for stores



3. AMY'S ORGANIC LENTIL Because it's chock-full of tender carrots and potatoes, this pick is hearty and wholesome. \$2.70

for 14.5 oz, amys.com for stores



4. IMAGINE CREAMY PORTOBELLO MUSHROOM A mellow, earthy flavor and velvety texture make this an easy crowd-pleaser. \$4.40 for 32 oz,

imaginefoods.com for stores

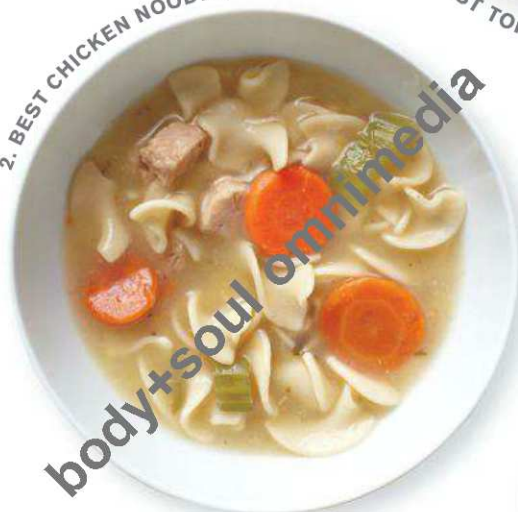


5. KETTLE CUISINE THREE BEAN CHILI Corn and green chiles add a sweet-hot

dazzle to the bean base of this freezer-aisle find. \$4 for 10 oz, kettlecuisine.com for stores



2. BEST CHICKEN NOODLE



3. BEST LENTIL



4. BEST MUSHROOM



5. BEST CHILI





EDITOR'S PICK HOT SHOT

I discovered Mázi Piri Piri sauce at my favorite farm-to-table restaurant in New York, where this sauce is a fixture on every table. I was addicted at first drop. The fierce and fiery blend of piri piri peppers, tomato, garlic, and vinegar is smoothed out with a splash of whiskey. Now I can't eat eggs without it. I also love it with creamy polenta and tofu stir-fries. Eco bonus: it's packaged in recycled bottles. \$11, sicklesmarket.com —LF

EASY DIY

QUICK ROOT VEGGIE PICKLE

No canning skills required: All you need are some common pantry spices to preserve carrots, beets, turnips, and more with this delicious recipe from Kelly Geary, expert pickler and author of *Tart and Sweet* (Rodale Books).



SPICED CARROTS

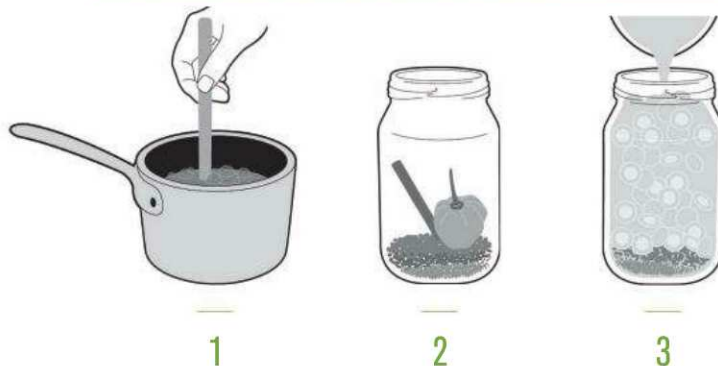
PER QUART JAR

- 1¼ cups apple cider vinegar
- 2¼ tsp coarse salt
- 2¼ tsp brown sugar
- 2 cloves garlic
- 1 hot pepper, such as habanero
- 1 cinnamon stick
- 1 fresh bay leaf
- 1 Tbsp cumin seed
- 1 Tbsp coriander seed
- 1 Tbsp fennel seed
- 1 Tbsp black peppercorns
- 1 lb carrots, peeled and sliced into thin rounds

STEP 1 Bring the vinegar, ¾ cup water, salt, and brown sugar to a boil in a medium stainless steel saucepan. Stir, dissolving the salt and sugar.

STEP 2 Heat a 1-quart jar: Fill it with hot water and let it sit a couple minutes before pouring out. (The heat will prevent shattering when you pour in the boiling brine.) Add garlic, hot pepper, and spices.

STEP 3 Pack the jars tightly with carrots. Pour in hot brine. Cover and let cool overnight before eating. Store in the refrigerator for up to three weeks.



TASTY TIP

These zesty slices are a great snack straight from the jar, but they're also amazing in fish tacos, layered on sandwiches, or tossed in salads.



ECONUNDRUM

BETTER BLOOMS

If you're thinking flowers this Valentine's Day, remember that conventional bouquets can come with some thorny issues. Eighty percent of cut flowers purchased in the United States are imported from countries where workers are often not receiving fair wages and governments do not restrict the use of dangerous pesticides. (For example, a 2006 Harvard study showed that children born to women working in the Ecuadorian flower industry had impaired brain development due to prenatal pesticide exposure.) Happily,

the marketplace for healthy, eco-conscious flowers is continuing to blossom. You can even find responsibly grown bouquets from mass retailers like *FTD.com* and Costco. So show how big your heart truly is by talking to your florist or checking the website or packaging for the green labels below.

—**MINDY PENNYBACKER** is the author of *Do One Green Thing*. To send her an econundrum of your own, go to wholeliving.com/ask-mindy



FAIR TRADE CERTIFIED This label means the flowers come from sustainable farms that provide fair wages and safe, clean conditions for workers and also help fund community development projects.



USDA ORGANIC CERTIFIED No synthetic pesticides or fertilizers are used at any time during the growing process.



VERIFLORA A third party (Scientific Certification Systems) has determined that both the workers and the natural resources are protected during production.



RAINFORREST ALLIANCE CERTIFIED The green frog seal means that the farm follows Sustainable Agriculture Network standards for limiting pesticides and providing access to health care and education to workers and their families.



FRESH PICKS To see a slideshow of our favorite earth-friendly cut flowers, go to wholeliving.com/green-bouquets



WE TRIED IT

BREATHE EASY The Anton Humidifier isn't just good-looking. This 10-inch-tall powerhouse has a dispenser for aromatherapeutic essential oils, an anti-calcium cartridge, and ionic Silver Cube to help keep the water clean. It also sports an LED indicator at the base that glows when it's time to refill. \$140, momastore.org

TEAM TRYOUTS

Tight Competition

Want a pair of tights that looks great and is durable enough for many winters? These five winners have a leg up on the rest. —SARAH ENGLER

MOST EARTH-FRIENDLY PAIR

This organic cotton pair is super-soft. **MAGGIE'S ORGANICS** LIGHTWEIGHT FASHION TIGHTS in charcoal grey, \$28, maggiesorganics.com

MOST OPAQUE PAIR

Even when stretched, your skin won't show through this velvety splurge. **FALKE MATT 100** TIGHTS in verri-berry, \$59, shopbop.com

BEST FITTING PAIR

A wide, no-elastic waistband makes it supremely comfy. **COMMANDO TWO-TONED RIBBED OPAQUE TIGHTS** in black/chocolate, \$34, herlook.com

PAIR WITH MOST COLOR OPTIONS

It comes in 37 hues, so you're sure to find the one that's just right. **AMERICAN APPAREL OPAQUE PANTYHOSE** in sangria, \$14, americanapparel.com

BEST KNIT PAIR

So cozy, this ribbed pick is the next best thing to sweatpants. **GAP SPACE-DYE RIB TIGHTS** (available in gray), \$20, gap.com

= eco-friendly



We never forget our roots.

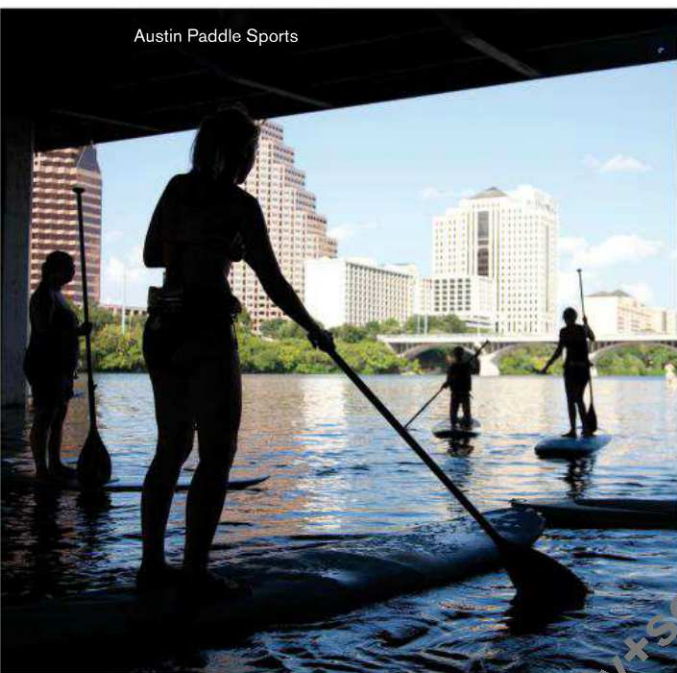
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SEEING GREEN IN...

AUSTIN, TEXAS

Even as its population is creeping over 800,000, Austin remains a charmingly friendly and unpretentious eco-oasis with no shortage of famously cool restaurants and attractions. So head on down, rent a bike, and check out these beloved hometown spots. —JORDAN BREAL

EAT

SUGAR MAMA'S BAKESHOP

The treats at this wind-powered bakery are as inventive as they are insanely delicious (try the Black and Tan, a Guinness stout cupcake with Irish cream cheese frosting). Preservatives and shortenings have been nixed and superior locally sourced ingredients are showcased. 1905 S. 1st Street, sugarmamasbakeshop.com

WINK

In an unassuming location (next to a dry cleaner on bustling Lamar Boulevard), chefs Stewart Scruggs and Mark Paul offer extraordinary cuisine using only the freshest ingredients available. Grass-fed beef tartare one night might be replaced with a guinea hen confit the next, but the signature dessert—a dreamy lemon curd tart—is almost always on the menu. 1014 N. Lamar Boulevard, winkrestaurant.com



ECO CRED

- The city has vowed to use 20 percent renewable energy by 2020.
- Residents enjoy 50 miles (and growing!) of hike-and-bike trails.
- Whole Foods' first-ever store opened downtown in 1980.



SHOP

MELLOW JOHNNY'S BIKE SHOP

Austin's best-known two-wheeler, Lance Armstrong, opened this wonderland for city cyclists. While gearheads test their mettle at the computerized Pedal Hard Training Center, casual riders can ogle Armstrong's seven jerseys. Bike rentals are also available. 400 Nueces Street, mellowjohnnys.com

SPARTAN

Simplicity trumps all at this home and accessories shop. Owner Currie Person, a former film location scout, has a keen eye for beautiful—and green—finds, such as vintage Bolivian wool blankets, copper LED desk lamps, and handmade vegetable-dyed leather MacBook cases. 215 S. Lamar Boulevard, spartan-shop.com

PLAY

STAND-UP PADDLING

This growing sport is surfing meets canoeing (two words: core workout). Rent the gear from Austin Paddle Sports, and then join locals at Lady Bird Lake, a reservoir on the Colorado River (which flows beautifully through the city). 5214 Bureson Road, austinpaddlesports.com

LAKE AUSTIN SPA RESORT

No vacation is complete without a little indulgence, so take your pick of more than 100 massage, body, and skin treatments. Ingredients are plucked from the organic gardens and used in signature therapies, like the Rosemary Citron Sensation body treatment. 1705 S. Quinlan Park Road, lakeaustin.com

STAY

HABITAT SUITES

Sleep well knowing that your "ecotel" accommodations offer gardens, solar-powered water heaters, phosphate-free shampoos—even a saltwater outdoor pool. From \$99 a night, 500 E. Highland Mall Boulevard, habitatsuites.com

HOTEL SAINT CECILIA

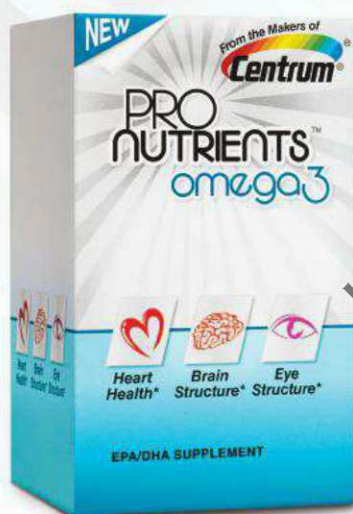
These secluded suites, studios, and poolside bungalows are equal parts rock 'n' roll (Geneva sound system and turntables in each room) and tranquil sanctuary (all-natural Hastens beds and minibars stocked with local goods). From \$295 a night, 112 Academy Drive, hotelsaintcecilia.com





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UPGRADE YOUR GEAR

1 ASICS VELOSTRETCH SHORT SLEEVE uses up to two discarded plastic bottles per shirt for its 100 percent recycled (and moisture wicking!) polyester. \$38, asics.com for stores

2 I-SLIDE EAR BUDS have a PET plastic zippered cord to prevent tangles and are 100 percent recyclable. \$25, i-ecko.com

3 INNOVEZ iPHONE 4/4S GLIDER CASES are made from 100 percent organic EcoPure, a biodegradable material. \$30, innovezcases.com

4 PRANA PARADISE SHORTS are made with lightweight, four-way stretch recycled polyester. \$55, prana.com

5 BROOKS PURECONNECT are constructed with water-based adhesives and fewer parts than other sneakers, which reduces factory energy use and waste. \$90, brooksrunning.com

6 GAIAM ECO REVERSIBLE YOGA MAT has no PVC or latex. \$30, shopgaiam.com

+ ECO BONUS

The soles on these trainers include the nontoxic, natural additive BioMoGo, a compound that encourages anaerobic microbes to munch away and biodegrade the shoes 50 times faster than a traditional pair in a landfill.

7 REI BALANCE GYM BAG is made from recycled plastic bottles and features a strap for a yoga mat and a mesh pocket for dirty clothes. \$60, rei.com for stores

8 MANDUKA EQUA PLUS TOWEL Natural recycled coconut fibers are woven into this shammy, eliminating moisture and odor-inducing bacteria. \$48, manduka.com

9 SECRET NATURAL MINERAL DEODORANT uses naturally derived (and body-heat reactive) calcium carbonate to neutralize odor. \$4.50, pgestore.com

10 OXO GOOD GRIPS WATER BOTTLE twists apart in the center for easy cleaning, and is BPA-free. \$15, oxo.com

11 JOSIE MARAN BEAR NAKED MAKEUP WIPES are entirely biodegradable—plus, proceeds support endangered polar bears. \$12, sephora.com



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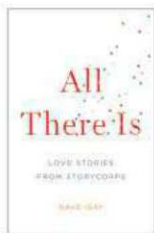




READS THAT FEED

All You Need Is...

Compiled from recordings by StoryCorps, this collection of extraordinary tales from ordinary folks celebrates the power (and variety) of that thing called love **BY CARLENE BAUER**



All There Is,
Dave Isay
(Penguin)

"LOVE IS PATIENT, love is kind. It does not envy, it does not boast, it is not proud." So begins Saint Paul's famous cataloging of love's qualities from the New Testament. Now comes the 21st-century update of that list, *All There Is*, a book of love stories transcribed from the StoryCorps oral history project (and weekly segments on National Public Radio), with an introduction by its founder Dave Isay. Love, these first-person accounts proclaim, is instant. It is color-blind. It may seem crazy, even cheesy. It decides, in the end, that bald men might not be so bad.

The real-life stories, some stranger than fiction, might convince the most inveterate unromantics among us that true love isn't just something that happens in 19th-century novels. Consider the New York State Thruway toll collector who married a woman who frequently drove through his booth. Then there are the two women who met during the Vietnam War and conducted their own marriage ceremony while on leave, and read each other the story of Ruth out of the Gideon Bible in their motel room. Also touching: the 93-year-old widower speaking of his wife, who died while suffering from Alzheimer's. "We were real lovers," he says, "and we had a 63-year honeymoon." Cheers to StoryCorps for creating this gift—the perfect one to browse through with your valentine.



QUIET
BY SUSAN CAIN
(CROWN)

For those of us who are less likely to shine in the onstage spotlight than the glow of "a lamp-lit desk," as Cain writes, it's high time to celebrate the advantages of being an introvert—such as a remarkable capacity for insight, empathy, and creativity. In this well-written, unusually thoughtful book, Cain encourages solitude-seekers to see themselves anew: not as wallflowers but as powerful forces to be reckoned with.

WOULD IT KILL YOU TO STOP DOING THAT?

BY HENRY ALFORD
(GRAND CENTRAL)

If the lack of consideration being bred by our brave new (TMI-fed) world is driving you to less-than-civil acts, it may be time for this guide to modern manners. Alford weds the inspired lunacy of David Sedaris to the philosophic inquiry of "The Ethicist" column in *The New York Times*, wittily proving that manners are a way of giving others "a commodity best described by noted spellcaster Aretha Franklin."



CONTENTS MAY HAVE SHIFTED
BY PAM HOUSTON
(ST. MARTIN'S)

Famous for the short stories in *Cowboys Are My Weakness*, Houston is back with a novel about a woman nearing 50 who, after a breakup, takes refuge in the peripatetic life, preferring to spend her time traveling the world. Then, she meets a man who makes her wonder if it's time to drop anchor. Aside from quoting new age high priestess Marianne Williamson, Houston's voice comes across as refreshingly fizzy and wise. —CB

TOP SHELF

Catch up with all our editors' picks at wholeliving.com/book-reviews



INGREDIENTS
12 eggs, at room temperature
Salt (optional)
Whole (large)

HARD-BOILED EGG

Fresh eggs have many advantages, but one glaringly is not one of them: they're difficult to peel. Hard-boiled eggs, on the other hand, are perfect for salads, sandwiches, and more. To make them, you'll need a pot of water, a timer, and a bowl of ice water. Once the eggs are cooked, they'll be easy to peel. Here's how to do it.

HOW TO MAKE

In a pot large enough to hold the eggs, generously fill with water to cover the eggs. Add salt to the boiling water, if desired. Gently stir the eggs. Set for 10 to 12 minutes, depending on the consistency you prefer and the size of your eggs. Once the period of time given, use a slotted spoon to remove the eggs from the pot. The longer cooking time, the more the egg will be cooked. To peel the eggs, place them in a bowl of ice water.

POTATO & CORN FRITTATA

INGREDIENTS
2 tablespoons olive oil
2 garlic cloves, minced
2 tablespoons butter and white
part (optional)
1 large Idaho potato, peeled
and cubed
1/2 cup corn kernels
Salt and freshly ground
black pepper
2 eggs
1 cup ricotta cheese (optional)
Cheddar (optional)
2 tablespoons fresh flat leaf
parsley
Bacon (optional)

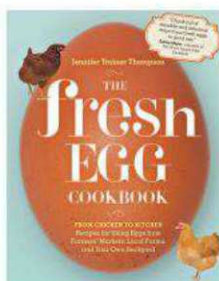
I recently purchased a brand new frittata pan from a local farmer's market. It was a great find, and I was excited to try it. The frittata is a versatile dish that can be made with a variety of ingredients. Here's how to make a potato and corn frittata.

HOW TO MAKE

1. Preheat the oven to 375 degrees. In a large skillet, heat the olive oil over medium heat. Add the garlic and cook for 1 minute. Add the potato and corn, and cook for 5 minutes. Add the eggs and cook for 10 minutes. Add the ricotta cheese and cheddar, if desired. Cook for 5 minutes. Sprinkle with the parsley and bacon, if desired. Serve hot.



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TASTY TOME

Of Coops and Cooking

Nine years ago, before every suburbanite seemed to be growing vegetables or keeping bees, Jennifer Trainer Thompson's husband suggested raising chickens in their Massachusetts backyard. Soon, the cookbook author was collecting her own eggs. **The Fresh Egg Cookbook** (Storey Publishing), with 101 recipes, is an homage to home-hatched and farmers' market prizes. The classics are all there, including mayonnaise and eggs Florentine, plus dishes that approach dinner territory, like Wild Mushroom Ragout with Poached Eggs. The spirited account of mothering hens makes a flock seem tempting. —LINDSAY FUNSTON

PLAYLIST REFRESHER

IF YOU LOVE... THE STONE ROSES DOWNLOAD THESE:

COLDPLAY, MYLO XYLOTO (Capitol)
On their fifth studio offering, the chart-topping Brits create songs that are intimately personal and yet destined for stadiums. In true form, they move from lovelorn acoustic lullabies to epic feel-good anthems.

NOEL GALLAGHER, HIGH FLYING BIRDS (Sour Mash/Mercury Records)
The elder Gallagher brother soars solo with a sound best described as Oasis-lite. Songs experiment with strings and brass parts, along with a choir and surprisingly pensive lyrics.

SNOW PATROL, FALLEN EMPIRES (Island Records)
The Irish-Scottish outfit's knack for melancholic beauty is evident: Over electro beats or a solo piano part, Gary Lightbody muses on love's elations and let-downs. —LIZA GHORBANI

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VITALS

Age 43

Hometowns

New York City
and Paris

Occupation

Founder of
natural nail
polish line Priti
NYC (priti NYC.com)

Role Model

Richard
Branson

**Best Advice
From My Mother**

Try everything
until you find
what it is you
should be doing.

Polished Effort

Kim D'Amato's futile search for a nontoxic salon in New York City inspired her to create her own global eco-friendly nail polish brand **BY RONA BERG**

WHAT WAS YOUR ECO AWAKENING?

When I got pregnant with my daughter, Siena, I became more aware of the environment. I started eating organically and using cleaner products with fewer chemicals. One day when I was sitting in a nail salon inhaling all the fumes, I thought, Why can't we do this organically as well?

SO THEN YOU DECIDED TO MAKE A CAREER CHANGE?

After I had my daughter, I went back to my job as a photographer's

rep part-time, but much to the amusement of my colleagues in the office, I also spent \$2,000 to attend nail school at the Lia Schorr Institute one day a week. I did that first because I thought it would be best to know the business from the bottom up. I also started researching nontoxic beauty products and equipment for the green salon I wanted to open. Then, I wrote my business plan, got a lawyer, found the real estate, and opened Priti Organic Spa. I designed it with bamboo

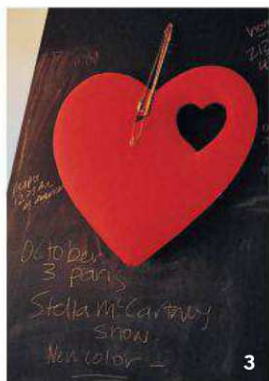


floors, nontoxic paint, furniture made from salvaged wood—I even found biodegradable slippers for pedicures.

WAS THE POLISH USED AT YOUR SALON NONTOXIC AS WELL?

I had no problem finding organic herbs, flowers, oils, and creams for hands and feet, but I could not find a polish that was free of the cancer-causing chemicals formaldehyde, dibutyl phthalate (DBP), and toluene. So I decided I needed to make my own. I started working with a wonderful formulator to find the right organic compounds. Now my all-natural nail polish line is my primary business. We've been through about six formulas to get it down to the cleanest product available, and at this point we have more than 100 shades. Although the company keeps growing, the polish and soy remover are still all poured by hand and not in some factory. My girlfriends help

photographs this page by John Dolan; hair and makeup styling by Shawnette Prestidge; photographs opposite page clockwise from top: courtesy of Priti NYC (3); John Dolan, hair and makeup styling by Shawnette Prestidge for John Masters Organics at raybrownpro.com (2)



me, so people joke that my home is like that factory episode of *I Love Lucy* on any given day!

HOW HAS YOUR LINE GROWN TO BE SO HUGE SO QUICKLY?

I create custom colors for designers in about 20 to 25 major fashion shows each season. I also give my products to a lot of celebrity manicurists, so you'll see my polish on people like Lady Gaga, Uma Thurman, and Natalie Portman.

HOW DO YOU PICK THE COLORS EACH SEASON?

I split my time between New York City and Paris, so travel is a big part of my life. My collections are inspired by the colors of the places I've visited. The pinks, blues, and greens of France's southern coast influenced the fun and bright shades of my last summer collection. The dark, muted hues with a little bit of sparkle in the fall line reflect the energy and architecture of Rome.

WERE YOU ALWAYS THIS TUNED IN TO YOUR SURROUNDINGS?

I grew up in Australia and had the Whitsunday Islands and the Great Barrier Reef as my playgrounds. All my family needed were our togs [swim-

suits] and fishing line to catch just enough for dinner. We had the sun, the beach, and a simple life. I try to achieve that simplicity in my life now. We consume too much and take too much from this earth. We need to think about small gestures that make a huge difference, like turning off the water when you brush your teeth, unplugging your electronics when you aren't using them, and, of course, buying natural beauty products.

WHAT EXCITES YOU ABOUT THE NEXT FEW YEARS?

Seeing my daughter and my business continue to grow and hopefully feeling like I'm helping protect the planet—at least in my own small way.

1 Kim in her backyard.

2 A portrait of the "Australian salute" painted by Kim.

3 Many of the surfaces in Kim's home have been coated with chalkboard paint so she can jot down reminders.

4 A lot of Priti's polishes are named after flowers. Shown here are Blue Wedgewood, Dark Warrior Orchid, and Appleblossom Aster.

5 Kim's desk is often covered with paint chips and color swatches.

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1. Mondoux, S., Pitcher, T., and Pauly D. (2008) Ranking maritime countries by the sustainability of their fisheries. p. 13-27 in Adler, J. and Pauly, D. (eds.) A comparative assessment of biodiversity, fisheries and aquaculture in 53 countries' Exclusive Economic Zones. Fisheries Centre Research Reports (16)7. Fisheries Centre, University of British Columbia [ISSN 1198-6727]
2. Container Recycling Institute, www.container-recycling.org.

whole beauty

ROSY CHEEKS

We all love a hint of color, the subtle flush—that pretty hue that comes to cheeks naturally after a vigorous walk in the cold. Get the same pink glow wherever you roam with blush of the same healthy color. It's a two-second way to wake up sleepy winter skin. ▶▶



ROSY CHEEKS (CONT'D)

►► Blush is the easiest way to brighten skin, but people often skip it, fearing too much color. "For a natural look, when you apply any type of blush, consider the shape of your face," says Kristen Arnett, a New York City-based makeup artist. "If it's round, swipe from cheek to temple. For a thin face, focus on the apples and make a round swirl." Here, from lightest to most intense, our four favorite fresh-face formulas.



POWDER

BENEFIT DANDELION BRIGHTENING FACE POWDER is great on cheeks and light enough to use on eyelids. \$28, benefitcosmetics.com

CREAM

The soft texture makes **NARS CREAM BLUSH** easy to apply. It's better for drier skin than oilier types. \$27, narscosmetics.com

TINT

Between a cream and a stain, the 100% **PURE LIP & CHEEK TINT** gives you time to blend before it sets. \$15, 100percentpure.com

STAIN

The **HOURLASS AURA SHEER CHEEK STAIN** creates a sheer glow and sets quickly. \$45, hourglasscosmetics.com

COMPLEXION PERFECTION

PERFECT MATCH These new foundations are big beauty helpers—by disguising a restless night or extra glass of wine, they help your skin look flawless and serene (even when you're not).



(1) LASTS ALL DAY

CHANEL PERFECTON LUMIÈRE has light-reflecting pigments to improve tone. \$55, chanel.com

(2) FOR SENSITIVE SKIN

BARE MINERALS ORIGINAL SPF 15 FOUNDATION has natural minerals and no irritating chemicals. \$26, bareescentuals.com

(3) SHEER COVER

THE BODY SHOP EXTRA VIRGIN MINERALS LIQUID FOUNDATION blends minerals with hydrating marula oil. \$25, thebodyshop-usa.com

(4) ANTIAGING

CLINIQUE REPAIRWEAR LASER FOCUS ALL-SMOOTH MAKEUP SPF 15 includes skin strengthening muru-muru seed butter. \$33, clinique.com



Frizz, begone!

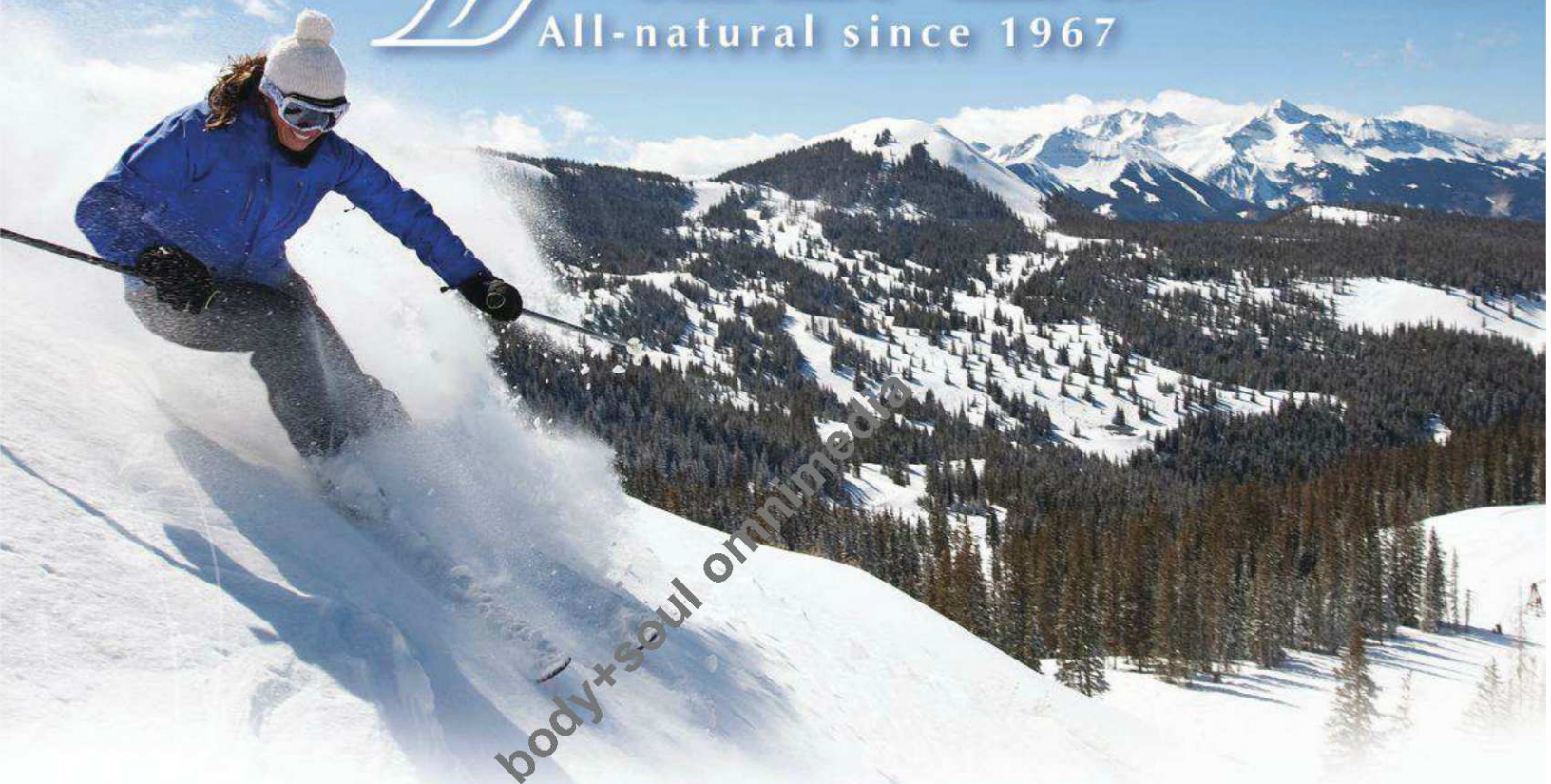
Q How can I get rid of flyaways in the winter?

A First, offset static with a moisturizing shampoo and conditioner. Then, eliminate flyaways by rubbing a small amount of olive oil on your hands and running them over your locks. Any leftover oil can be put on the tips of your hairbrush to prevent frizz when you style.

—DAVID BABAIL, celebrity hairstylist, Los Angeles

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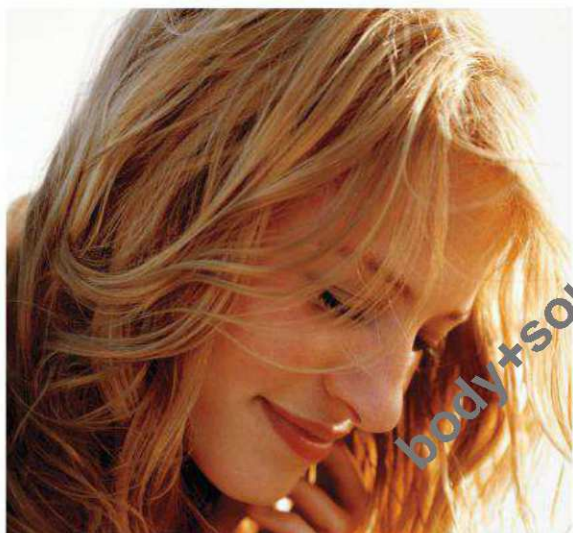
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www.Aubrey-Organics.com

SKIN SMARTS

Snow Survival

Don't even think of stepping out into the great white beyond without layering on a sunscreen. Sun is reflected off snow, increasing the potential for UV damage, says Macrene Alexiades, M.D., a dermatologist based in New York City. Protect your skin with our picks below.



GREEN

Using only natural titanium dioxide and zinc oxide blockers, NEUTROGENA PURE & FREE LIQUID SUNSCREEN SPF 50 is good for sensitive skin. \$13, drugstore.com



GREENER

CLARINS UV PLUS HP SPF 40 DAY SUNSCREEN contains only mineral sunblock, includes a blend of natural oils, and further protects with an antioxidant from organic cantaloupe. \$38, drugstore.com



GREENEST

ECŌ FACE ALL NATURAL SUNSCREEN SPF 30 has 20 percent zinc oxide. The formula is biodegradable, the packaging recyclable, and some proceeds are donated to the Surfrider Foundation. \$14, ecologicalskin.com



HOT INGREDIENT

SEA BUCKTHORN

A shrub that's native to Europe and Asia, sea buckthorn grows tiny, powerful berries that thrive in cold, harsh conditions and are rich in antioxidants, vitamins A, C and E, and omegas. They may help calm inflammation, especially helpful for those with sensitive skin.

Find them in: WELEDA SEA BUCKTHORN CREAMY BODY WASH \$17, usa.weleda.com; NAKED ORGANIX SEA BUCKTHORN BUTTER TO GO \$6, organixsouth.com; SIBU BEAUTY SEA BUCKTHORN REPLENISHING NIGHT CREAM \$35, sibubeautey.com

AN OUNCE OF PROTECTION

Keep It Clean

To help prevent colds and flu, wash your hands whenever possible, keep a moisturizing sanitizer close by, and remember these three tips:

1 CHOOSE SMART In order to be deemed effective by the CDC, hand sanitizers must contain at least 60 percent alcohol, says Jeannette Graf, M.D., a dermatologist in Great Neck, New York.

2 APPLY WELL You need a dollop about the size of a nickel or dime. Rub all over your hands, getting the gel into every crevice.

3 LET IT DRY As the alcohol dries, the product becomes less sticky. Continue rubbing until it's fully absorbed.



1 INTELLIGENT NUTRIENTS CERTIFIED ORGANIC HAND PURIFIER smells like peppermint. \$12, safronrouge.com

2 JURLIQUE MOISTURIZING HAND SANITIZER contains safflower seed oil to keep skin soft. \$15, sephora.com



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Perhaps these are the reasons why more health food shoppers trust their winter health to Nature's Way® Sambucus than any other elderberry syrup. Or maybe it's because they just know it works.



Available in a variety of formulas for children and adults

*Best-selling elderberry supplement brand in health food specialty retail stores according to SPINScan last 52 weeks ending July 9, 2011

BUY OR DIY

Kiwi Beauty

This winter superfruit makes a refreshing snack—for your skin. With its powerful duo of antioxidant vitamin C (more than an orange!) and exfoliating alpha hydroxy fruit acids, kiwi creates more elasticity in the skin, says Tara Calton, spa director at The Allison Inn & Spa in Newberg, Oregon. Nourish your skin softer this season. —LINDSAY FUNSTON

SO SEEDY
THE TINY SEEDS OF THE KIWI GENTLY EXFOLIATE THE SKIN.

1



2



3



BUY

1 ARCONA KIWI CREAM BAR FACIAL CLEANSER replenishes and rehydrates cells with coconut milk and omega 3-rich black currant oil. \$38, nordstrom.com

2 GREENSCAPE ORGANIC HOMEMADE BERGAMOT, KIWI & WHEAT BODY CREAM makes the skin silky soft. \$16, someset-distribution.com

3 MARIO BADESCU KIWI FACE SCRUB gently exfoliates with kiwi and seaweed. \$15, mariobadescu.com



MORE DIY RECIPES

For at-home beauty solutions, see wholeliving.com/diy-natural-beauty

DIY

A homemade mask to brighten skin: Mix together puréed kiwis with yogurt, orange juice, and oil until well blended. Using your fingertips, apply to the entire face (avoiding the eyes). Leave on until dry, then rinse well.

START
2 KIWIS,
PURÉED



3 TBSP PLAIN
YOGURT



1 TBSP
ORANGE JUICE



1 TBSP ALMOND
OR OLIVE OIL

body+soul omnimedia

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Shape Up Your Scalp

An itchy, irritated head and the flakes that fall from it probably isn't the snow you were hoping for this season. Use this guide to pinpoint what's getting under your scalp and find the holistic treatments that will help bring it back into balance. **BY BETH JANES**

MANY OF US spend a lot of time caring for our skin and hair, and very little tending to the needs of our scalps. Until there's a problem with our pate. Then it—and those little white specks, along with irritation and the urge to scratch—are pretty much all we can focus on. “Dandruff is actually a general term that describes an itchy, flaky scalp, but there are several different underlying causes,” says Jessica

Wu, M.D., a dermatologist in Los Angeles and author of *Feed Your Face*. Your scalp, essentially an extension of the skin on your face, has many of the same functions: manufacturing oil, providing a protective barrier, and holding your hair in place, of course. When something upsets that ecosystem, it can go haywire. Factors including weather, dry skin, diet, stress level, products, and even your genes can play a big role.

SUSS OUT YOUR SABOTEUR

To identify why flakes are falling, check out our glossary of the most common culprits.

SEBORRHEIC DERMATITIS Do your flakes have a slight yellow tinge? See some redness on your scalp? Sounds like a classic case of what most of us call dandruff, and what doctors call seborrheic dermatitis. The most widespread cause of flaking affects 12 percent of the population. “It’s a result of an overgrowth of *malassezia*, a fungus that everybody has on their scalp, and excessive sebum, or oil production, may also be involved,” says George Cotsarelis, M.D., chair of the dermatology department at the University of Pennsylvania School of Medicine. The fungus, he explains, digests the scalp’s surface oil, and irritation, inflammation, and eventually flakes follow as by-products of the feeding frenzy. So most cases of dandruff are exacerbated by anything that accelerates oil output. Why, though, do only some people develop dandruff even though we all host *malassezia*? Doctors are still working that out, although genetics is a likely explanation.

*Start each day
being Naturally Sweet.*



Hearty Agave Oatmeal

- 2 cups water
- 1/8 tsp salt (optional)
- 1/4 cup steel cut oats
- 1/2 cup rolled oats, whole grain
- 1 TBSP butter
- 3 TBSP Florida Crystals® Organic Amber Agave Nectar
- 1 organic Granny Smith apple, peeled & finely chopped
- 1/2 cup chopped walnuts
- 1/3 cup dried cranberries (or any dried fruit)
- ground cinnamon

Bring 2 cups of water and salt to a boil. Add in both oats, reduce heat to low and cook for 12 - 18 minutes, until you reach desired consistency, stirring occasionally. Cover, remove from heat and let stand a few minutes; mix in butter and Florida Crystals® Organic Amber Agave Nectar. Spoon oatmeal into individual bowls, top with apple, walnuts and cranberries. Sprinkle ground cinnamon to taste. Makes 2 to 3 servings.

Quick Tip: For creamier oatmeal, add milk 1 TBSP at a time until you reach desired consistency.

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Try our **NEW Florida Crystals® Organic Agave Nectars** – a delicious, low-glycemic liquid sweetener made from the nectar of a plant called the Blue Agave. Available in Light and Amber for all your sweetening needs.



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ECZEMA OR PSORIASIS If your scalp is very itchy and you spot a noticeable red and rough rash along with flakes, either of these more serious conditions may be triggering your symptoms. “Eczema on the scalp is sometimes referred to as branny—the flakes look a little like oat bran,” says Amy Taub, M.D., an assistant clinical professor at Northwestern University’s Feinberg School of Medicine. No one knows exactly why eczema develops, although research indicates a genetic predisposition triggers changes in the immune system that compromise the skin’s barrier function.

SENSITIVITY Any one of the ingredients listed on your bottle of shampoo (including natural ones like essential oils) can set off irritation, redness, or itching, says Cotsarelis. It’s tough to identify the one or few responsible for a reaction (irritant dermatitis). Even so, the repeat offenders tend to be hair dye and fragrances, says Taub.

DRYNESS Redness and flakes stemming from a dry scalp may be rare, but they’re not unheard of, especially during the colder months. The skin on your scalp usually mimics your face, so if you have dry skin your scalp may

shampoos.) Also be sure to coat your entire scalp by massaging in the products, especially around your hairline, the back of your scalp, and behind your ears. After flakes have disappeared—usually about two to four weeks—you can go back to your old products if you like, but continue lathering up with the medicated formulas once or twice a week for at least a few more months. You could also try products with tea tree oil, which has mild anti-malassezia properties, says Wu. The oil, as well as peppermint and menthol, tends to be more effective at relieving itching and irritation (from dandruff, eczema, and psoriasis) by cooling the scalp, she says. If you suspect the latter conditions, shampooing daily (or every other day) helps prevent flake buildup, Kingsley says, but also make an appointment to see a dermatologist, who may prescribe an anti-inflammatory ointment. For dryness, hydrating products containing soothing, botanicals like aloe, lavender, and chamomile can feel good. Shampooing less frequently may help your scalp replenish its own moisturizing oils.

FEED YOUR SCALP “No matter what your root problem is, you’re battling inflammation on your scalp,” Wu says. For that reason, she recommends choosing foods known to be anti-inflammatory, like antioxidant-rich fruits and vegetables, and proteins that deliver zinc (oysters, kidney beans, lentils, beef, and lamb). She also suggests eating foods with omega-3 fatty acids, found in fish like salmon and sardines. Their essential fatty acids tend to have a better effect on skin than those in flaxseeds and walnuts.

STRESS IS A MAJOR TRIGGER OF FLAKES, AND SOME SUSPECT A LINK BETWEEN DIET, ALLERGIES, AND WEATHER.

making it hypersensitive. Eczematic skin also has a hard time retaining water, meaning the dry winter air only makes things worse. Stress and even certain foods could make you still itchier. If you’ve never had an eczema flare-up before, though, it’s likely not happening now. “Without any history, you probably wouldn’t get it only on your scalp,” says Taub. The same goes for psoriasis, an inherited autoimmune disorder that affects skin all over the body. “With psoriasis, there’s an overactivity of your immune system, which signals skin cells to reproduce so fast that they pile up, creating large, thick scaly patches,” explains Taub. On the scalp, when you scratch, bunches of skin cells flake off. Stress is a major trigger, and, while not proven, some suspect a link between diet, allergies, and weather.

be flaky as well, says David Kingsley, Ph.D., a trichologist (hair and scalp doctor) in New York City. Older women may be more susceptible since oil production tends to slow after menopause.

PUT THE BREAKS ON FLAKES

Regardless of what’s at the root of your scalp distress, our plan will address the problem, ASAP.

TRY TOPICAL SCALP SOLUTIONS

Seborrheic dermatitis can be easily treated at home with shampoos and conditioners containing zinc pyrithione, selenium sulfide, or ketoconazole, which all control malassezia. “Micronized particles mean you don’t have to wait for the zinc to soak in,” says Cotsarelis. You do need to shampoo daily (or most days) though, since malassezia feeds off excess oil. (If you’re prone to dry hair or scalp, look for hydrating dandruff

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Omega-3s will also help replenish moisture stores in a dry or irritated scalp. "Research suggests high-blood sugar and high-glycemic diets increase inflammation, and that malassezia also flourishes when blood sugar is high," says Wu. Nuts and sources of lean protein are part of a low-glycemic diet, whereas refined, white carbohydrates, like candy and other junk food, spike blood sugar. Digging into plain yogurt could help control yeast-like malassezia, as well. Look for containers that tout "live and active cultures"—aka probiotics, or health-promoting bacteria. One study presented at a 2009

meeting of the European Society for Dermatological Research found that subjects who took a supplement of the probiotic *Lactobacillus paracasei*, a common type found in many brands of yogurt, noticed a significant improvement in their dandruff and a reduction in malassezia after two months compared with a placebo group. "Probiotics help maintain a balance of yeast in the body," Wu says. "It's the same idea as why healthy bacteria in yogurt help prevent vaginal yeast infections." **SLEEP MORE, STRESS LESS** "Stress changes your immune system, to which eczema and psoriasis,

for example, are intimately related," says Taub. It also creates a pro-inflammatory environment and may increase oil production, potentially adding more fuel to the malassezia fire when there is seborrheic dermatitis on the scalp. Calming activities such as yoga or other exercise and meditation certainly help, but one of the easiest and best things you can do to diffuse rising tension, pressure, and anxiety—and possibly a skin or scalp condition—is to get seven to eight hours of shut-eye per night, says Wu. After all, everything seems to get refreshed after a good night's rest, right? +

Flake-Free Finds

These soothing products help balance and nourish your hair—and scalp.



- 1 For an irritated, itchy scalp, massage in cooling, anti-inflammatory RENÉ FURTERER ASTERA SOOTHING FLUID. \$45, beauty.com
- 2 Pyrithione zinc partners with healthy-hair botanicals and B vitamins in GARNIER FRUCTIS ANTI-DANDRUFF MINT CLEANSE SHAMPOO to control the malassezia that causes common flakes. \$5, drugstore.com
- 3 HEAD & SHOULDERS REFRESH SHAMPOO also includes pyrithione zinc to target the causes of dandruff while cooling mint relieves itchiness. \$5, drugstore.com
- 4 If your scalp is dry or irritated from other products, AUBREY ORGANICS PRIMROSE & LAVENDER SCALP-SOOTHING SHAMPOO

- for dry scalp is rich in moisturizing essential fatty acids. \$10, aubreyorganics.com
- 5 JÄSÖN TEA TREE NORMALIZING CONDITIONER helps alleviate itching from dermatitis, eczema, or psoriasis, plus softens scalp with jojoba oil. \$10, jason-natural.com
- 6 AVALON ORGANICS TEA TREE TREATMENT CONDITIONER cools, and organic aloe soothes and hydrates scalps with conditions like dermatitis, eczema, or psoriasis. \$11, avalonorganics.com
- 7 Mild, soothing shampoos such as AVEDA SCALP BENEFITS BALANCING SHAMPOO with echinacea and sage treat dry or irritated scalps gently. \$14, aveda.com

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Meghann

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now found in a bowl.*

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MIGHTY MUSHROOMS

When you think of the healthiest produce picks on the planet, fungi probably don't come to mind—but they should. “The power of mushrooms isn't widely recognized, but we have strong evidence that they help enhance the immune system,” says Woodson Merrell, M.D., director of the Department of Integrative Medicine at Beth Israel Medical Center in New York City. They're packed with antioxidants, B vitamins, trace minerals, and a host of phytonutrients. Venture away from the familiar white buttons to experiment with exotic chanterelles, oysters, shiitakes, and enoki varieties which are among the most flavorful and nutritious.

—SOPHIA V. SCHWEITZER ►►

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whole health **NEWS**



►► MIGHTY MUSHROOMS (CON'T)

Capped Out

Dried mushrooms have been used in Traditional Chinese Medicine for millennia; more recently, modern science is verifying their potency, says Janice Dale Ellison, a doctor of Oriental Medicine in Hawi, Hawaii. Find your supplement solution below, but check with your doctor before using; some formulas can interfere with other medications. —svs

BENEFITS

TO EASE YOUR MIND

Lion's Mane
(Hou Tou Gu, *Hericium erinaceus*)

With its combination of peptides, phenols, and nerve-growth stimulants, this enhances mental well-being, improves focus, and possibly even reduces depression and anxiety.

TO FIGHT INFLAMMATION

Reishi
(Lingzhi, *Ganoderma lucidum*)

This ancient healer is chock-full of antiviral triterpenes, which counteract inflammation, fight free radicals, build immunity, and help the liver work more efficiently. It may also help lower cholesterol and blood-sugar levels.

TO BOOST IMMUNITY

Coriolus versicolor
(Yun Zhi)

Packed with polysaccharides, which act as powerful antioxidants, this fungus is being studied for its usefulness alongside conventional cancer treatment. It may extend remission and increase longevity.

TO INCREASE ENERGY

Cordyceps sinensis
(Dong chong xia cao)

Traditionally linked with balancing chi, or life force, this type may enhance your endurance.

TO STAY WELL

A mix

Sense a cold coming? Go for a blend. Most mushrooms contain compounds that maximize our body's defenses and a mixture yields greater results than any one variety can individually.

TRY



LIFESHIELD MIND FORCE, \$21 for 60 capsules, newchapter.com for stores



PLANETARY HERBALS REISHI MUSHROOM LIQUID EXTRACT, \$21 for 2 ounces, planetaryherbals.com for stores



MUSHROOM WISDOM SUPER CORIOLUS, \$33 for 120 tablets, mushroomwisdom.com



JARROW FORMULAS CORDYCEPS, \$10 for 60 tablets, jarrow.com for stores



FUNGI PERFECTI HOST DEFENSE MYCOMMUNITY, \$32 for 60 capsules, hostdefense.com for stores



STEALTH HEALTH

HEART YOUR HEART Preventing cardiovascular disease could be as simple as serving more cauliflower. In a new study, people who ate the most white-fleshed veggies and fruits (think radishes, bananas, and pears) cut their risk of stroke in half. For more information on the little things you can do to protect your heart and brain, and to join the American Heart Association's Go Red for Women campaign, log on to heart.org.

EATING BETTER HAS NEVER BEEN
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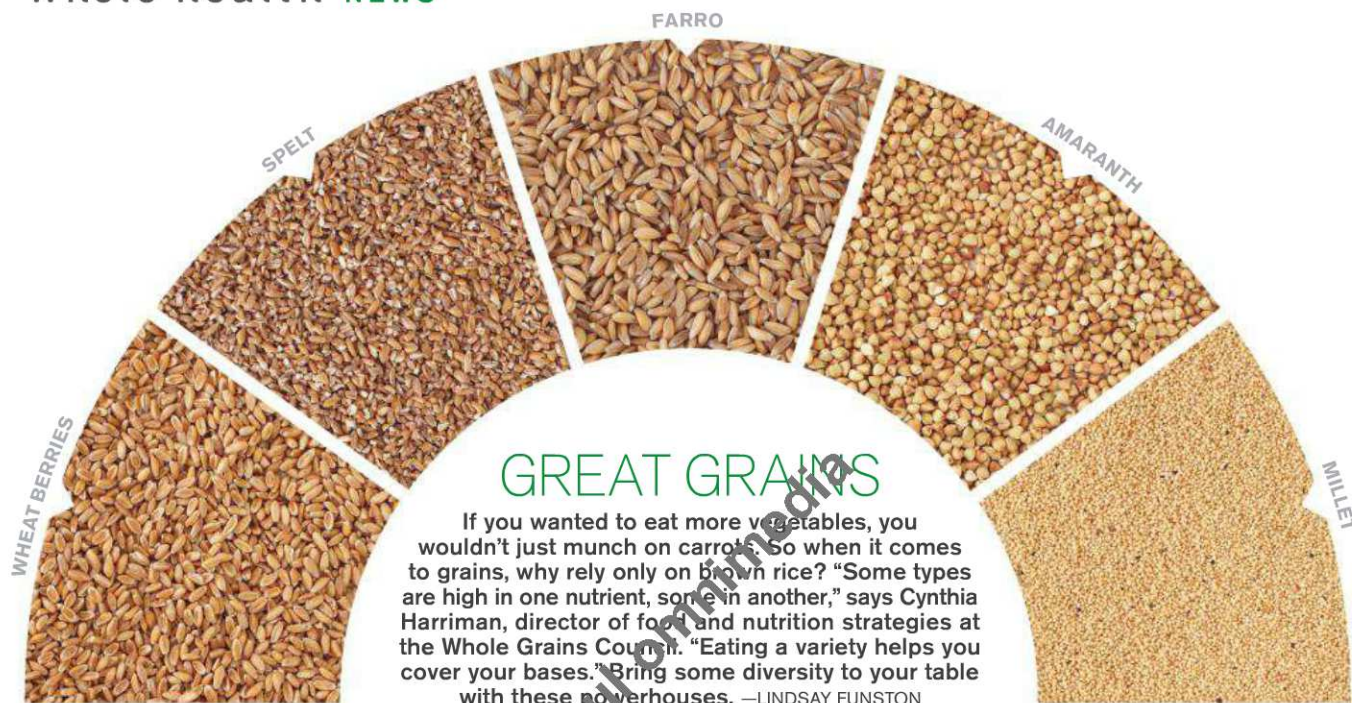


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START THE WEEK OFF RIGHT WITH **MorningStar**
FARMS®
Going meatless on Monday is a simple way to start enjoying a healthier eating routine.

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WHEAT BERRIES

For people who can handle gluten, these whole kernels are a good source of fiber and iron. They have a chewy texture and a nutty flavor. Use as a side dish or in cold grain salads.

SPELT

Compared with regular wheat, this ancient grain is sweeter and more digestible; some people with wheat sensitivity can eat it. It's also higher in trace minerals, like manganese, as well as B vitamins. You'll find it most often in breads and pasta, but it can also be found whole in health food stores.

FARRO

Also known as emmer wheat, farro is gaining popularity for its stellar nutrition profile: It's lower in calories than wheat berries (100 versus 150 per ½ cup) and has twice the fiber of brown rice. It has a complex, earthy flavor, creamy texture, and can be prepared risotto style.

AMARANTH

This tiny grain is higher in protein than most others (5 grams per ½ cup cooked versus about 2 grams in wheat), and it has lysine, an amino acid lacking in other grains, that helps the body absorb calcium. It contains no gluten and has a peppery flavor. Try it as a hot cereal.

MILLET

A staple in African and Indian diets, this delicate grain is gluten-free and rich in magnesium, folic acid, calcium, and potassium. It's also a good source of disease-fighting antioxidants. Use it in recipes that call for rice.

HOW DO YOU TAKE IT? Can changing what you stir into your a.m. coffee help improve your diet? You bet! Try these new healthy creamers.



IF YOU WANT TO CUT BACK ON SUGAR

COFFEE-MATE NATURAL BLISS SWEET CREAM has a delicate hint of sweetness. This dairy-based option ditches artificial ingredients and additives and has just a teaspoon of sugar per serving. \$2.70 for 16 oz, grocers nationwide



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IF YOU WANT A CALCIUM BOOST

Go for SILK PURE ALMOND ALMONDMILK, which offers a slight creaminess and nutty taste—with 77 percent more bone-boosting calcium than half and half. \$3.30 for 64 oz, grocers nationwide —LF



Power Combo

Sipping a cup of green tea with a meal that contains black pepper may help you lose weight. According to a Rutgers University study, the spice improves the absorption of the EGCG (a calorie-burning antioxidant) in the tea by as much as 130 percent. —CYNTHIA SASS, R.D.

SHE'S A 7.2, ARE YOU?

Most Americans are omega-3 deficient, so the answer is, probably not. And considering that omega-3 has been shown to support cardiovascular health, joint health, brain and eye health, we think that's a pretty big deal.*

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* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

J Am Diet Assoc. 2009;109:1076-1081



MINDFUL MEASURES

Go the distance

The last time you made a New Year's resolution, how long did it stick—a month, a week, a day? The trouble may be that you decided what habits to change on a whim—without thinking through your motivation or determining whether you were in the right mind-set to follow through and ensure success. This year, start with some careful self-assessment; take a little time to plot out a goal you can actually achieve, and watch the number of days you can keep your momentum going multiply.

1 DO YOU CONSIDER YOURSELF HEALTHY? Evaluating where you stand health-wise can be a real catalyst for change, according to Wayne Andersen, M.D., a former critical-care doctor turned preventive medicine physician and cofounder of Take Shape for Life. You can be healthy, unhealthy (you've been diagnosed with an illness), or fall into a category Andersen calls "non-sick." "This applies when you're overweight, sleep deprived, out of shape, stressed out, or a frequent user of over-the-counter medication," he says. "With those kinds of signs, disease is just around the corner." (Take his health quiz at drwayneandersen.com.)

2 ARE YOU BEING REALISTIC? If your goal is to slim down, one of the most important benchmarks of wellness is to be honest about your reasons. Is it to look better or be healthier? Then, determine where you are now and where you'd like to be. You know you need to exercise, for instance. Maybe you don't have the stamina to run around the block today, but you can set a goal to become fitter and slowly work to achieve it.

3 ARE YOUR HABITS IN LINE WITH YOUR GOALS? It's not enough to want to feel better, you have to match your actions with your desire—going for a walk instead of surfing the web or watching TV, for instance. "Health is a fundamental choice," says Andersen. Take note of how often your behavior is in sync with your aspirations.

4 WHAT'S SLOWING YOU DOWN? Chances are you don't prioritize your health as often as you think. It may seem like no big deal to stay up late one night to catch up on Facebook or grab a doughnut at the office meeting just this once, but those kinds of microchoices have a big impact on how you feel and on your odds of ultimately reaching your goals. People are often surprised to realize that among the many lifestyle decisions they make during the week, there are more mediocre ones than outstanding ones. "Most people don't think their daily choices add up that much," says Andersen. "But they do." —ELIZABETH DAVITA-RAEBURN

AT-HOME CONGESTION FIX

SINUS SOLUTION

So stuffed up that your head actually hurts? Rob Danoff, D.O. of Philadelphia's Aria Health, suggests a facial massage. "The gentle pressure prompts the movement of mucus out through the nose or the back of the throat," he says. Try these three simple moves. Do each one sitting up, for 20 to 30 seconds. Repeat after an hour if needed. —MOLLY M. GINTY



STEP 1

Using your thumb, rub the spot right between your eyebrows in a circular motion (relieves congestion in the ethmoid and sphenoid sinuses).



STEP 2

Place the thumb and index finger of one hand between your eyes. Slowly slide your fingers along the tops of the eyebrows then back to center again (clears frontal sinuses).



STEP 3

Return to start, then slide your fingers halfway down the sides of your nose, out along the tops of the cheekbones, then reverse (unclogs maxillary sinuses).

Knot a problem

When a trip to the spa isn't in the budget, there's an easy and affordable way to work out your kinks. These cool self-massage tools have become our office favorites for conquering tight muscles, sagging energy, and stress. —PAUL HERTEL

SCALP TINGLER

For a caffeine-free midday boost, try this HEAD MASSAGER. The 12 soft-tipped prongs stimulate the scalp, sending a relaxing sensation down the spine. \$4, kikkerland.com

SMOOTH MOVIE

Rub away neck tension with the MOJI 360 PALM. Slip it over your hand and press the metal rollers into sore muscles. \$30, gomoji.com

THE SPOT

The ergonomic design of the PTFIT MULTI-ROLLER helps you reach and relax those hard-to-get-to places, like in between the shoulder blades. \$50, ptfitusa.com

HAND BALLS

Counteract the effects of typing and texting by pressing MELT HAND AND FOOT TREATMENT balls into the muscles and tendons of your hands (or use them for achy feet). They come with a manual and DVD. \$40, meltmethod.com

ROLL IT OUT

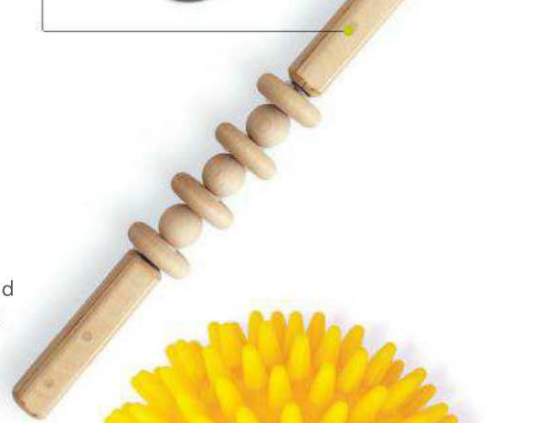
After a day of sitting, this soft FOAM ROLLER can help release mid-back tightness. Lie down on your back and roll slowly until you hit a tender spot; hold until you feel a release. The accompanying DVD gives direction. \$25, gaia.com

SWEET RELEASE

Too much time hiking uphill? Try PORCUPINE MASSAGE BALLS. Lie down and place a ball (or two) under your sore glutes, and feel the muscles relax. \$6 each, amazon.com

ALL-DAY FOOT MASSAGE

Tired feet and legs? Try slipping MASEUR INNERSOLES into your shoes for a walking reflexology session. They stimulate the thousands of nerve endings in the feet and increase blood flow through the legs. \$10 per pair, oldfriendfootwear.com





All in a Day's Work

You don't have to leave your healthy lifestyle at home when you go to the office. Maintain your hardworking reputation and make yourself happy and hardy with a few key 9-to-5 strategies. **BY ALICE OGLETHORPE**

WHERE DOES WELLNESS begin? The kitchen? A running trail? A doctor's visit? Or ... at work? You may have heard that the average desk harbors 400 times more bacteria than a toilet seat or that sitting all day raises your risk of heart disease, but the office can actually become a locus of well-being—which is very good news since many of us spend half our waking hours there during the work week.

Take the case of Jessica Waggoner, an administrator at an accounting firm in Bellingham, Washington. When she noticed that the growing pile on her work plate meant that more takeout appeared on her family's dinner plates, she arranged for a community-supported agriculture (CSA) share to be delivered to her office for anyone who wanted to participate. "A local farm gave a presentation promoting their workplace delivery. I wanted to eat healthier and this seemed like an interesting and easy way to do that," she says. "My coworkers

and I were often too busy to make it to the farmers' market. Now the farmers' market could come to us." The benefits have gone beyond increasing everyone's intake of fruit and vegetables. "It's brought us all closer together," says Jessica. "Once a week, we gather in the conference room to pick up our produce and talk about what we're going to make with it. We even bring in samples to share, like raspberry cobbler. It's inspired us to bring other healthy habits into our work days, like running a relay race as a team."

Of course, even with the friendliest colleagues, work is still work. Despite your best efforts, there are times when you're in stress overdrive, you're stuck next to a loud coworker, or you feel like you can't spare a minute to walk to the copy machine, let alone get to a yoga class at lunch. Take heart, though: Even on the challenging days, there are lots of ways to boost your energy and improve your performance and outlook.

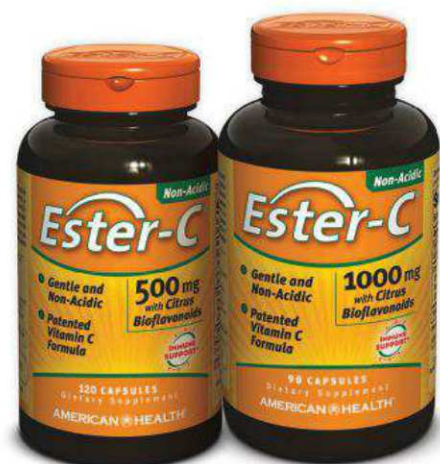


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11-AH-1248

FLOCK TOGETHER

Get a little more personal with your colleagues and you won't just work in a better environment, you'll also live longer. Researchers at Tel Aviv University found that when people had good relationships with their office mates, they were less likely to die in the following two decades than those who didn't have strong workplace connections. Connect, but resist the urge to complain about your boss or colleagues; it may seem harmless, but it can cause team spirit to falter. According to a study in the journal *Occupational and Environmental Medicine*, a lack of unity at work increases your risk of becoming depressed by 60 percent.

TAKE ACTION Spend some time together engaged in nonwork activities. Suggest a SSA like Jessica did, start an after-work softball or volleyball team (find leagues through your town's parks and rec department), rent a community garden plot (see ones near you at communitygarden.org), start a craft or healthy baked-goods swap, or organize a karaoke night or a trip to a comedy club. On outings like these, unlike simply eating lunch together in the break room, you're more likely to talk about something other than the office.



**BREATHE EASIER
WITH A LITTLE
GREEN IN YOUR
SIGHTLINE, AND
GET MORE DONE.**

PLANT ONE ON YOUR DESK

"Potted plants can filter volatile organic compounds (VOCs)—toxins like formaldehyde and benzene that are released from carpet, paint, and the standard-issue pressed wood furniture that is found in many offices—from the air around your work space," says Bill Wolverton, Ph.D., a former NASA scientist and the author of *Plants: Why You Can't Live Without Them*. Not only will you breathe easier with a little green in your sight line, you'll get more done and reduce the number of sick days you take, according to a study from the Norwegian University of Life Sciences and Uppsala University in Sweden. Plants lift your spirits, and reducing VOCs may keep you healthier overall.

TAKE ACTION Look for lady palms, rubber plants, and peace lilies, which are especially easy to care for (because let's face it, you don't need another thing on your to-do list) and effective at purifying the air. If you have room, get two plants at least 10 inches tall (Wolverton says the larger the better) and place one at either end of your desk.

DE-CLUTTER YOUR CUBE

A study from the Princeton Neuroscience Institute found that having a disorganized work space makes it difficult for people to process information efficiently. Objects scattered around compete for your attention, and disturb concentration. Even the smallest effort to straighten up your work space makes a satisfying difference. Simply sorting items by type (paper with paper in a neat pile or pens all together in a cup) means they won't fight for your focus as much. "When your desk is neat, you can find what you're looking for faster, helping boost your productivity," says Angela Kantarellis, the owner of AKorganizing in New York City. "And since you're finishing tasks more quickly, you also feel less stressed."

TAKE ACTION Most people are too busy to tidy up completely every single day, and that's OK, says Kantarellis. "Ten minutes at the end of the day is all it takes to put away any files and office supplies you used," she says. "At the very least, stash your pens, paper clips, and Post-it notes in a designated place and stack files in a neat pile." Be sure, too, to wash out your coffee mug and swipe your desk with an antibacterial wipe; you'll appreciate having taken the time when you walk into a cleaner office the next morning. To keep things from piling up during the day, Kantarellis also recommends setting up an inbox so your coworkers aren't adding to your desk's disarray whenever they drop something off for you.

AIR THINGS OUT

If you have symptoms like fatigue and nausea during the week that clear up over the weekend or when you're on vacation, it's possible that you're not sick of your job, but that your job is making you sick. According to the Environmental Protection Agency, poor indoor air quality in offices is a major cause of headaches, eye, nose, and throat irritation, nausea, and forgetfulness. In fact, the air in your office building can be more polluted than the air outside due to a combination of poor ventilation, chemical-based cleaning products, and the VOCs emitted by paint, carpeting, and office furniture.

TAKE ACTION While it's true that you don't have as much control over what you're breathing at the office as you do at home, there are some things you can do to keep clean air circulating. Check to see that you aren't blocking vents with bookcases or other furniture. If you're lucky enough to be able to open nearby windows, do so as often as possible. You can also talk to your office manager to find out how often the air ducts are cleaned—doing it regularly is crucial for filtering out pollutants as the air is circulated. This should all help, but if you still feel crummy, see your doctor for a checkup.

BRING IN THE GREAT OUTDOORS

Close your eyes and imagine a beautiful beach, a grove of majestic trees, or a clear, trickling stream. Feel refreshed and restored? In a study from the University of Michigan, researchers found that people who looked at photos of natural scenes immediately improved scores on cognition tests. That mental boost could be especially helpful when you're faced with 30 unanswered e-mails, a ringing phone, and a looming deadline for a presentation to your boss.

TAKE ACTION You don't need a million-dollar view. Pick a scenic calendar, upload personal photos from your vacation onto your desktop, or change your screen saver to one featuring appealing landscapes.

MUTE THE MADNESS

It turns out that constantly listening to the freight elevator doors banging shut with every delivery, the printer that won't stop beeping even though there's no paper jam (you've checked!), and the colleague on the phone with IT explaining her computer issue *again* is more than annoying and distracting. Being exposed to office noise actually makes you less motivated to toil away at a difficult task, according to a study in the *Journal of Applied Psychology*.

TAKE ACTION Pop in earplugs or, if you *really* want to muffle your surroundings, don a pair of noise-canceling headphones. If you enjoy working while listening to music, opt for instrumentals. Researchers from Wichita State University found that classical music helped people perform better on problem-solving tasks.

PLAY IT STRAIGHT

You might think your 3 p.m. energy dip is the result of your extra-early wake-up time or the oversize sandwich you devoured at your desk between meetings, but it could be due to the way you sit. "Correct posture helps you breathe more fully and improves your appearance, concentration, and confidence," says Mike Siemens, clinical director of exercise physiology at Canyon Ranch in Tucson. It also prevents muscle pain, which can make you feel drained.

TAKE ACTION There's no need to drop \$1,000 on a fancy ergonomic desk chair to perfect your posture. Placing a lumbar cushion (find one at optp.com) or simply a rolled-up blanket behind the small of your back does the trick. This naturally pushes your lower back forward and your shoulders back, maintaining the natural curve in your spine. Also try to stand up, walk around, and stretch at least once every hour (use a smartphone app, like Alarmed, to remind you). Place your hands at the top of your buttocks, gently push hips forward and arch your back; repeat five or six times. When you sit down again, keep your chin level and slide your head forward and back a few times to relieve the kinks in your neck.

SLIP OUT

Being inside all day is not good for efficiency or stress levels. A study in the *Journal of Environmental Psychology* found that spending as little as 20 minutes outside makes you feel more vital and energetic. Even just standing up often throughout the workday can revive you, and it's linked to smaller waist size, according to recent research in the *European Heart Journal*. "Sitting for 10 hours straight comes with health risks, like weight gain and a higher chance of developing diabetes and heart disease, regardless of how much you



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THE WORKDAY
CAN REVIVE YOU
AND EVEN SLIM
YOUR WAISTLINE.**

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whole health REPORT

exercise outside of the office,” says Toni Yancey, M.D., a professor at the UCLA School of Public Health. “Short walks during the day help counteract that while also relieving stress.”

TAKE ACTION Make your next brainstorming session a walk-and-talk meeting. If that’s not a possibility, use 15 minutes of your lunch break to take a stroll. At the very least, climb a few flights of stairs throughout the day, walk over to a colleague’s desk instead of sending an e-mail, or take the long way to the restroom (and do a few extra laps around the office on your way back to your desk). Every step you take is one in the direction of health—for you and your colleagues.

GO TO THE TOP With companies cutting back on everything from 401K contributions to free coffee in the break room, asking for more benefits now may seem like bad timing. But an Australian study showed that it can benefit you and your boss: Researchers found that healthy employees were nearly three times more productive than unhealthy ones. Make an appointment with your supervisor to discuss these three effective extras.

1 A COMPREHENSIVE WELLNESS PROGRAM

Whether it’s providing on-site flu shots or smoking cessation help, wellness programs are a great way to encourage healthier lifestyles. Getting one started or adding extra perks if your company already has one is usually an easy win. For those who don’t work at a huge corporation, visit the footwear company Keen’s website, keenfootwear.com, which has a tool kit for starting your own wellness initiative as well as a calculator for figuring out the return on investment for different workplaces—helpful when pitching the idea to your manager.

2 TELECOMMUTING

You might think convincing your employer to let you work from home one day a week is a long shot, but a study from the United Kingdom found that employees who can set their own schedules are more productive than those who have to follow a strict timetable. “Explain to your boss how much more you can get done without commuting,” says Nicole Williams, a career coach in New York City and author of the book *Girl on Top*. “And say it can be on a trial basis. If she has a chance to see how it goes before committing she’ll be more likely to agree.” Find more advice at workoptions.com.

3 A PRIVATE PLACE TO PUMP

Companies with more than 50 employees legally have to provide new moms with breaks and a comfortable spot to express breast milk until their children are 1 year old. If your company is smaller, talk to your boss and explain that workplaces with a lactation support program are rewarded with lower turnover and absenteeism, according to a report by the United States Breastfeeding Committee.

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IT TAKES TWO

Partner yoga can help you deepen both your poses and your relationships BY KATE HANLEY

EVEN IN A CROWDED STUDIO, yoga is pretty much a solitary activity—it's about your body, your breath, your mental and physical focus. But share your mat with someone else and you will experience a host of benefits practicing alone can't provide. "Doing yoga with a partner makes many poses more accessible, comfortable, and therapeutic," says Mary Aranas, who teaches at Pure Yoga in New York City and leads partner yoga workshops around the country. "By holding onto another person, you can balance better than you could on your own, move into poses more deeply, and hold them longer, which increases strengthening and stretching."

Working in tandem also improves communication. You have to let your partner know if a stretch or pose is working for you. While you can do so verbally, "there's a simplicity and efficiency to using touch along with words," says Aranas. (For tips, see "Body Language," next page.)

All you need is a spouse, a friend, or another willing partner (yoga teacher Matt Gagliano is Aranas's here) and neither of you has to be overly fit or flexible. Aranas chose the following poses—from tension-busting twists to restorative stretches—for their simplicity. Just clear some floor space, kick off your shoes, grab a friend, and do the double rag doll.



◀ BACK-BENDING FOUNTAIN

BENEFITS Increases lung capacity, stretches the torso, and lifts the spirit

HOW TO DO IT Stand facing each other, feet hip-width apart so that you can comfortably hold each other's forearms with your arms bent. Inhale and lift the chest, then exhale and drop head gently back, straightening arms. Hold the pose for 2 to 3 breaths. Inhale, and return to standing.

FLOW TOGETHER Try one or two poses at the end of a long day, or combine all the moves for a therapeutic partner routine, Aranas suggests.

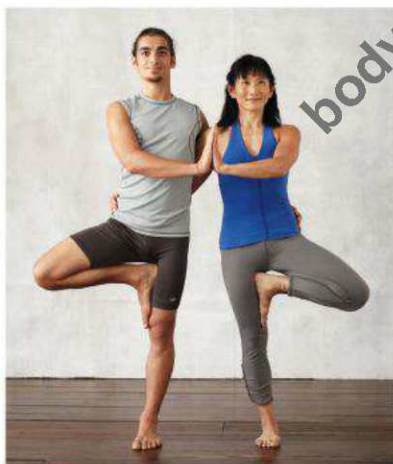


◀ DOUBLE RAG DOLL

BENEFITS Stretches hamstrings and relieves tension

HOW TO DO IT Stand back to back, with your heels about six inches from your partner's: Fold forward so buttocks are touching. Reach back and hold your partner's hands, arms, or shoulders (depending on flexibility) and draw your bodies toward each other for 2 to 3 breaths, feeling the stretch in your hamstrings. Then, put your hands on the floor or shins and slowly roll back up to standing.

TO GO DEEPER Hold on to each other's arms tightly and shift your weight forward onto the front of your feet so that you're leaning away from each other.



▲ DOUBLE TREE

BENEFITS Improves balance, strengthens legs, and opens inner thighs

HOW TO DO IT Stand side by side facing the same direction, and wrap your inside arm around your partner's waist. Standing firmly on your inside leg, rotate your outside leg, bringing the sole of your foot to your ankle, calf, or thigh (not your knee). Lift your outside arm above you, or press your palms together to unite the pose. Hold the pose for 5 to 10 breaths on each side.



▲ BACK-TO-BACK CHAIR

BENEFITS Strengthens quads and improves posture

HOW TO DO IT Stand with backs touching; link elbows. Feel and match your partner's breath. Press against each other's back and walk your feet forward, keeping your sacrum and spine touching your partner's, until you're in a sitting position (no lower than 90 degrees). Hold the pose for 2 to 3 breaths; slowly return to standing.

TO GO DEEPER: Carefully rise and lower repeatedly for an added strengthening challenge.

BODY LANGUAGE

Enhance your nonverbal communication—and deepen your partner practice—with these tips.

GET IN SYNC Sense the rise and fall of your own breath and your partner's, either by feel (if your backs are touching, for instance) or by sight. Take a moment of quiet before you enter into a pose to let your breath fall into rhythm with your partner's to calm and ground you.

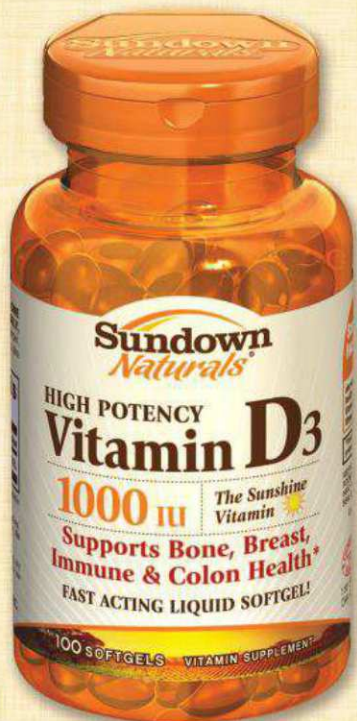
LOOK YOUR PARTNER IN THE EYE Though it can be uncomfortable at first, maintain a soft, open gaze before you enter the poses (and throughout in the ones that allow for it) to center you both and build trust.

AGREE ON A SIGNAL Squeeze once for "stop" and twice for "give me a little bit more," so that you can gauge through touch alone how far to take each pose.

RESPECT YOUR PARTNER'S COMFORT LEVEL Be aware of your partner's limits and your own. When either of you has reached the furthest point of flexibility, ease off.

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move IT TAKES TWO



▲ INFINITY TWIST

BENEFITS Increases blood flow to the spinal disks, rejuvenating the back; enhances flexibility; relieves tension

HOW TO DO IT Sit cross-legged facing each other, knees overlapping. Inhale, lengthen the spine, and twist to the right, reaching your right arm behind you. With your right hand, grab your partner's left wrist or hand, and vice versa. Exhale and pull gently; hold the pose for 3 breaths. Release and reverse the twist.



◀ SEATED FORWARD BEND WITH BACK BEND

BENEFITS Stretches hamstrings and back for one partner while providing a heart-opening stretch for the other

HOW TO DO IT Sit with your backs touching from the sacrum all the way up to the top of the head. (1) Partner A, keep legs hip-width apart and straight, knees pointing up (bend them if you need to), feet flexed. (2) Partner B, bend knees, feet flat on the floor. Partner A, start to fold forward, until you feel a gentle stretch. Partner B, move in the same direction, lying back on your partner and stepping your feet closer to you for support. Hold the pose for 3 to 5 breaths and then slowly return to the starting position. Switch roles and repeat.

TO GO DEEPER (3) Partner B, lift arms overhead and reach for Partner A's toes, if that's too intense, leave hands at the sides. If you have back problems, skip this step.

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NEW

☒ YEAR
☒ INSPIRATION
☒ EPISODES



**Emeril's
Table**

WEEKDAYS 11a/10c

**Mad Hungry with
Lucinda Scala Quinn**

WEEKDAYS 12/11c

**Petkeeping with
Marc Morrone**

WEEKDAYS 12:30/11:30c

Hallmark
CHANNEL

A woman with dark skin is shown in profile, leaning her right arm on a light-colored metal stool. She is wearing a short-sleeved, empire-style top with a vibrant floral pattern in shades of green, blue, and purple on a light background. Her pants are a solid, light pink or peach color, and she is wearing tan-colored pointed-toe pumps with thin heels. The background is a dark, textured wall.

wear it well

Perfect Pairs

BY SAMANTHA MOLLETT
AND SABINE FEUILLOLEY

Ever tried on a pair of pants and they just...fit? Talk about magic. It's love at first zip—so you buy one in every color and feel lucky that the hunt is over. But there's no need to be a one-style woman. We've been playing the field and fallen for a range of styles—each of which, we promise, will keep you sitting pretty.

1. DRAPED

Soft, slouchy pants look impressively sophisticated paired with a nipped-in patterned blouse.

A silky empire top and heeled booties create a slender, elongated silhouette. REBECCA TAYLOR RESORT TROUSER, \$265, 212-243-2600 PROJECT ALABAMA WATERCOLOR TOP, \$198, 646-438-6944 for stores FRANCO SARTO ORCHID BOOTS, \$109, nordstrom.com KIMBERLEY BAKER DAERNEYS NECKLACE, \$185, kimberlybaker.com

►► DRAPED, CONT'D...



A pair that can expertly manage two looks; professional and partygoer. 6 SHORE ROAD TEA TIME TROUSER, \$140, 6shoreroad.com



Chic sweats are no longer an oxymoron. MINK PINK RUN AWAY TRACKPANTS \$74, karmaloop.com



Cute and cropped, these can still mean business at the office. WOOLRICH JOHN RICH & BROS PANTS, \$395, barneys.com for stores

► Menswear gets in touch with its feminine side thanks to shiny bangles and a skinny snakeskin belt. LAUREN BY RALPH LAUREN PANTS, \$189, bloomingdales.com ANN TAYLOR RAGLAN SLEEVE BLOUSE, \$78, anntaylor.com FRYE ERIN OXFORD \$168, thefryecompany.com BANANA REPUBLIC SNAKE PRINT BELT, \$55, bananarepublic.com ALEXIS BITTAR SKINNY BANGLES, \$125 each, alexisbittar.com



2. TAILORED

Have a Hepburn moment. These fabulous '40s-inspired tomboy trousers read elegantly retro when worn with a fitted top and oxfords.



A thicker waistband flatters curves. CHAIKEN AND CAPONE JULIE TROUSER, \$258, *Knit Wit* 215-564-4760



Timeless black looks slimming and swank. EILEEN FISHER SILK CREPE PANTS, \$228, 866-512-5197



The built-in sash gives these a nautical twist. MARIMEKKO PASAATI PANTS, \$295, us.marimekko.com

wear it well



◀ These jodhpur skinnies streamline a chunky sweater for a look that's crisp yet cozy. J BRAND JEANS, \$227, jbrandjeans.com CHINTI AND PARKER WIDE COLLAR TOP, \$138, chintiandparker.com J.CREW PATENT LEATHER BALLETT FLATS, \$128, jcrew.com HESSNATUR ROYAL ALPACA SWEATER, \$128, hessnatur.com

3. SKINNY

The tight, tapered style flatters all heights and gets bonus points for versatility: Ladylike ballet flats make the look sleek and smart; canvas sneakers relax them on days off.



Wear cuffed and with heels for a dressier take. OLD NAVY WELT-POCKET TROUSERS, \$40, oldnavy.com



Shapely and stretchy, cords have come a long way since your third-grade pair. VINCE VINTAGE CORDUROY, \$220, 323-782-1007



The perfect cut for tucking into tall boots. LEVI'S SEAMED SKINNY JEANS, \$46, levi.com



Slightly flared and stretchy, these cords are loungewear fashionably disguised. SPLENDID BABY CORD PANTS, \$128, splendid.com

4. RELAXED

Familiar favorites with updated details make it easy to kick back and still look good. Familiar favorites with updated details make it possible.



These structured sweats have all the makings of a weekend staple. PETIT BATEAU MOBIDIK PANTS, \$90, petit-bateau.us



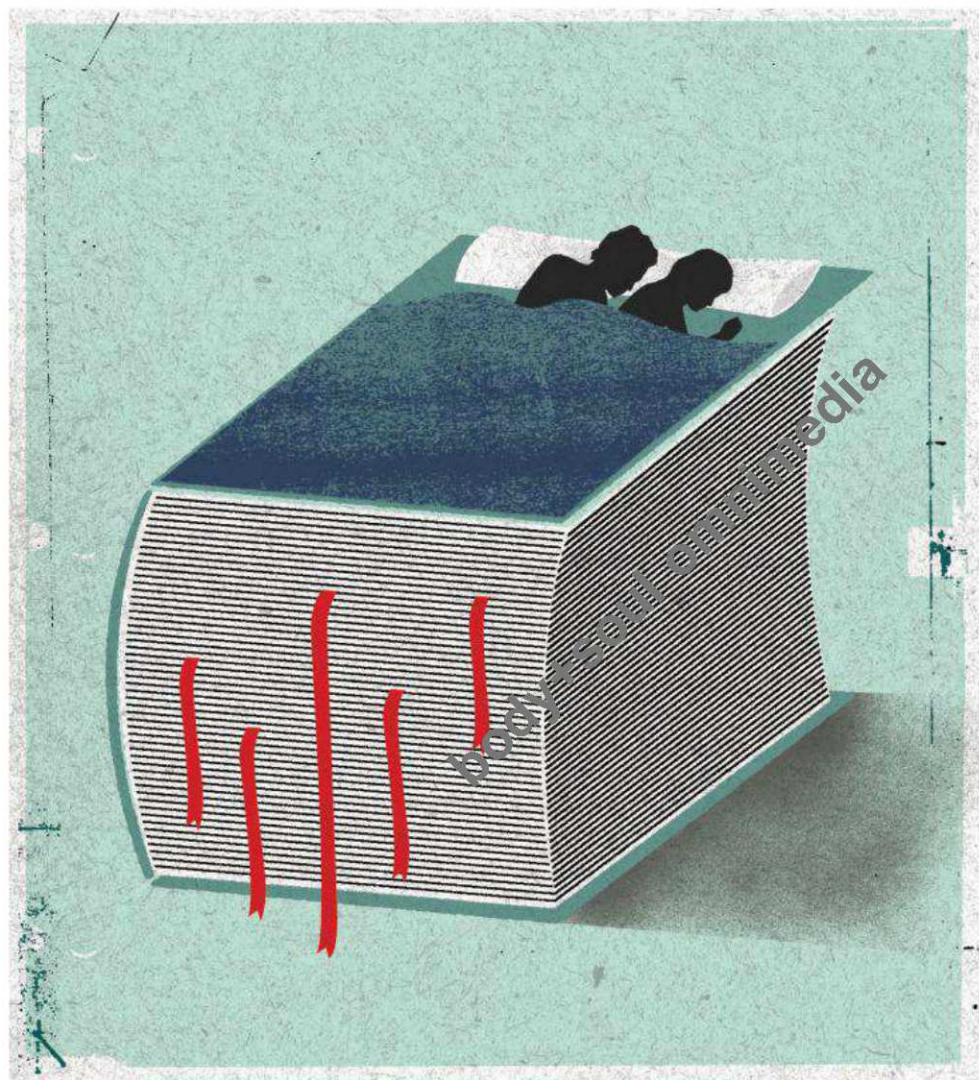
Together at last: the comfort of jeans and the polish of pleats. JAMES JEANS FLYBOY TROUSERS, \$189, jamesjeans.us

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The Labor of Love

An advice columnist explores whether a manual can improve her marriage, or at least settle whose turn it is to scoop the cat litter BY EMILY YOFFE

I HAVE BEEN MARRIED for 17 years, and my husband and I agree we have a great marriage. We are affectionate, compatible, communicative, and faithful. We often get to sleep too late at night because we can't stop talking to each other. We hold hands at the movies. We send each other funny

e-mails all day, cracking each other up. Sounds idyllic, right?

Yet every few months I go crazy over the fact that I have become responsible for nearly all the drudgery and details that go with running a house and raising a teenager. I buy the groceries, I make the meals, I pay the bills, I do the car pool, I run the errands. Since I work at home, I've always been more available to do all this stuff. When it gets to be too much, I explode. I find myself in the kitchen, slamming a spatula, fuming, muttering about the injustice of it all.

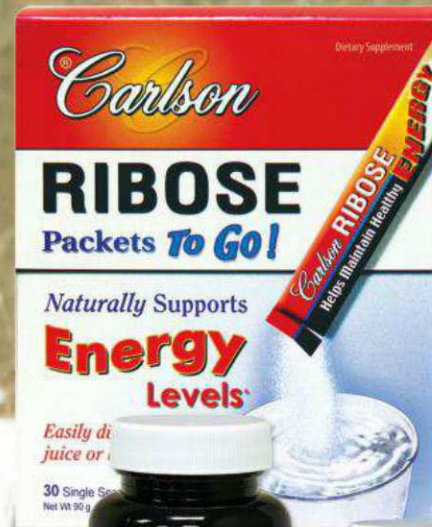
My husband and daughter endure my outbursts like scolded children, exchanging glances I assume convey something along the lines of, "She goes nuts every so often. Keep quiet, and it will all be back to normal." And after a few days, I do settle down. Until the cycle starts again.

It's a pattern that has been established over the years and it bothered me that I could never seem to fix or stop it. So I had a personal interest when *Whole*

Living asked if I could examine whether marriage advice in a new book could help. Veteran psychologist and best-selling author Harriet Lerner has summed up decades of work in *Marriage Rules: A Manual for the Married and Coupled Up* (Gotham Books). In it, she offers 106 rules that she promises will make any marriage better, even a good one.

Admittedly, I was skeptical that anywhere in this book of dictums was something that could drastically change my relationship. It's not that I don't believe in the value of wise counsel. On the contrary: I write a life-advice column for the online magazine *Slate*; I know full well that people can benefit from an outsider's perspective and blunt comments. But I also understand the power of long-time habits and resentments, and I was worried ours were dug in too deep. ▶▶

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My sense of relief and vindication was immediate when I started Lerner's book: "I cannot exaggerate how many marriages rise and fall on the unfair division of labor in family life.... Just keep in mind that nothing erodes intimacy faster than one or both partners harboring a sense of injustice around an unequal division of labor."

You said it, sister! Now all I had to do was apply the book's rules on this very issue. Of the 106 guidelines she offers, Lerner advises starting judiciously with the 10 that seem most germane. Anyone who has been to Sunday school knows that even a worthy set of tenets carved in stone is not necessarily easy to follow. But I wrote down the ones that seemed most useful:

Rule 10: Be the One to Change First

"If you don't change your part in a stuck pattern, no change will occur."

Rule 18: Surprise Him With Praise

"Get off automatic pilot and surprise your partner with a compliment at the very moment he's expecting to hear the same old criticism."

Rule 78: Start Small

"Real change in a marriage—the differences that make a difference—often occur at a glacial speed."

Rule 80: Do Less

"When our partner is unresponsive to requests that he or she do more, we need to find a way to conserve our time and energy."

I thought about her rules before sharing them with my family, and my sense of righteousness and indignation kept growing. Were I to disappear, I wondered, would my family end up shivering in the dark (because no one paid the electrical bill) and picking cat litter out of their toes (because no one could "remember" to clean the cat's box)?

The sentiments weren't so far-fetched. One Monday night, after getting home late from a pottery class, I found my husband on the couch watching football. I went to the kitchen. Not only was there no dinner for me, but my husband and daughter hadn't even made dinner for themselves. The scenario seemed to encapsulate the state of learned helplessness they existed in.

"So if something happened to me, you two would just starve to death?" I asked my husband. He responded by telling me I was blocking the line of scrimmage. My reply, before stomping off: "Well, you've got to scoop the litter box tonight!"

Things were still tense when we went to bed. "Look," my husband said, "I was on the couch watching a game, loving life, and your intensity when you came in the door was overwhelming."

He had inadvertently landed on Rule 36: "Lower Your Intensity." Not on my original list, but I had to concede he had a point. So I calmly added: "How about tomorrow night I get on the couch and start loving life instead of preparing food for you?" He had to concede I had a point.

OK—MAYBE SPLITTING UP WAS TOO STRONG. I'D GET THE CATS AND I'D BE CLEANING THE LITTER BOX EVERY DAY, ANYWAY.

I seized the opportunity to address the larger situation. I said we had a serious problem in our otherwise great marriage—that it was making me exhausted and frustrated. I told him that I was reading a book I thought could help. He responded with a sigh: "Does this book mean you're going to present me with a list of things I'm supposed to do?"

I couldn't believe this was his response. Had I been deluded about my husband all these years? Was this book going to break my marriage rather than fix it? Would reading this book lead to our divorce? OK—maybe splitting up was too strong. I'd get the cats, and I'd be cleaning the litter box every day, anyway. Might as well work with what I had. I guess that's Rule 10: Be the One to Change First.

In the weeks that followed, more of the rules applied and made our home more harmonious. My husband was working long hours at the office. One night, he came home and attended to a pile of documents for the refinancing of our mortgage. When I walked through the dining room where he was laboring, he looked up and complained he had taken on this burden and wasn't getting any credit. It was then that I realized I had dropped the ball on Rule 18: Surprise Him With Praise. I told him how much I appreciated that he saw an opportunity to improve our financial situation and had taken it upon himself. He smiled.

The rules really did seem to be helping, but of course there were setbacks. My plan to follow Rule

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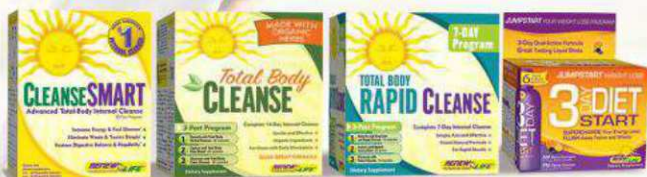
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80: Do Less, pretty much collapsed when I spent the evening grocery shopping, putting away 10 bags of food, then making dinner—even though I had stated this personal rule many times: I Don't Cook on the Weekend. Yet there I was, doing more: Not only cooking—but stewing.

I felt a rage episode coming on. But then I tried to calmly remind myself of the rules. Aha—No. 44, also not on my original list, but certainly germane: Stop It! “Instead of waiting for your partner to do the right thing,” it suggested, “you can take the initiative to add a note of humor or calm into a downward-spiraling conflict.”

After dinner, I called a family meeting, something we never do. I reiterated the need for things to change, and I offered to lay out a plan. I said I knew most of the domestic labor would fall to me, but the current ratio was unsustainable.

Calling upon Rule 78: Start Small. I explained to my husband and daughter that they would be assigned minimal tasks. My husband was to scoop the litter box every night. My daughter was to clean up the dinner dishes. They were to do this without reminders. There was a catch: If they wouldn't do it without my nagging, I would perform the duty. But I would also subtract one of my other tasks—picking up things for them at the drugstore, say.

I acknowledged I needed to make changes, too. I was too critical and moody, I admitted, and this detracted from the pleasure of our family life.

They looked at me in stunned silence. Instead of Crazy Mom, here was Rational Mom.

Finally, my husband spoke. “You're right. Things are not fair, and you need more help around the house. What you've laid out is very reasonable.”

That night, my husband scooped the cat litter and my daughter cleaned the kitchen. The next night, too. The night after that, my husband forgot to scoop. Luckily, I had been forewarned by Rule 82: Prepare to be Tested: “If you take a bottom-line position that challenges the status quo of your relationship, don't expect to be greeted by approval and applause.” I reminded my husband about the litter, and said reminders weren't part of the deal. Subtly but surely, there were changes. I spent a weekend clearing out a junk room that was supposed

to be our guest quarters. I didn't mind; it was rather satisfying. My husband surprised me by walking in with my daughter and saying, “Look what a great job Mom has done. She really gives a lot to this family.” Hoo-boy! Sure, it sounded phony, but in a wonderful keep-it-up way—and it was a lot better than the usual obnoxiousness. The day before the painter came to redo the room, my husband took it upon himself to haul the furniture away.

I CALLED A FAMILY MEETING. THEY LOOKED AT ME IN STUNNED SILENCE. INSTEAD OF CRAZY MOM, HERE WAS RATIONAL MOM.

A big test came a week later. I had promised my daughter I would take her to get her learner's permit after school. I had also gotten slammed with work. I have done my job from home since she was little, and the family arrangement has long been that I adjust my schedule around child care. I didn't want to disappoint my daughter, so I called my husband at the office. I explained that I knew his schedule was brutal, too, but that he needed to take a few hours off for this task. Normally, he would have replied he just couldn't do it. This time, there was a pause—and then he said, “I'll do it.”

Every day, my husband takes the subway to work, and almost every day, I walk with him to see him off. I meet him again at night. On a recent walk, I found myself feeling so much better about our family life, I said so. I had stated my needs, gotten acknowledgement, and felt backed up by Lerner's book. I thought the improved mood in the house seemed obvious. “Don't you think this book has made our life better?” I asked.

“I've always thought things were good,” he said.

“But I was going more and more nuts, and now I feel we have some guidelines, and a way to discuss what we do around the house.”

“If you feel things are better, then they are.”

That wasn't exactly what I wanted to hear, but instead of telling him why it wasn't, I smiled and followed Rule 15: Talk Less.

EMILY YOFFE writes the “Dear Prudence” column for Slate.

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RECIPES BY SARAH BRITTON,
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Our three-week detox plan comprises more than 50 delicious recipes (breakfasts, lunches, dinners, and snacks, too) that will supercharge your health by clearing your body of impurities.

“You’re giving your digestive system a vacation,” says Cynthia Sass, R.D. “Eating healing, pure foods brings you back into balance.”

Trust us, we realize it’s no easy feat (no Pinot for *how long?*), but commit the next 21 days to our program and you’ll feel more vibrant and energized, sleep more soundly, and lose weight. Intrigued? Read on!

HOW THE CLEANSE WORKS

WEEK 1 Go back to basics with simple meals made only with purifying fruits and vegetables that power both body and mind. Taking a break from processed foods and common allergens, like dairy, puts you more in touch with your body and gives your liver, the detoxifying organ, a break.

WEEK 2 With boosted energy and a renewed sense of self, you’ll start this week off eager to feel even better and experiment with more nutrient-rich whole foods. Adding high-quality protein back into your diet makes it easier to conquer cravings.

WEEK 3 You’ve learned how to eat clean and it’s feeling fantastic—more like a lifestyle and less like a challenge as you reintroduce gluten-free grains and eggs. This is the time to fine-tune your newly developed mindful habits and keep them up!

7 SECRETS TO A SUCCESSFUL CLEANSE

1. SET GOALS Before the challenge, write down five things that this detox means to you and what you hope to achieve. Referencing this will help keep goals in sight if your enthusiasm occasionally flags.

2. PREPARE THE PEOPLE IN YOUR LIFE Your family, friends, roommate, co-worker—whomever you normally eat meals with—should know how important this is to you so they can support you during your cleanse.

3. INVITE A FRIEND TO JOIN YOU Even the most motivated person can derail without positive reinforcement. Doing the cleanse with a partner means you can encourage each other. You can also turn to our associate food editor and fellow cleanser Lindsay: Read about her daily progress and get tips at wholeliving.com/challenge-diary. Have questions or just want to sound off about how much you miss chocolate? Send an e-mail to her at wchallenge@marthastewart.com.

4. DRINK PLENTY OF WATER It helps you feel satisfied, flushes your system, and keeps you hydrated. Aim for at least eight 8-oz glasses each day.

5. SPACE OUT YOUR MEALS Eating every three to five hours (including snacks)—rather than nonstop nibbling—will keep your metabolism even and also let you re-identify hunger, says Sass.

6. KEEP A FOOD JOURNAL Track what, when, and where you eat, as well as how you feel before, during, and after. This heightens your awareness and transforms your relationship with food. Start the week before the cleanse so you begin to understand your food choices.

7. STICK TO EACH WEEK’S MENU The different phases of the cleanse offer different foods for a reason, so don’t jump ahead. (There are 21 recipes in the pages that follow, but you will find each week’s entire menu at wholeliving.com/challenge-plan.)

SIX TO SKIP

(NO IFS, ANDS, OR BUTS!)

PROCESSED FOODS OR BEVERAGES

“Artificial ingredients and additives make the body work harder,” Sass says. “Let your body rest a bit by enjoying foods in their purest form.”

ADDED SUGAR

It’s processed and has zero nutrients—and may be just as addictive as drugs, research shows. In excess, it leads to weight gain and inflammation.

DAIRY

Even if you’re not allergic, you could benefit from a dairy break. “It can be the root of sluggishness, digestive upset, and inflammation,” Sass says.

GLUTEN

Feel bloated, fatigued, or moody? You may be gluten intolerant and not even know it. Stop eating this protein, found in wheat, barley, and rye, and see if you notice a difference.

CAFFEINE

It’s a false energy booster that can mask lack of sleep or bad food choices, Sass says. Coffee is also highly acidic, which makes it tough for the digestive system to handle.

ALCOHOL

Not only can booze mess with your metabolism, it’s a source of empty calories (125 in 5 ounces of red wine), can interfere with sleep, and makes your liver work overtime.



GRAPEFRUIT, CARROT, AND GINGER JUICE

DETOX CRED Liquids in the morning are easier on your digestive system than solid foods. The carrots in this zesty tonic deliver a blast of immunity-boosting vitamin C and enough fiber to sustain you until your first snack.

WEEK

1

GET READY TO...

KICK-START YOUR CLEANSE

This is it! Sarah Britton, C.N.P., vegetarian chef and blogger at mynewroots.blogspot.com, created these fresh and clean recipes for the new you.

WHAT TO EXPECT Ultra-nutritious, detoxifying fruits and vegetables are paired with plant-based fats to make these satisfying meals. "Nuts, avocados, and oils all increase satiety so you feel fuller even though you're significantly cutting back on calories," Sass says. The first couple of days might be tough as you experience detox symptoms such as headache and fatigue. It's not a cold coming on; it's your body getting rid of toxins. Hang in there! It's OK to feel hungry; in fact it's good. "You want to experience a stomach growl about four times a day," Sass says.

BY THE WEEK'S END You'll feel light, energized, clearheaded, and motivated to conquer Week 2.

BREAKFAST



BEET, APPLE, AND MINT JUICE

DETOX CRED Antioxidant superstars, red beets contain betalains, compounds that fight inflammation and support your detox by neutralizing toxins and making them water soluble and easily flushed from the body. In one study, beet fiber increased the production of detoxifying enzymes in the liver.

LUNCH



SPICED BUTTERNUT SQUASH AND APPLE SOUP

DETOX CRED Soup is a smart light meal option that's also less taxing on your digestive system. Fibrous squash makes this velvety, slightly sweet option satiating. Plus, research shows antioxidant-dense turmeric may boost the liver's ability to remove chemicals.

DINNER



STEAMED BROCCOLI AND SQUASH WITH TAHINI DRESSING

DETOX CRED With its special trio of phytonutrients (health-promoting organic compounds), broccoli helps promote and regulate the elimination of toxins from our cells. Steaming the cruciferous vegetable may be the best preparation technique—research shows it helps lower your cholesterol even more than raw.

+
GET SOME SLEEP! YOU DESERVE IT (AND YOU NEED IT FOR CLEANSE COMMITMENT).
RESTORE THIS WEEK WITH AT LEAST 7.5 HOURS EACH NIGHT.



GREEN MACHINE SMOOTHIE

DETOX CRED Starting the day with this nutrient-dense elixir is a delicious way to charge your system with nutrients. Dark leafy greens are extremely alkalizing, meaning they foster a more neutral body environment for better functioning enzymes, compared with acid-forming foods like meats and dairy.



KALE SLAW WITH CARROTS AND PEPPERS

DETOX CRED This tangy raw slaw is supremely cleansing. The apple-cider vinaigrette may help lower cholesterol and blood-glucose levels. Earthy hemp seeds deliver protein and healthy fats. Use them throughout the plan in salads, soups, and smoothies.



ROASTED GARLIC AND BEET SOUP

DETOX CRED Beets may take a while to roast, but their powerful healthy status makes it worth the wait. (For a tasty side dish, sauté the green tops—they have double the potassium, folic acid, and iron as the sweet roots.) Garlic and leeks, both health-boosting alliums, add delicious flavor and dimension to any soup.

See page 84 for recipes.

MOVE OF THE WEEK Focus on stimulating your elimination organs, including the liver and kidneys, with gentle stretches, like frog pose, spinal twists, and cobra (find how-tos at wholeliving.com/challenge-stretches). You'll increase circulation and help your system work more efficiently.

MEDITATION OF THE WEEK Think about your relationship with food. Separating physical nourishment from emotional comfort helps you eat better.

WEEK

2

GET READY TO...

LAY A HEALTHY FOUNDATION

Now that you've detoxed for a whole week (doesn't it feel great?), you're ready to bring back some high-quality proteins, essential because "amino acids purge toxins from the liver," says Susan Blum, M.D., founder of the Blum Center for Health in Rye, New York. Here, Terry Walters, holistic health counselor and author of *Clean Start*, adds seafood and legumes to the lean cuisine. Both brain boosters, they empower you to make smart decisions and they also keep you satisfied. If the excitement you felt in week one starts to fade, revisit your goal list and recommit!

WHAT TO EXPECT You'll have an increased awareness of how your body reacts to each meal. Eat just enough to feel satisfied, not stuffed.

BY THE WEEK'S END Your appetite and usual cravings are likely decreasing. You're sleeping better and feeling happy you made the choice to change.

body+soul omnimedia

WATERCRESS SALAD WITH SARDINES, ORANGES, AND PEPITAS

DETOX CRED Choosing clean seafood is a great way to minimize the amount of toxins (like mercury) you take in. Wild-caught Pacific sardines, rich in healthy omega-3 fatty acids and vitamin B12, are one of the greenest fish choices you can make.

BREAKFAST



BREAKFAST VEGETABLE-MISO SOUP WITH CHICKPEAS

DETOX CRED Find a few minutes in the morning to sit down and slowly enjoy a comforting soup. It will help set a mindful tone for the day and also get your digestion moving. Miso contains beneficial bacteria and zynbiocolin, which help eliminate free radicals from the body.

LUNCH



RAW KALE SALAD WITH POMEGRANATE AND TOASTED WALNUTS

DETOX CRED Pile your plate with healthy dark leafy greens like kale, which boasts a cool array of flavonoids (plant pigments that promote antioxidant activity in the body), helps lower cholesterol as effectively as some prescription drugs.

DINNER



ROASTED WINTER VEGETABLES WITH CANNELLINI BEANS

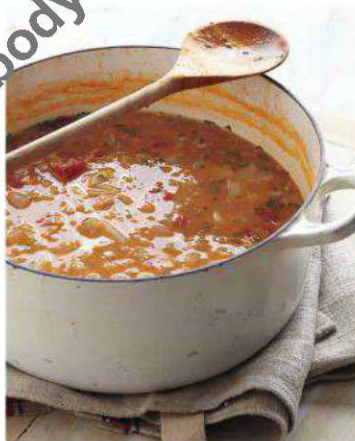
DETOX CRED Try to add one more vegetarian entrée to your diet each week. Eating more plant-based meals has been proven to lower your weight, cholesterol, and blood pressure. Brussels sprouts contain compounds that trigger the production of detoxifying enzymes in the liver.

+ INVIGORATE YOURSELF. DEVOTE 15 MINUTES TODAY TO BEING AWAY FROM YOUR COMPUTER. GO OUTSIDE AND TAKE A WALK TO RECHARGE.



BAKED SWEET POTATOES WITH CITRUS

DETOX CRED Eating this winter superfood is one of the best ways to get more beta-carotene, an antioxidant the body converts to immunity-boosting vitamin A. The hearty but low-calorie root veggie is also great for weight loss. Bake several of these ahead and store in your fridge for up to 3 days.



RED LENTIL SOUP

DETOX CRED Keep a batch of this warming soup around for the week and you'll stay slim and satisfied—a whole cup of cooked lentils contains just 200 calories. The legume is also a stellar source of both soluble and insoluble fiber—getting enough roughage this week is important for keeping your digestive system running smoothly.



GRILLED SALMON AND BOK CHOY WITH ORANGE-AVOCADO SALSA

DETOX CRED Citrus and fresh herbs add clean, fresh flavor to foods, so you don't need to use much (if any) salt. Cilantro lends more than a little zing here: the vibrant herb contains healing phytonutrients and has antimicrobial properties.

See page 85 for recipes.

MOVE OF THE WEEK Wake up your body with a morning strength-training routine that includes a meditation component. Brief sessions with 2- to 3-pound weights allow you to embrace resistance and stillness. Head to wholeliving.com/challenge-strength-training for our plan.

MEDITATION OF THE WEEK Think before you eat. Take three deep, slow breaths before every meal and give each bite your full attention.

WEEK 3

GET READY TO...

MAKE IT LAST

Great job: you made it to the third week! Now you get to invite back a wide range of colors, flavors, and textures to craft dishes for a healthier, happier you. Use *Whole Living* deputy food editor Shira Bocar's recipes, with gluten-free grains and protein-rich eggs (oh, how we've missed them!) to inspire smart eating strategies all-year long.

WHAT TO EXPECT You may get an energy boost as you reintroduce carbs but beware: Hearty grains may initially shock your system. This week will help you determine how great (or not) certain foods can make you feel.

BY THE WEEK'S END Success! Elation! You made it! Research shows that new habits do still take practice, so stick to your happy and healthy new ways.

SHIITAKE MUSHROOMS AND BROWN RICE EN PAPILLOTE

DETOX CRED Long used for healing in Asia, meaty shiitakes are one of the best foods to eat for health, boasting a special combination of antioxidants that boost immune function and lower oxidative stress in the body. Try substituting mushrooms for meat in meals—it slashes calories and improves your well-being without leaving you hungry, according to a study in the journal *Appetite*.



BREAKFAST



TOASTED COCONUT MUESLI

DETOX CRED Fibrous oats help stabilize blood-sugar levels. Enjoy them with calcium-rich almond milk; it has fewer calories than cow's milk and is packed with cholesterol-lowering flavonoids.

LUNCH



CHICKPEA-BROWN RICE VEGGIE BURGER

DETOX CRED These tasty bean and brown rice meatless patties deliver a filling protein-fiber combo. Brown rice is a super whole grain to include in any diet; just one cup delivers nearly one-third of the daily value of selenium, a mineral that helps fight free radicals.

DINNER



QUINOA WITH POACHED EGG, SPINACH, AND CUCUMBER

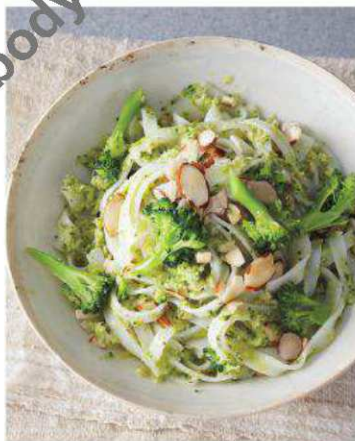
DETOX CRED Quinoa (an ancient seed) is an excellent source of protein and contains all nine essential amino acids, making it a complete protein, like eggs. Eggs are the best natural source of the nutrient choline and help fight inflammation.

+ PAMPER YOURSELF! BOOK A MASSAGE, A FACIAL, YOU NAME IT. FIND DECADENT, NON-FOOD WAYS TO REWARD YOURSELF.



STEAMED SALMON WITH FRESH HERBS AND LEMON

DETOX CRED Steamed salmon may seem an odd breakfast choice, but try it! Packed with omega-3 fatty acids (good for your brain), salmon is rich in antioxidants (particularly anti-inflammatory carotenoids) and selenium. The protein will keep you full and energized for hours.



RICE NOODLES WITH BROCCOLI-ALMOND PESTO

DETOX CRED With their pleasing nutty flavor, rice noodles are a nutritious, gluten-free alternative to wheat pasta. Use this pumped-up pesto to top eggs, beans, and whole grains. Broccoli's impressive amount of carotenoids sweep up cancer-inducing free radicals.



ROASTED BEETS WITH EDAMAME AND ARUGULA

DETOX CRED Soy provides as complete a protein as steak, without the saturated fat. What's more, research shows that genistein, an active compound found in soy, may promote weight loss as it inhibits the body's growth of fat cells.

See page 86 for recipes.

MOVE OF THE WEEK Combine stretching and one strength-training session with at least two hours of cardio (eating carbs again will give you endurance). Deepen your mind-body connection by becoming aware of your energy levels before, during, and after your workout.

MEDITATION OF THE WEEK Pick three new foods to try this week. Finding foods that make you feel as great as they taste helps you conquer cravings for good.

SNACKS? YES, THEY'RE ALLOWED!

BUILD A BETTER SLUMP FIXER Mini meals can make or break a successful diet. Prepping satisfying snacks in advance will help conquer the urge to eat mindlessly whenever hunger strikes. Get your fix every week with these six balanced bites.



DRIED FRUIT AND NUT BITES

SERVES 5 (MAKES 20) **V V**

1. In a food processor, pulse 2 cups **mixed dried fruit**; transfer to a bowl. 2. Pulse 2 cups **raw mixed nuts** and **seeds** until finely chopped. 3. Add to dried fruit with dash **cinnamon** and pinch **coarse salt**. 4. Knead together and form 1-inch balls. 5. Roll each ball in $\frac{1}{3}$ cup **raw sesame seeds**.

PER SERVING: 371 cal; 26 g fat (3 g sat fat); 10 g protein; 6 g fiber



CRISPY ROASTED CAULIFLOWER

SERVES 2 (MAKES 2 CUPS) **V**

1. Heat oven to 425°. 2. On a lined baking sheet, drizzle $\frac{1}{2}$ head **cauliflower florets** with 1 Tbsp **olive oil**. Season with **coarse salt**. Roast, turning occasionally, until golden brown and just tender, about 20 minutes. 3. Sprinkle with **red chili flakes**.

PER SERVING: 117 cal; 7 g fat (1 g sat fat); 4 g protein; 5 g fiber



CINNAMON POACHED APPLES WITH TOASTED WALNUTS

SERVES 2 **V V**

1. Bring 3 cups **apple juice**, $\frac{1}{2}$ **cinnamon stick**, and 1 inch **fresh ginger**, thinly sliced, to a boil. 2. Add 2 peeled, halved, and cored **apples**, cover with parchment; simmer until tender, 8 minutes. 3. Remove and sprinkle with 2 Tbsp chopped **toasted walnuts**.

PER SERVING: 275 cal; 5 g fat (0 g sat fat); 1 g protein; 2 g fiber



MINTY PEA DIP

SERVES 4 (MAKES 2 CUPS) **V V S**

1. Cook 3 cups frozen **green peas** in salted boiling water until tender, 1 minute. Transfer to an ice-water bath; drain. 2. Pulse in a food processor with $\frac{1}{4}$ cup **fresh mint leaves**, zest and juice of 1 **lemon**, 1 **garlic clove**, 2 Tbsp **olive oil**, and 1 Tbsp **tahini**. 3. Season with **coarse salt** and **pepper**; drizzle with oil.

PER SERVING: 167 cal; 9 g fat (1 g sat fat); 5 g protein; 5 g fiber



CRANBERRY-PUMPKIN SEED TRAIL MIX

SERVES 4 (MAKES 2 CUPS) **V V**

Combine $\frac{1}{2}$ cup **dried cranberries**, $\frac{1}{2}$ cup chopped **toasted almonds**, $\frac{1}{2}$ cup **toasted pumpkin seeds**, $\frac{1}{4}$ cup **toasted walnuts**, and $\frac{1}{4}$ cup **raisins**. Store in an airtight container for up to 1 week.

PER SERVING: 379 cal; 26 g fat (3 g sat fat); 15 g protein; 5 g fiber



PISTACHIO-STUFFED DATES WITH COCONUT

SERVES 4 (MAKES 16) **V V S**

1. In a food processor, purée $\frac{1}{2}$ cup shelled **pistachios** until a thick paste forms, about 5 minutes. Season with pinch **coarse salt**. 2. Spoon mixture into 16 pitted **dates**. 3. Top with 1 Tbsp **toasted unsweetened shredded coconut**.

PER SERVING: 365 cal; 8 g fat (2 g sat fat); 4 g protein; 10 g fiber

+ FOR A SIMPLE ON-THE-GO BITE, OPT FOR A HANDFUL OF RAW NUTS AND A PIECE OF FRUIT TO BOOST YOUR ENERGY AND KEEP YOU FROM FEELING RAVENOUS.

V vegetarian no meat products **V** vegan no animal derivatives **S** special diet no dairy, wheat, soy, fish, shellfish, eggs, peanuts, or tree nuts

*ALL NUTRITIONAL INFO IS APPROXIMATE. IN RECIPES THAT YIELD A RANGE OF SERVINGS, NUMBERS ARE BASED ON THE HIGHEST NUMBER OF SERVINGS.

Discover A Shape Worth Smiling About



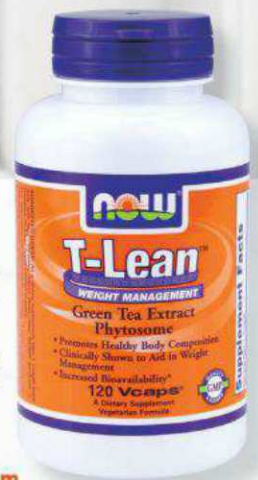
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Healthy weight management doesn't always come easy, but NOW® can help with an advanced natural product that's safety-tested and clinically-proven to be effective – new T-Lean™ with GreenSelect® Phytosome. This proprietary, caffeine-free Green Tea extract not only supports healthy weight management and metabolic rate, it also provides antioxidant benefits as well. T-Lean™ helps bring your nutritional goals and your smile a little closer together.*

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WEEK 1 RECIPES: KICK-START YOUR CLEANSE



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Clear the slate this week with these super-for-you recipes. The good news: This food is so delicious you're not even going to miss pasta. (OK, only a little.) You'll need a juicer; if you don't have one go to wholeliving.com/challenge-smoothies for blender-friendly recipes. Make sure to keep a food journal this week to help you become more mindful of how food affects your life.

BREAKFAST

1. GRAPEFRUIT AND CARROT JUICE

SERVES 1

Press 2 chopped **grapefruits** (peel and pith removed), 5 chopped **carrots**, and 1 inch **fresh ginger**, peeled and chopped, through a juice extractor. Stir and serve immediately.

PER SERVING: 321 cal; 1 g fat (0 g sat fat); 7 g protein; 16 g fiber

2. BEET AND APPLE JUICE

SERVES 1

Press 1 chopped small **beet**, 5 chopped **carrots**, 1 cored and chopped **apple**, and ¼ cup **fresh mint sprigs** through a juice extractor. Stir and serve immediately.

PER SERVING: 249 cal; 1 g fat (0 g sat fat); 5 g protein; 15 g fiber

3. GREEN MACHINE SMOOTHIE

SERVES 2

Combine 6 chopped **romaine leaves**, 4 chopped **kale leaves**, ½ cup **fresh parsley sprigs**, ½ cup chopped **pineapple**, ½ cup chopped **mango**, 1 inch **fresh ginger**, peeled and chopped, and 1½ cups **water** in a blender and blend until smooth.

PER SERVING: 145 cal; 2 g fat (0 g sat fat); 7 g protein; 6 g fiber

LUNCH

4. SPICED BUTTERNUT SQUASH SOUP

SERVES 6 (MAKES 8 CUPS)

1. Heat 2 Tbsp **olive oil** in a medium saucepan over medium heat. Add 1 chopped **onion** and 2 chopped **garlic cloves** and cook until tender, 6 to 8 minutes. Add 1-inch grated **fresh ginger** (2 Tbsp), ½ tsp **turmeric**, ⅓ tsp **cinnamon**, ⅓ tsp **cardamom**, and dash **ground cloves** and cook until fragrant, about 1 minute. Add

2 peeled and chopped **carrots**, 1 peeled, quartered, and chopped **tart apple**, 4 cups chopped **butternut squash**, and 3 cups **water**. Bring to a boil; cover partially and reduce to a simmer. Season with **coarse salt** and **pepper**. 2. Cook until vegetables are tender, about 20 minutes. Let cool slightly. 3. Working in batches, purée until smooth in a blender. Adjust seasoning, if necessary.

PER SERVING: 111 cal; 5 g fat (1 g sat fat); 5 g protein; 3 g fiber

5. KALE SLAW WITH RED CABBAGE AND CARROT

SERVES 4

1. In a small bowl, whisk 1 Tbsp **olive oil**, 1 Tbsp **Dijon mustard**, and 1 tsp **apple-cider vinegar**. Season with **coarse salt** and **pepper**. 2. In another bowl, combine 3 cups mixed shredded **kale** and **red cabbage**, 1 peeled and julienned **carrot**, ¼ cup **fresh parsley leaves**, 2 Tbsp diced **red onion**, and 2 Tbsp each **sunflower**, **pumpkin**, and **hemp seeds**. 3. Season with **coarse salt** and **pepper**, drizzle with dressing, and toss to coat.

PER SERVING: 111 cal; 7 g fat (1 g sat fat); 5 g protein; 3 g fiber

DINNER

6. STEAMED BROCCOLI AND SQUASH WITH TAHINI SAUCE

SERVES 4

1. Steam ½ head **broccoli florets** until bright green and tender, about 4 minutes. Remove and set aside. Steam 1 sliced and seeded **Delicata squash** until bright yellow and tender, about 10 minutes. 2. In a bowl, toss 1 cup **mixed tender greens**, 1 cup thinly sliced **red cabbage**, and 2 Tbsp diced **red onion**. 3. Top with steamed vegetables. Season with **coarse salt** and **pepper**. Drizzle with

¼ cup **Tahini Sauce** (recipe below) and sprinkle with 1 Tbsp **toasted sesame seeds**.
PER SERVING: 109 cal; 5 g fat (1 g sat fat); 4 g protein; 4 g fiber

TAHINI SAUCE

MAKES 1¼ CUPS

In a food processor, purée ½ cup **tahini**, grated zest and juice of 1 **lemon**, 1 Tbsp **olive oil**, 1 chopped **garlic clove**, ½ tsp **cumin**, ½ tsp **paprika**, and ¾ cup **water** until smooth. Season with **coarse salt**. Store sauce in an airtight container in the fridge for up to 1 week and use as a dressing for greens.

PER SERVING: 167 cal; 14 g fat (2 g sat fat); 4 g protein; 3 g fiber

7. ROASTED GARLIC-BEET SOUP

SERVES 4 (MAKES 4 CUPS)

1. Heat oven to 400°. Drizzle 3 **medium beets** with **olive oil** and roast in parchment-lined foil until tender, about 1 hour. Meanwhile, drizzle 6 unpeeled **garlic cloves** with oil and roast in separate foil packet, about 30 minutes. Unwrap beets, let cool, peel, and quarter. Squeeze garlic from skin. Set aside. 2. Heat 2 Tbsp **olive oil** in a pot over medium heat. Add 1 thinly sliced **large leek** and cook, stirring, until tender, 6 to 8 minutes. Add beets and garlic, 1 tsp **fresh thyme leaves**, 1 **bay leaf**, and 3 cups **water**. Season with **coarse salt** and **pepper**. 3. Bring to a boil; then reduce heat and simmer, 5 minutes. Discard bay leaf. Let cool slightly, then purée in a blender until smooth. Stir in 2 Tbsp **lemon juice** and adjust seasoning.

PER SERVING: 130 cal; 9 g fat (1 g sat fat); 2 g protein; 3 g fiber

START A NEW PRE-BREAKFAST ROUTINE THIS WEEK: SIP A CUP OF HOT WATER FLAVORED WITH A SQUEEZE OF LEMON TO STIMULATE THE LIVER AND RELEASE DIGESTIVE ENZYMES.



MORE RECIPES! Head to wholeliving.com/challenge-week-1 for the full menu.

WEEK 2 RECIPES: LAY A HEALTHY FOUNDATION



1.



2.



3.



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6.



7.

With the hardest days behind you, your body will feel light and renewed, so now's the time to start enjoying this! Reintroducing lean proteins like seafood and lentils will keep you satisfied and boost your energy and brain. If you loved some of the recipes from last week, feel free to incorporate them here.

BREAKFAST

1. VEGETABLE SOUP WITH CHICKPEAS AND MISO

SERVES 4 (MAKES 4½ CUPS) **V V S**

1. Heat 2 Tbsp **olive oil** in a pot over medium heat. Cook ½ chopped **yellow onion**, 2 minced **garlic cloves**, 2 diced **celery stalks**, and 2 peeled and diced **carrots** until tender, 6 to 8 minutes. 2. Stir in 1 cup chopped **broccoli** and 1 cup cooked **chickpeas**; cook about 2 minutes. 3. Add 4 cups **water**. Bring to a boil; reduce heat and simmer until vegetables are tender, about 10 minutes. Remove from heat. Dissolve 2 Tbsp **white miso** in 2 Tbsp cool water, and stir into soup. Season with **coarse salt**.

PER SERVING: 182 cals; 8 g fat (1 g sat fat); 5 g protein; 5 g fiber

2. BAKED SWEET POTATOES WITH TOASTED NUTS AND ORANGES

SERVES 2 **V V**

1. Heat oven to 400°. Prick 2 **small sweet potatoes** with a fork and wrap in foil. 2. Bake until tender, about 1 hour. Unwrap and split top with a knife. 3. Top with ¼ cup chopped **toasted almonds** or **pecans**, dash **cinnamon**, dash freshly grated **nutmeg**, and **flaky sea salt**. Squeeze with two **orange wedges**.

PER SERVING: 171 cals; 10 g fat (1 g sat fat); 5 g protein; 4 g fiber

LUNCH

3. WATERCRESS WITH SARDINES, TARRAGON, AND CLEMENTINES

SERVES 2

1. Whisk zest and juice of ½ **lemon** and 1 Tbsp **olive oil**. Season with **coarse salt** and **pepper**. 2. Arrange 2 cups **watercress sprigs**, ¼ small **red onion**, sliced, and 1 Tbsp **fresh tarragon** on a platter. 3. Top with slices

of 2 **clementines**, peel and pith removed, one 4-oz can **olive-oil packed sardines**, drained, and 3 Tbsp **toasted pumpkin seeds**. Season with **coarse salt** and **pepper**. Drizzle with vinaigrette, and adjust seasoning as necessary.

PER SERVING: 625 cals; 54 g fat (8 g sat fat); 22 g protein; 2 g fiber

4. RAW KALE SALAD WITH POMEGRANATE AND TOASTED WALNUTS

SERVES 2 **V V**

1. Rub 1 bunch torn **kale** with 2 Tbsp **olive oil**, 1 Tbsp **fresh lime juice**, and ½ tsp **freshly grated ginger** until well coated. 2. Add ½ cup **pomegranate seeds** (from ½ the fruit), 2 Tbsp chopped **red onion**, and ¼ cup chopped **toasted walnuts** and toss. Season with **coarse salt** and **pepper**.

PER SERVING: 177 cals; 13 g fat (2 g sat fat); 5 g protein; 3 g fiber

5. RED LENTIL SOUP WITH TURNIP AND PARSLEY

SERVES 8 (MAKES 10 CUPS) **V V S**

1. In a pot, heat 2 Tbsp **olive oil** over medium heat. Add 1 diced **yellow onion**, 4 minced **garlic cloves**, and 3 finely diced **celery stalks**; cook, stirring, until tender, 6 to 8 minutes. 2. Increase heat to high and add 1½ cups chopped **tomatoes**; cook for 1 minute. Add 1½ cups dried **red lentils**, 1 peeled and diced **turnip**, and 6 cups **water**. 3. Bring to a boil; then reduce heat and simmer until lentils are tender, 20 to 25 minutes. Stir in ½ cup chopped **fresh flat-leaf parsley** and optional 1 tsp **red-wine vinegar**. Season with **coarse salt** and **pepper**.

PER SERVING: 177 cals; 4 g fat (1 g sat fat); 11 g protein; 6 g fiber

HUNGRY? IT MIGHT BE YOUR BODY TELLING YOU IT'S DEHYDRATED. DRINK A GLASS OF WATER AND WAIT 20 MINUTES BEFORE EATING YOUR NEXT MEAL.

DINNER

6. ROASTED WINTER VEGETABLES WITH CANNELLINI BEANS

SERVES 4 **V V S**

1. Heat oven to 425°. On a rimmed baking sheet, toss 1 sliced **large leek**, 5 peeled **garlic cloves**, ½ peeled and chopped **small rutabaga**, 2 peeled and chopped **parsnips**, 2 peeled and chopped **carrots**, 1 peeled and chopped **sweet potato**, and 8 trimmed and halved **brussels sprouts** with 3 Tbsp **olive oil** and 1 Tbsp **balsamic vinegar**. Season with **coarse salt** and **pepper**. 2. Roast, tossing once, until golden brown and tender, 25 to 30 minutes. Remove from oven and stir in 1½ cups **cooked and drained cannellini beans**. 3. Cook until beans are crisped, about 5 minutes more. Toss vegetables with 1 tsp **vinegar** and drizzle with oil.

PER SERVING: 284 cals; 11 g fat (2 g sat fat); 7 g protein; 10 g fiber

7. GRILLED SALMON AND BOK CHOY WITH AVOCADO SALSA

SERVES 2

1. Heat grill or grill pan to medium-high. In a medium bowl, combine segments from 1 **navel orange**, ½ diced **avocado**, 1 Tbsp chopped **red onion**, 1 Tbsp **freshly chopped cilantro**, 1 tsp **lime juice**, and ¼ tsp **toasted sesame oil**. Season to taste with **coarse salt** and **pepper** and set aside. 2. Season two 4-oz fillets **wild salmon** and 3 heads **bok choy**, halved, with **coarse salt** and **pepper** and drizzle with **olive oil**. 3. Grill salmon, flipping halfway through, until cooked through, 3 to 4 minutes per side. Grill bok choy until bright green and slightly wilted, about 1 minute per side. Spoon avocado salsa over fish to serve.

PER SERVING: 637 cals; 38 g fat (5 g sat fat); 44 g protein; 20 g fiber



MORE RECIPES! Head to wholiving.com/challenge-week-2 for the full menu.

WEEK 3 RECIPES: MAKE IT LAST



1.



2.



3.



4.



5.



6.



7.

You've made it this far, you're a total trouper. Transform your relationship with food for life by keeping momentum up this last week. Can't get enough of your new clean diet? Bonus! Head to wholeliving.com/challenge-week-4 for another week of delicious recipes.

BREAKFAST

1. TOASTED COCONUT MUESLI

SERVES 1 **V V S**

In a bowl, combine 2 Tbsp **toasted unsweetened coconut flakes**, 2 Tbsp **gluten-free rolled oats**, ½ sliced **apple**, ¼ cup thawed frozen **berries**, and ¼ cup **almond milk**.
PER SERVING: 208 cal; 9 g fat (6 g sat fat); 3 g protein; 7 g fiber

2. STEAMED SALMON WITH HERBS AND LEMON

SERVES 1

1. Season one 4-oz fillet **wild salmon** with **coarse salt** and **pepper**. Steam until just cooked through, 7 to 8 minutes. 2. Serve with ½ cup **cooked brown rice**. Sprinkle with **fresh chopped herbs** (dill, parsley, chives) and **lemon zest**.
PER SERVING: 320 cal; 9 g fat (2 g sat fat); 34 g protein; 2 g fiber

LUNCH

3. CHICKPEA-BROWN RICE VEGGIE BURGER

SERVES 4 **V V S**

1. Mash 2 cups cooked and drained **chickpeas** and 1 cup **cooked brown rice** until thick paste forms. Stir in 1 minced **shallot**, 1 minced **garlic clove**, and 2 Tbsp chopped **fresh parsley**. Season with **coarse salt** and **pepper**. Stir in 1 whisked **large egg**. Form into four ½-inch-thick patties. 2. Heat 2 Tbsp **olive oil** in a large skillet over medium-high heat. Add patties and cook until golden brown, about 4 minutes per side. Spread with **whole-grain mustard**, top with slices of **red onion** and **roasted red pepper**, and wrap in **green-leaf lettuce**.
PER SERVING: 250 cal; 5 g fat (1 g sat fat); 9 g protein; 6 g fiber

4. RICE NOODLES WITH BROCCOLI-ALMOND PESTO

SERVES 4 **V V S**

1. Bring a medium pot of well-salted water to a boil. Cook 1 head **broccoli florets** and **sliced stems** until bright green and just tender, about 2 minutes. Remove with a slotted spoon and let cool slightly. (Reserve water.) Roughly chop 1 cup cooked florets; set aside. Puree remaining florets, 6 Tbsp sliced **toasted almonds**, ¼ cup **fresh basil leaves**, 1 minced **garlic clove**, and 2 Tbsp **lemon juice**. Add 6 Tbsp **olive oil**. Season with **coarse salt** and **pepper**; set aside. 2. Return water to a boil and cook 8 oz medium **rice noodles** according to package instructions. Reserve 1 cup cooking water, drain noodles, and return to pot. Toss with pesto, adding reserved pasta water until creamy. Top each bowl with chopped florets, small basil leaves, and remaining almonds. Season with pepper.
PER SERVING: 512 cal; 28 g fat (3 g sat fat); 10 g protein; 6 g fiber

DINNER

5. SHIITAKES AND BROWN RICE EN PAPILLOTE

SERVES 4 **V V S**

1. Heat oven to 425°. Cut 4 pieces parchment paper (12-by-16 inches each). Divide 2 cups **cooked brown rice** among each parchment piece. Top with 4 cups thinly sliced **shiitake mushrooms** and 8 sprigs **fresh thyme**. Season with **coarse salt** and **pepper** and drizzle with ¼ cup **olive oil**. 2. On a rimmed baking sheet, bake until packet is puffed and mushrooms are cooked through, 20 to 25 minutes. Divide 1 cup **fresh greens** and squeeze with **lemon wedges**.
PER SERVING: 282 cal; 15 g fat (2 g sat fat); 4 g protein; 5 g fiber

6. QUINOA WITH POACHED EGG, SPINACH, AND CUCUMBER

SERVES 2 **V V S**

1. Heat 1 Tbsp **olive oil** in a skillet over medium heat. Add 1 sliced **garlic clove** and cook, about 1 minute. Add 5 oz **rinsed spinach** and steam, covered, until wilted, about 1 minute. Season with **coarse salt**. Transfer to plate. 2. Rinse pan and fill with 2 inches **water**; bring to a boil. Add 1 peeled and julienned **carrot** and cook until tender, about 1 minute. Transfer to plate. Reduce heat to a simmer and poach 2 **large eggs**, 3 to 4 minutes. 3. Divide 1½ cups **cooked quinoa** between each bowl. Top with egg, spinach, carrot, and ¼ thinly sliced **cucumber**. Whisk 1 tsp **white-wine vinegar** and 2 Tbsp **olive oil**; season with **coarse salt**. Drizzle over bowls. Sprinkle with **red chili flakes** and 1 tsp **minced chives**.
PER SERVING: 549 cal; 30 g fat (5 g sat fat); 17 g protein; 8 g fiber

7. ROASTED BEETS AND EDAMAME AND ARUGULA

SERVES 4 **V V S**

1. Heat oven to 425°. Drizzle 3 **medium golden beets** with **olive oil** and roast in parchment-lined foil until tender, about 1 hour. Let cool, then peel and slice. 2. On a baking sheet, toss 1 cup thawed frozen shelled **edamame** with 1 tsp **olive oil**; season with **coarse salt** and **pepper**. Roast, shaking pan once, until golden, 20 to 25 minutes. 3. In a small bowl, whisk 1 Tbsp **red-wine vinegar** and 2 Tbsp **olive oil**. In a medium bowl, combine 3 cups **baby arugula**, ½ cup **fresh basil leaves**, beets, and edamame. Toss with dressing and season with salt and pepper.
PER SERVING: 154 cal; 9 g fat (1 g sat fat); 7 g protein; 5 g fiber

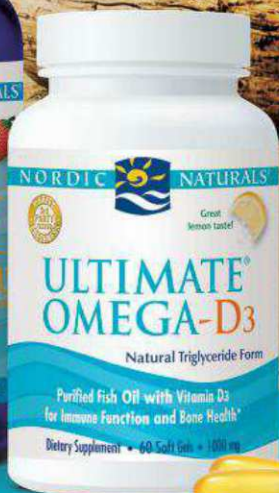
WORK PURE COOKING TECHNIQUES INTO YOUR REGULAR ROUTINE. STEAMING, COOKING EN PAPILLOTE (IN PARCHMENT), AND POACHING ALL PRESERVE FLAVOR AND NUTRIENTS.



MORE RECIPES! Head to wholeliving.com/challenge-week-3 for the full menu.

"What's essential to me is finding balance in my life, so she can have it in hers."

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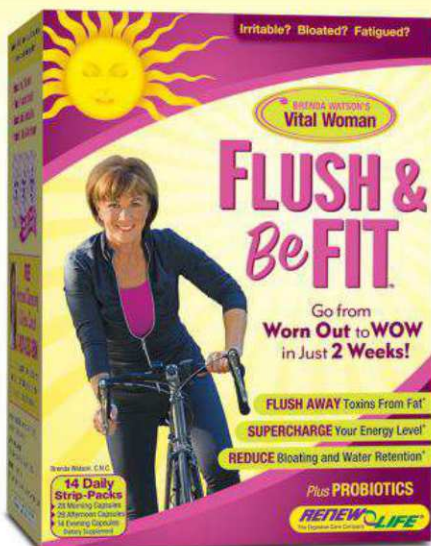
**NORDIC
NATURALS** 

From **WORN OUT** to **WOW** in **2 Weeks!**



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Flush & Be Fit is a unique natural supplement made exclusively for women to address key health concerns like **fatigue, irritability, poor digestion, belly bloat, vaginal flora balance** and more.* Created by ReNew Life founder and digestive care expert Brenda Watson, C.N.C. Take back control of your body and your health with Flush & Be Fit.

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Available at natural stores and fine retailers everywhere.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. † SPINS Natural Industry 52 weeks ending 10/01/11

10 THOUGHTS ON WHOLE LIVING

1 NOURISH YOUR MIND AS CAREFULLY
AS YOU NOURISH YOUR BODY.

BRISK, CRISP, INVIGORATING—REMEMBER
ALL THE POSITIVE SIDES OF WINTER.

2

3 FINDING BALANCE IN YOUR RELATIONSHIP REQUIRES ALL YOUR SENSES.

4 If you feel the need to be critical,
BE SURE THE URGE IS COMING FROM A PLACE OF KINDNESS.

WHEN YOU BREAK A SMALL BAD HABIT,
YOU TEACH YOURSELF
THAT YOU CAN CHANGE ANYTHING.

5

6 PROSPERITY BEGINS WITH THE ASSUMPTION
THAT THERE'S MORE THAN ENOUGH FOR EVERYONE.

Willpower is sometimes a biological issue,
not a moral one. Don't judge yourself harshly.

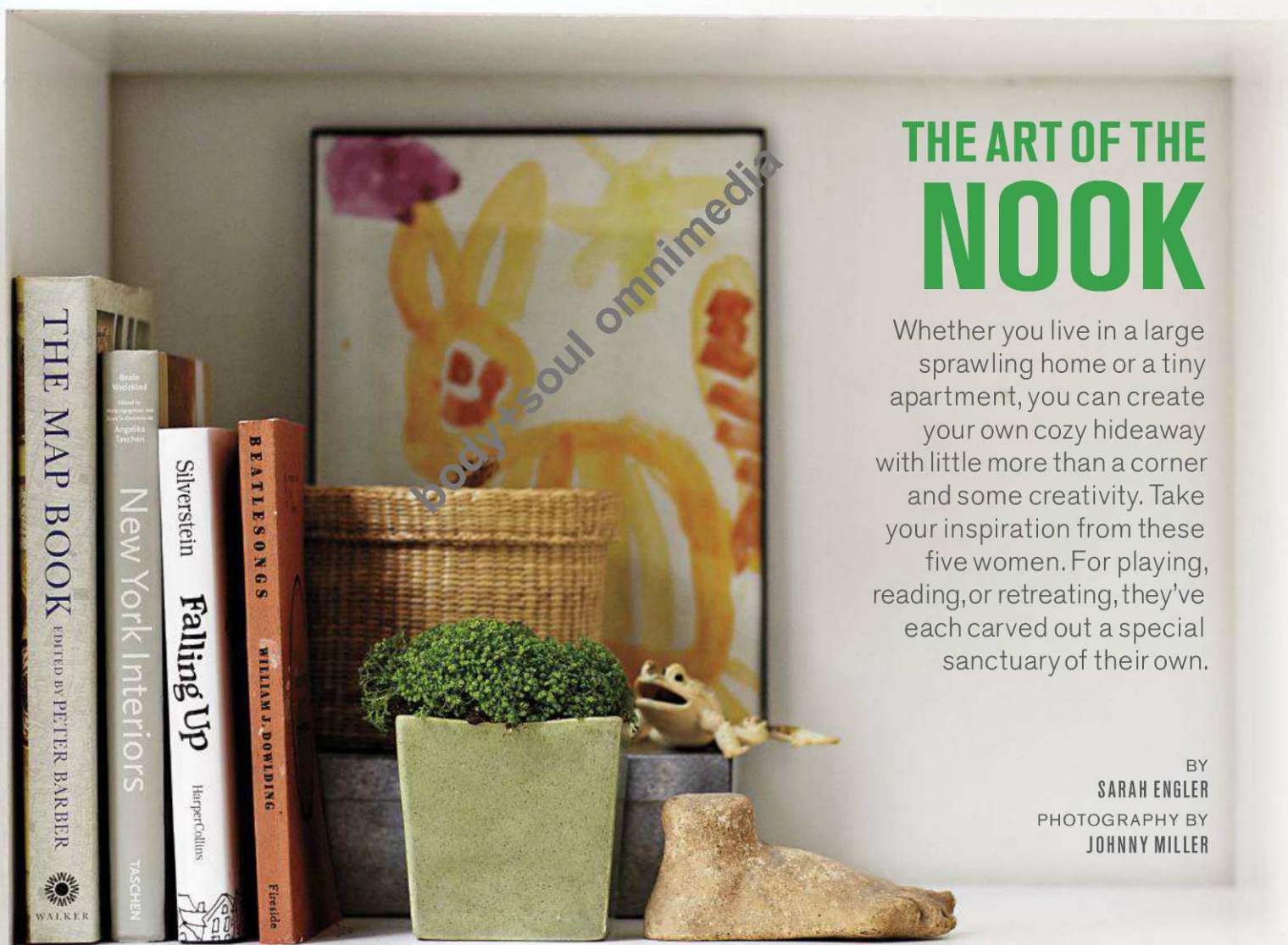
7

THE BEST WORK ENVIRONMENTS FOSTER PERSONAL
CONNECTION AS WELL AS PRODUCTIVITY.

8

9 SPEAK YOUR MIND. **Unmet needs create resentment when they go unexpressed.**

10 **THE NEW YEAR ISN'T A DO-OVER;**
it's an opportunity to take your next big step.



THE ART OF THE NOOK

Whether you live in a large sprawling home or a tiny apartment, you can create your own cozy hideaway with little more than a corner and some creativity. Take your inspiration from these five women. For playing, reading, or retreating, they've each carved out a special sanctuary of their own.

BY
SARAH ENGLER
PHOTOGRAPHY BY
JOHNNY MILLER





FOR PLAYING

This windowed closet off of Zoë van de Wiele's living room didn't make much sense. "We tore it out to get more light," she says. "After we added the swing chair, my girls Happy [left] and Frida, took it over. They love to open the window partway and chat with neighbors."

COVER THE WHOLE WALL

Zoë's husband Hub Moore (hub-woodworks.com) built floor-to-ceiling shelves to hold toys and make the nook feel more inviting.

DON'T FORGET THE FLOOR

A plush area rug not only adds softness, it helps define the space.



KIDS' PLAY ALCOVE
5'(DEPTH) X 7'(WIDTH)

"THIS CORNER IS MY FAVORITE
PLACE TO BE. IT'S MY LITTLE
GREEN OASIS IN THE MIDDLE
OF A BUSTLING CITY."

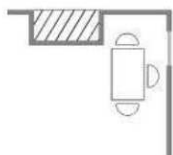


FOR ENTERTAINING

Floral designer Juliet Totten (poppiesandposiesevents.com) became partial to this corner of her railroad-style Manhattan apartment because of the sunny south-facing window. "I initially imagined it would be a pretty windowsill garden, but I enjoyed being in that space so much that I added a table," she says. "Now I use this area to entertain friends and I love sitting here by myself in the morning with a cup of coffee."

ADD SOFTNESS The leaves of Juliet's kumquat tree brighten the corner, and the floor-to-ceiling drapes soften and flatter the painted brick wall.

GET PERSONAL Juliet installed shelves to store some of her favorite serving pieces and tchotchkes. "It's nice to have them readily available but they're also so pretty," she says. "Just seeing them every day makes me feel warm and happy."



JULIET'S GREEN SPACE
6'4" X 4'7"

window seat



office



WORKING IT Lesley turned a larger alcove on the first floor into her work nook by adding an angled desk in the corner.

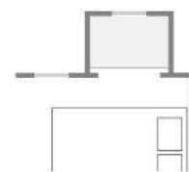
FOR REFLECTING

Lesley Alderman, author of the upcoming *The Book of Times* (Harper Collins), was originally baffled by the odd-shaped alcove off the master bedroom of her 1840s row house. "Everything I tried either made it feel claustrophobic or sad," she says. With the help of cabinetmaker Jeremy Savian (jeremy.savian.com), she turned it into a lounging space with storage underneath. "Now my son, Charlie, and I like to sit here and watch the

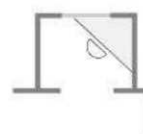
rain," she says. "Our dog, Patrick, perches here to watch the birds outside."

CHOOSE HUES THAT SOOTHE If relaxation is your goal, opt for calming colors like blues and purples.

BE CREATIVE Jeremy made the window seat feel like a natural extension of the room by matching the original wooden moldings. "It looks like it was always meant to be here," says Lesley.



FAMILY HIDEAWAY
3'8" X 3'11"



LESLEY'S WORKSPACE
5'6" X 5'5"



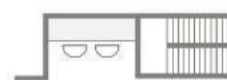
FOR WORKING

The ground floor of interior designer Amie Weitzman's (amieweitzman.com) brownstone is what she calls "the hang out area," and includes a family room and an open kitchen. "When we saw that the staircase created a little niche, we knew this would be the perfect place for a family desk," she says. "It's my home office, my husband's backup office, and the kids' homework 'office' in the evenings."

USE EVERY SQUARE INCH

Amie made the back wall half magnetic board (for invitations, photos, and calendars) and half blackboard (to scribble messages and reminders to each other). "It's command central," she says. "We can't live without it."

LIGHT RIGHT The Glo-Ball pendant light from Flos helps illuminate the work space and makes the alcove feel like a room within a room.



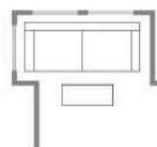
COMMUNAL OFFICE
5'4" X 6'3"

FOR READING

This windowed corner of writer Kate Bolick's small one-bedroom apartment is her favorite lounging spot. "I spend hours here reading or napping, which happen to be my two favorite activities," she says. "When it's sunny and a breeze is coming through, I feel just like I'm on a sunporch."

THINK COMFORT Kate picked a deep love seat that reminded her of a photo she saw of one in an early-1900s country house. "I replicated it to a T by outfitting it in nubby lavender linen, adding cushy throw pillows, and a dainty little skirt," she says.

KEEP OUT LIGHT Remember: a nook doesn't need to be dim to feel cocoonlike. The rays streaming through the windows provide perfect reading conditions and a healthy dose of vitamin D. Kate hung honey-toned linen curtains to diffuse the light on overly bright days and to bathe the area in a rich, golden glow.



KATE'S SUNNY SPOT
2'10" X 6'6"



ONLINE

For more snug ideas, go to wholeliving.com/cozying-up-at-home

BECAUSE OUR OFFICE
NOOK IS RIGHT OFF
THE KITCHEN AREA, WE
CAN GET WORK DONE
WITHOUT HAVING TO
FEEL CUT OFF FROM
EVERYONE ELSE."



BABY YOUR SKIN

All-over softness isn't just for newborns—pamper your grown-up skin in four simple steps.

BY ALESSA PINDAK
PHOTOGRAPHY BY ANNA WILLIAMS

body+soul omnimedia

When we're born, our skin is rich in oils that keep it soft and moist by holding on to water. As we age, oil production slows, cells lose their ability to easily repair themselves, and consequently even healthy skin doesn't retain moisture as well. The things we put it through—freezing cold winds, hot, dry office heat, and less-than-perfect diets—mean we have to work extra hard to maintain the dewy, soft skin of our youth. “Very few people are really good about using moisturizers and taking proper care of their skin, and this contributes to dryness and aging,” says Kenneth Beer, M.D., a dermatologist in Palm Beach, Florida. The best way to recapture baby skin (or as close as an adult can get to it) is to baby yourself—think of it as a great excuse for a little indulgence.



FOUR STEPS TO SOFTER SKIN

STEP ONE WASH GENTLY

Water—though extremely hydrating internally—can have the opposite effect externally. “Our skin is coated in a layer of natural lipids that lock in moisture,” says David Bank, M.D., director of The Center for Dermatology, Cosmetic & Laser Surgery in Mount Kisco, New York. “Washing strips away these protective oils, allowing water to escape.” Hot water exacerbates this, causing moisture to evaporate more quickly. To help prevent this loss, spend less time in a really hot shower. “If you want a little heat, crank it up for a minute, but then turn it back down,” says Beer. And beware of bubbles. “Soap binds with the oils on your skin, abetting water in washing them away, so choose cream- or oil-based cleansers that won’t strip the skin,” says Bank.

STEP TWO HYDRATE

“You can help your body lotion work by applying it at just the right time,” says Bank. “When skin is still damp from your shower, it will trap moisture more effectively.” This goes double for hands, which are exposed to more water than any other part of the body. Stash hand cream next to the sink, at your desk—anywhere you’ll be reminded to use it often.

STEP THREE PROTECT

The best way to fight parched skin is to prevent it from happening in the first place. To counteract dry air, use a humidifier in your home. Before you even think about going outside in the cold, bundle up with hats, scarves, long socks, and gloves, which will protect against cold air and chapping winds. For severe dry skin, pay attention to what you’re wearing; think soft (cotton, cashmere), not scratchy (rough wool).

STEP FOUR NOURISH

“What we eat is just as important as what we slather on,” says Beer. Opt for foods high in omega-3 fatty acids such as fish, and try beans, turkey, crab, and lean beef for zinc. Add foods with vitamin A like leafy greens, carrots, and sweet potatoes, and snack on nuts, seeds, and broccoli for vitamin E. “A diet rich in healthy oils and key nutrients helps keep skin soft and functioning optimally,” says Bank.

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Add pure, natural formulas to your daily routine. They're a gentle way to moisturize your skin back to baby soft.

SERUMS, OILS, LOTIONS, AND POTIONS


For general dryness and to maintain soft skin, find a product you love and will indulge in often. When skin is red or irritated, look for simple, fragrance-free formulas.

(1) Éminence Organic Skin Care Lime Cleansing Masque (2) John Masters Organics Pomegranate Facial Nourishing Oil (3) GÜD from Burt's Bees Vanilla Flame Natural Body Butter (4) Derma E Hyaluronic Acid Rehydrating Serum (5) L'Oréal Paris Age Perfect Hydra-Nutrition Golden Balm Eye. For product details, see page 101.



ONLINE

For more seasonal tips, go to wholeliving.com/winter-natural-beauty

A close-up, high-key photograph of a woman with light brown hair tied back, looking down and slightly to her left. She is wearing a white, thin-strapped tank top. The lighting is soft and warm, creating a gentle glow on her skin. The background is a plain, light-colored wall.

When you're nourishing yourself
inside and out, skin should look beautiful,
balanced, and radiantly healthy.

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FOR THE FACE

SEEK PROTECTION

THE PROBLEM The skin on your face is delicately thin and constantly exposed to the elements. But there's no need to spend the winter in a ski mask.

THE SOLUTION A good lineup of products will seal in moisture while softening skin. Cream cleansers are gentle on the skin. Layering lotions on top of oils and serums will lock in hydration.

EYE TREATMENT

L'Oréal Paris Age Perfect Hydra-Nutrition Golden Balm Eye blends natural oils and calcium to help brighten the eye area. \$20, drugstore.com

CREAMY CLEANSING

Éminence Organic Skin Care Lime Cleansing Masque clarifies while antioxidants from green, white, and rooibos teas fortify skin. \$44, eminenceorganics.com

NOURISHING OIL

John Masters Organics Pomegranate Facial Nourishing Oil is a blend of oils specifically geared toward dry skin. Bonus: It's certified organic. \$30, johnmasters.com

FACIAL CREAM

Malin + Goetz Replenishing Face Cream is tailor-made for dehydrated, compromised skin with vitamins and essential fatty acids to balance it. \$72, malinandgoetz.com

FACE SERUM

Derma E Hyaluronic Acid Rehydrating Serum has the benefit of its star ingredient, which can hold up to 1,000 times its weight in water. \$30, dermaE.com

BODY CREAM

Güd from Burt's Bees Vanilla Flame Natural Body Butter is rich in shea butter, a welcome salve for rough skin. \$12, gudproducts.com

BODY SCRUB

J.R. Watkins Sugar & Shea Body Scrub has coconut oil to soften skin as it exfoliates. \$14, jrwatkins.com

HAND CARE

Seed Healthy Hand Cream contains grape and sunflower seed oils to soften skin without leaving it greasy. \$7, seedbodycare.com

ALL-OVER BALM

Elemental Herbs All Good Goop Organic Healing Balm is great for perpetually dry patches like cuticles, lips, and elbows. \$14, elementalherbs.com

BODY LOTION

Fresh Seaberry Restorative Body Cream protects skin with sea buckthorn. \$29, fresh.com

FOR THE BODY

SMOOTH ROUGH PATCHES

THE PROBLEM Even when you stay bundled up, cold winds, clothing, and dry air can still sap moisture.

THE SOLUTION Slough off dead cells with a washcloth or body scrub (unless your skin is dry and damaged, in which case scrubbing will irritate) and rub in creams. Pay extra attention to the usual suspects—hands, feet, elbows, and any other scaly spots.



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SNOW DAYS

Don't let a little flurry keep you indoors. Pull on your mittens, grab your sled, and head outside to play.

BY KATE HANLEY



photograph opposite page: John Kelly/Tetra Images/Corbis; photograph this page: Thomas Northcut/Getty Images

FOR MOST OF US, winter isn't just a season; it's a snowy, ice-encrusted, months-long excuse for staying indoors. And while we all hope Punxsutawney Phil will herald an early spring, you won't find many Scandinavians under the covers watching *Real Housewives of Helsinki* if he doesn't. In fact, there's a saying in Nordic cultures that reflects their attitude toward the cold months: There's no such thing as bad weather, just bad clothing.

Next time you're tempted to watch the snow fall from the comfort of your couch, venture outside and have some fun! Simply playing in the cold, to say nothing of actual exercise, can use more calories than a similar activity performed indoors because the added gear and clothes increase the calorie burn, says Nancy Clark, a sports dietitian and author of *Nancy Clark's Sports Nutrition Guidebook*. Plus, navigating the uneven terrain of sledding hills, snowy trails, or slippery sidewalks requires more energy than working out on a dry, flat surface. It challenges your balance, increases your agility, and makes you steadier on your feet, says fitness expert Tina Vindum, author of *Outdoor Fitness*. Being active outside may even benefit your mental outlook. Exposure to natural light has been shown to help regulate mood, and many enthusiasts feel it improves focus. "There is something about being out on a bright, snowy day that empowers you," says Julie Lindahl, author of *On My Swedish Island* and founder of *Nordicwellbeing.com*. So if you can't manage that tropical getaway this year, don't assume you have to be housebound until spring. There's plenty of fun and fitness to be had in your own backyard.

PLAY CLOTHES

Bundle up in these winter warriors and let the snowball fights begin!

Loki Stockholm Jacket

This insulated coat has a built-in face mask, and mittens that fold into the sleeves. \$279, lokigear.com for stores

Smith Cypress Sunglasses

Sunglasses are a must against the reflected glare of winter sun on snow. \$119, smithoptics.com

Lucy Balance Power Jacket

This stretchy, fitted mid layer zips open for versatile venting. \$98, lucy.com

Merrell Women's Meadowlark Pant

Insulated and waterproof, these have nifty thigh vents to regulate body heat. \$149, merrell.com

The North Face Fuzzy Earflap Beanie

You're covered with this fleece-lined ear-warming knit. \$38, thenorthface.com

Neve Amo Neve Crew Neck

The deluxe combination of silk, merino, and spandex is warm and wicking. \$137, nevedesigns.com

Gordini GTX Storm Trooper Gloves

A digital grip palm and thumb means you can stay warm and still operate your iPhone. \$65, gordini.com for retailers

L.L.Bean Snowfield Boot

With a lightweight, cushioned sole and rugged treads, these boots are as comfortable as sneakers. \$89, llbean.com

OUTSIDE PLAY

Best for kids of all ages who want to make the most of a snowy day.

What it takes Not much, just warm and water-resistant clothes.

What you'll get out of it Exercise that feels like play, because it is. Building snow forts, making an army of snow angels, rolling snowmen, and running and ducking during a snowball fight all get your heart pumping and bring a huge smile to your face.

SLEDDING

Best for fun-loving folks trying to raise their heart rate without doing formal exercise.

What it takes Forgo the cheap saucer sleds (or lunch trays), which are hard to control, says Vindum. While you could spend more than \$200 on a sled, it's not necessary; one with handles and some steering element is sufficient.

What you'll get out of it A great cardio and lower-body workout (not to mention comic relief). Don't underestimate the fitness value of walking uphill with kids or friends in tow. It's basically interval training, Vindum says.

SNOWSHOEING

Best for people who love hiking, runners who want to explore new terrain, or those who simply want to wander in their winter wonderland.

What it takes Snowshoes run between \$100 and \$300, but many ski shops or outdoor stores will let you rent before you purchase. Wear insulated and waterproof hiking boots or trail shoes. (They attach with adjustable straps.)

What you'll get out of it Great cardio and endurance training with a low risk of injury. You'll also burn calories like mad: a 130-pound person can burn 475 calories an hour shoeing at a moderate pace through unpacked snow.



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The Best Ways to Warm Up

GET OUT OF WET CLOTHES Before you do anything—even before you get home, if you've ventured far afield—change into dry clothes. Remember that when it's cold out, you still sweat. Sweat can dampen clothes, which, if left unchanged, can lead to a deep body chill, says Vindum. Change everything that gets wet.

ENJOY SOMETHING WARM Brew some tea or make yourself cocoa or a hot toddy and a steaming bowl of vegetable soup, suggests Trine Hahnemann, Danish chef and author of *The Nordic Diet*. Then, take a nice hot restorative bath—the good kind of wet!



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*There's a saying in Nordic cultures:
There's no such thing as bad weather,
just bad clothing.*

NORDIC WALKING

Best for the avid walker who wants to kick things up a notch.

What it takes Nordic walking poles have a rubber-tipped point and small basket. Getting the arms involved transforms regular hiking into a full-body workout. In addition to upping the exercise ante, the poles provide stability for trickier winter terrains. You can use poles in any season to help with balance and recruit those upper-body muscles.

What you'll get out of it An efficient and vigorous workout. When you use poles, you get the benefit of a one-hour walk in only 30 minutes, says Klaus Schwanbeck, president of Nordixx Pole Walking Canada and author of *The Ultimate Nordic Pole Walking Book*.

CROSS-COUNTRY SKIING

Best for the person who likes intensity, has access to large expanses of snow-covered ground, and doesn't want to wait in line for the chairlift. Although skis are required, the sport is accessible to all fitness levels. If you're a beginner, stick to groomed trails. If you're more advanced, you can blaze your own trail through the woods, Vindum says.

What you need Cross-country skis (thinner and longer than downhill skis with bindings that allow your heel to lift), poles, and boots. You can rent all equipment at most ski resorts, ski shops, and outdoor stores.

What you'll get out of it A serious calorie-torching session, and a sense of calm spurred by the rhythmic motions of the sport. Cross-country skiing challenges every major muscle group while building cardio fitness, endurance, and balance. The combined effect provides the most wonderful buzz, Vindum says.

Special thanks to The Trapp Family Lodge—yes, it's run by one of The Sound of Music clan!—in Stowe, Vermont. For family options for snow-day fun, including cross-country skiing and snowshoeing, visit trappfamily.com.

TRAILBLAZERS

Advancements in outdoor performance gear have led to surprisingly lighter, thinner materials that will keep you warmer than that old anorak.

Patagonia Nano Puff Jacket

Made of 100 percent recycled polyester, this lightweight layer is low-bulk and packs into an internal pocket. \$179, patagonia.com

Obermeyer Radiator Mittens

These grippy mittens are insulated and waterproof. \$30, obermeyer.com for stores

Nau M2 Tight Stripe

The wool-spandex blend makes these naturally warm yet surprisingly thin. \$90, nau.com

Tekosocks Merino Midweight Hiking Socks

These organic socks are shrink resistant and have vapor channels for breathability. \$19, tekosocks.com

Patagonia Storm Jacket

This sturdy shell blocks wind and water while still allowing vapor to escape. \$249, patagonia.com

Icebreaker Merino Wool Oasis Crew

Naturally antimicrobial and odor blocking, this wool under layer has gussets for easy movement. \$80, icebreaker.com

Leki Cressida Trekking Poles

Lightweight and fitted with ergonomic cork handles. \$120, leki.com

Spyder Women's Painted On Pant

Slip on these stretchy, windproof soft-shell pants for a no-fuss winter workout. \$300, spyder.com

Vasque Taku GTX boots

Gore-Tex lined, these sturdy trekkers still allow moisture to evaporate. \$170, rei.com

eco = eco-friendly

Plan Ahead for Winter Play

In your rush to get outside, don't forget a few cold-weather essentials.

HOW TO GO OUT Prepared! Take lots of water—you can sweat a lot even when it's cold out, and all that winter play burns lots of calories, so be sure to keep hydrated and energized. Pack snacks that have proteins and carbs, like dried fruit, nuts, Fig Newtons, chocolate, and cheese and crackers. A slim thermos for hot tea or cocoa is a nice, warming touch.

Clothing-wise, the goal of your gear choices is to maintain a consistent core temperature so that your body isn't wasting energy warming you up or cooling you down.

If you do sweat, you want to wick the moisture away from your body as soon as possible before it gets cold and uncomfortable. The only thing worse than being cold is being cold and wet.

Wicking, layering, and versatile clothing allow you to easily regulate temperature. Start with a thin base layer of a moisture-wicking synthetic material such as nylon or polyester. Try to avoid cotton, which retains moisture.

Add a lightweight layer of fleece or wool insulation to maintain warmth, and a water-and-wind-resistant top

layer. "Look for jackets with zippers under the arms to allow you to dispel body heat so that you don't sweat," Vindum advises.

Shield your eyes from harmful UV rays (which are reflected off the snow).

Protect the vulnerable skin of your face with a sunscreen and lip balm followed by a mask, muffler, or scarf.

AND WHEN TO GO IN If you've overdone it with the snow angels and you start to shiver, your body is telling you it's done playing; your core body temperature is getting low and it's time to go inside.

An artistic illustration featuring a large, white silhouette of a woman's head in profile, facing right. The head is set against a vibrant green background. Inside the white space of the head, a blue seesaw is balanced on a grey triangular fulcrum. Two women, both wearing red dresses, are on the seesaw: one is sitting on the left end, and the other is standing on the right end. A red handbag is visible at the bottom of the frame, partially inside the head's silhouette. The text "body+soul omnimedia" is written diagonally across the center of the head's profile.

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More (WILL) Power to You.

RESEARCHERS SAY SELF-CONTROL IS EASIER TO TAP INTO THAN
YOU MIGHT REALIZE. HERE ARE SEVEN WAYS TO SHARPEN
YOUR RESOLVE JUST IN TIME FOR RESOLUTION SEASON.

BY WHITNEY JOINER ILLUSTRATIONS BY CHRISTOPHER SILAS NEAL

IF YOU CONSIDER willpower to be a mystical trait shared by a lucky few—or a hidden reserve that can be accessed only in dire straits—you're not alone. Most people don't think they have much self-discipline. When two million online participants were asked by noted positive-psychology researcher Martin Seligman to choose their greatest strengths out of a list of 24 traits, self-control ranked at the very bottom. But the latest science shows that we all have willpower, says Roy Baumeister, a professor of psychology at Florida State University who cites the survey in *Willpower: Rediscovering the Greatest Human Strength*, which he coauthored. "We should give ourselves more credit," Baumeister says.

Perhaps because willpower is viewed as an elusive, heroic virtue, we don't realize that we actually use it every day. "We're used to thinking of willpower in terms of our failures only," says Kelly McGonigal, a psychologist at Stanford University and author of the new book *The Willpower Instinct: How Self-Control Works, Why It Matters, and What You Can Do to Get More of It*. But we're exercising our determination all the time, when we don't blow up at an employee who has made a clueless mistake, for instance, or when we pass up a cocktail and assume the responsibility of being the designated driver.

There's more good news: Our ability to access willpower is very much within our control. It's also in our best interest. Psychologists have found that self-control and intelligence are the two traits that predict—in the parlance of the field—"positive outcomes" in life. Having strong self-control means being less likely to make bad decisions that could negatively impact health (like having that fourth cookie) or the future (racking up a credit card bill). Willpower—a complex mix of genetics, personality, goals, values, even a person's energy levels—makes it possible to write a report in advance of the due date, hold off on buying those shoes, avoid arguing with a spouse, and get off the couch and into a Zumba class.

Willpower, in other words, is on our side. It's looking out for our long-term goals—and it's managing stress by averting problems.

"Since willpower is the ability to do what you really want, it's self-evident that the more you're able to use it, the happier you'll be," McGonigal says. "The problem is that people see it as forcing yourself to do what you don't want to do." A more helpful and constructive perspective, perhaps: "Defining willpower as having the strength or willingness to do what matters most to you," McGonigal says.

Pigeonholing ourselves as inherently weak-willed, she believes, lets us off the hook too easily. Why are scientists more confident in our stores of self-control than we are? Recent research provides some intriguing clues.

WILLPOWER FACT WE'RE WIRED FOR IT

We may think of willpower as strictly a mental faculty, but it has a physiological basis, McGonigal says. It's rooted in an instinct, just like its better-known cousin, the "fight-or-flight" response. We're all aware of that one: Faced with an external stressor, whether it's a serious threat (a mugger on a darkened street) or an irksome frustration (waiting in an endless line), our heart rate and blood pressure increase and our breathing quickens.

Probably less familiar: "pause and plan," which is the instinct for self-control. "When your brain detects an impulse that threatens your immediate well-being or long-term goals, your heart rate and nervous system slow down," she explains. "Energy from the body is hurried to the brain to calm down an emotion or inhibit a craving."

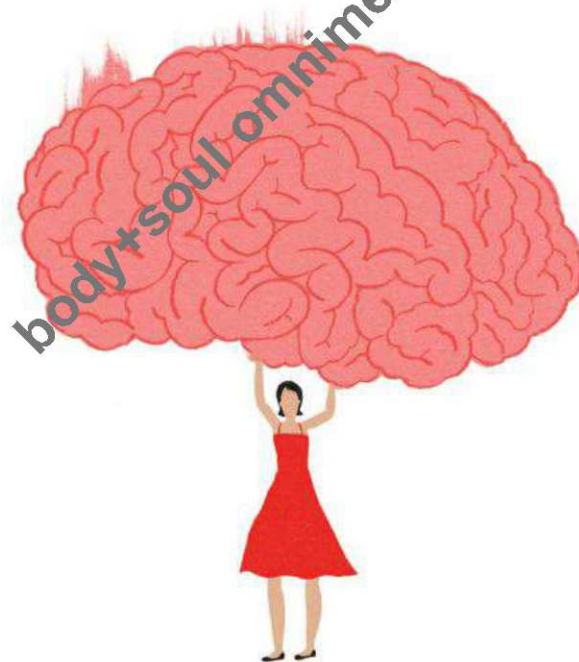
Why don't we recognize "pause and plan" as easily as we do "fight or flight"? Because the stress response is related to immediate survival, it kicks in faster, and for the smallest of threats, McGonigal says. "Pause and plan," on the other hand, doesn't feel as obvious; it's trickier to notice. "Even though it's an instinct, it's harder for the brain to do, because it requires more energy," she says.

WILLPOWER FACT IT FLUCTUATES

Yes, it's true: We have a limited amount of willpower, and it's important for us to use it effectively. When we use self-control (an imperceptible brain shift), we're actually drawing on, biologically speaking, glucose—the sugar derived from the nutrients we consume. It's the same energy that powers muscles and organs. "The neurotransmitters that enable the brain to function are made from glucose," Baumeister explains. "Self-control is a complicated psychological event. It draws on your body's energy supply, which is limited."

Baumeister's research has shown that low levels of glucose correlate to poor performance on self-control tests, which makes sense: We all know that we're not at our decision-making best when we're famished. Every decision that's not habitual—choosing from 20 bottles of shampoo at the store—uses willpower, McGonigal says. "It taxes the system at a very low level." However subtle, that taxing effort takes its toll.

This may help explain another important finding: Our willpower levels inevitably fluctuate. Everybody has moments of strength and moments of weakness. "No



and shame, McGonigal says, emotions that trigger stress. So if you're primed to deal with anxiety in an unhealthy way, such as overeating, remorse over not exerting restraint will lead you right back to the thing you're trying to quit. "As soon as you introduce guilt, it shifts your body into a state where it makes you want whatever you feel ashamed about," McGonigal says. She cites a study in which people were asked to imagine how badly they'd feel after eating a piece of cake; this visualization triggered self-denigration, which paradoxically, made the participants more likely to eat the cake.

At the other end of the spectrum: feeling overconfident about good behavior. Patting yourself on the back for taking an extended turn on the treadmill is fine, as long as success isn't used as an excuse to revert to old behavior. Repeated studies have shown that we easily fall prey to what psychologists call "moral licensing," McGonigal says. If we think we've succeeded at something, we are likely to reward ourselves—and often in a way that's in direct conflict with our goals. "If we say we're being good for doing our taxes or for eating a salad, then we give ourselves permission to sabotage our goals," she says. The result: We end up taking one step forward and one step back.

one's self-control is perfect all the time," Baumeister says. So when there's a lapse, it makes sense to reframe the situation, thinking, "Maybe I was a little depleted, and I should manage myself better in the future," he says—not, "I lack strength of character."

Willpower, in many ways, is like a muscle: It gets tired with use. "If you run for 10 miles and do a spin class, your quadriceps will need to recover," McGonigal says. "The willpower muscle works in a similar way. Once you use your strength, you need to recover and refuel." Just as someone would improve at the gym by progressively doing more demanding drills, a person can strengthen self-control by slowly and progressively challenging it, building up the brain's ability to tap into willpower. (See "Where There's a Will," opposite.)

WILLPOWER FACT GUILT DOESN'T WORK

To be sure, willpower is connected to success, and people with less self-control are more apt to make bad decisions. But labeling oneself as "bad" after eating an extra slice of pizza is unlikely to produce positive changes in behavior. In fact, it can lead to self-sabotage. Chastising creates guilt

WILLPOWER FACT THERE ARE THREE PARTS

It may sound monolithic, but willpower is a multifaceted thing: In fact, it comprises three separate powers. Using them in tandem can make it easier to create a new habit. There's "I will" power: the ability to do something we don't want to do because it's good for us (go to the gym at the crack of dawn before heading to the office). "I won't" power is the ability to stay away from things that are bad for us (playing an umpteenth round of Angry Birds before going to bed). And "I want" power—making decisions based on goals ("Staying healthy, for my sake and my family's, means a lot to me.").

"People can be strong in one area, but not others—like they have great self-restraint but are terrible procrastinators," McGonigal says. The secret to changing habits lies in paying attention to all three of the powers: "They all work together," McGonigal says. "I won't" and "I will" actions help create conditions that make change possible. "I want" power keeps the long-term reason for making a change front and center, prompting your willpower to enact itself. "Without the 'I want' power, it feels like gritting your teeth and bearing it, which is something very different," McGonigal says. "You're training to do something that's inconsistent with what you want."

Creating a new habit can take anywhere from an hour to a year, Baumeister and McGonigal say. But once new behavior is solidly ingrained—through repetition or because someone begins to view the change as consistent with her identity (say, being a vegetarian)—willpower is no longer necessary. At that point, the willpower reserve is primed for the next challenge—and it's ready to be accessed for something else.

WHERE THERE'S A WILL ... there are seven ways. Building self-discipline doesn't involve the exercises in virtuousness one might assume. True, meditation makes the list of helpful practices—but so do sleeping and snacking. Here, several pointers:

1. TAKE A BREATH

McGonigal's "hands-down" top suggestion for self-control: meditation, even if it's a mere five minutes a day. "Over time, meditators' brains become finely tuned willpower machines," she says. Besides being proven to help focus attention, manage stress, control impulses, and improve self-awareness, the act of meditating is an exercise of willpower in itself. "You're paying attention to the goal, which is focusing on your breath, noticing when you're off the goal, and repeatedly coming back to the goal," McGonigal says. Meditation also improves the vascular health of the brain, allowing it to use energy more efficiently.

2. EAT RIGHT Because glucose is directly connected to self-control, and our bodies break foods down into glucose, it makes sense that a steady diet could support willpower. "Eating on a regular basis will definitely affect your

self-control and decision-making capacity," Baumeister says. Food choices are important. Sugary snacks, for instance, will provide a fast fix, but they'll leave a person hungry soon afterward. Better choices: slower-to-digest whole grains or lean cuts of meat.

3. KEEP MOVING Exercise, including gentle movements such as walking or yoga, starts working immediately to reinforce willpower. The activity increases levels of gaba, a neurotransmitter responsible for self-soothing, McGonigal says. "That's why just 10 minutes of walking on a treadmill makes it easier to resist that extra bite of chocolate."

4. GET SLEEP Yet another reason to get at least six hours a night (and, ideally, seven or eight): Chronic sleep deprivation leaves people vulnerable to temptation, McGonigal says. The cells of tired bodies don't absorb glucose as well: The brain is less

likely to trigger your willpower and more prone to craving quick fixes such as sugar and caffeine.

5. PICTURE A WAVE

There's a common misconception about breaking habits, McGonigal says. "People decide, 'I'm no longer going to crave cigarettes or want to criticize my partner.' They wait for the inner experience of craving to go away, so they can be a different person." But that's not how it works. Behavior changes first, and then desire lessens. McGonigal suggests short-circuiting cravings by visualizing them as a wave that will ebb and flow, as a "sensory experience that will pass through you," she says. Since even the most dedicated among us will find it difficult to not give in, she advises riding out the wave with this strict rule: Indulge if you must, but only after 10 minutes. In time, you'll be less likely to cave after the interval, as "pause and plan" starts to kick in.

6. MENTALLY INDULGE

Perversely, the thing we crave often doesn't produce the feeling we're hoping for. An exercise that demonstrates this idea: Mentally enjoying a few more potato chips, for example, but also noting all the sensations that go with it—the pleasures and the stresses. "Your brain is saying, 'Eat more potato chips; you're going to be really satisfied,'" McGonigal says. But is it satisfying—or everything else you hoped? Many times, the answer is probably not.

7. CUT SOME SLACK

Guilt doesn't work, but self-forgiveness does. Instead of trying to avoid a sense of anger or disappointment after a setback (often manifested by overindulging in a bad habit), acknowledge these feelings. Remember, too, that missteps are a natural part of the change process. Put the focus back on the ultimate goal: Ask, "What can I do to get back in the right direction?" McGonigal says. "It's about being a good friend and mentor to yourself."

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in balance

UNCOMMON WISDOM FROM EXTRAORDINARY MINDS



CLEAR THINKING

CHARACTER OF YOUR CONTENT

Whether it's out of habit or even social pressure to keep up, many of us consume an unchecked diet of content that, in some cases, we don't even like. (YouTube's double-rainbow guy is amusing for only so long.) "You are what you read and watch, and if you're taking in the same old stuff, you shouldn't be surprised when you feel overloaded by information and bored at the same time," says Gina Rudan, author of *Practical Genius*. Here, her tips for reevaluating what our brains take in daily.

Scrutinize subscriptions Take a good look at what reading materials arrive at your house via mail, e-mail, or the App Store: Which magazines end up gathering dust on the coffee table? Even free newsletters can clog up the works and induce guilt if you feel they're things you "should" be reading. If you're no longer excited by the material, Rudan says, it's time to let it go.

Watch and learn Everybody loves a good kitten video, but it pays to find other captivating web fare. Take in some ideas from TEDTalks, the cutting-edge lecture series (ted.com/talks), or browse cooking or crafting blogs online for a few minutes each day.

Refresh your reading list Exposing yourself to new books and magazines—and different ideas and words—lights up the brain and encourages creative thinking. There's another bonus: "You don't know where your next project or idea will come from, and you may find it where you least expect it," Rudan says. For a change, pick up a psychology journal, or perhaps a book on birds, or a novel by an author you're unfamiliar with.

Reprogram the DVR If you're stuck in a prime-time rut, make it a priority to rethink your program lineup and sample new shows—go ahead and record that special on sea otters. The bigger idea: using television not as a mindless time filler but as a tool for shifting awareness.



THE NATURAL VET

Claws and Effect

How to let your cat engage in roughhousing without mauling you in the process NICHOLAS H. DODMAN B.V.M.S.

Q: My 3-year-old cat loves to play—but those claws hurt! How can I train him to be more gentle? Is that even possible?

A: This wrestling is a natural and necessary part of cats' development. They actually need this kind of activity or they begin to develop aggressive bad habits, such as biting their owner's toes. The trick to minimizing scratching while still bonding well with a cat is to imitate the way cats engage with one another. When playfighting, they bat and bite, and when one of them has had enough, he simply walks away—game over. This is how cats learn (and teach one another) how much playing is too much.

When you notice your cat becoming overstimulated during play—the eyes narrow, the ears flatten, the tail swishes, or the claws

come out—quit the game. If you continue to play with him in this state, you become, in his eyes, a large squeaky toy encouraging his aggressive behavior. Instead, walk away. If you're sitting down, stand up and let your cat gently fall to the floor.

To provide a more suitable outlet for your cat's energetic ways, engage him in object play. Tie the plastic ring from a milk jug to a piece of string and drag it around the room. Or use a Cat Dancer or similar toy: a springy steel wire with rolled cardboard dangling from one end (cats go crazy for it). This will redirect and dissipate his energies.

If you want your cat to get more activity or you aren't able to play as often as you'd like, consider getting a second feline, making sure the two animals are compatible before committing to ownership.

A few words on declawing, since it sounds like you've gotten scratched in the past. I do not recommend this procedure. Claws aren't like fingernails: they are actually part of the cat's toe bones, and removing them is painful and inhumane. You can trim the sharp tips (ask your vet for a quick tutorial) or try applying soft plastic nail caps (such as Soft Claws) which you can glue to the tips of Fluffy's claws and replace as they fall off. In the meantime, I wish you a scratch-free future.

DR. NICHOLAS H. DODMAN is the director of the Animal Behavior Clinic at Tufts University's Cummings School of Veterinary Medicine.

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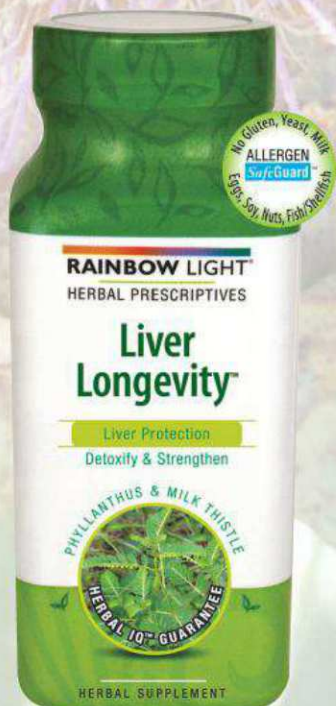
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INSIGHT ROUNDTABLE

EVERYONE'S A CRITIC

The only thing harder than receiving negative feedback? Giving it. Three experts share advice on the best way to deliver an honest appraisal.



WHAT'S THE BEST WAY TO GIVE CRITICISM?

A BUDDHIST RESPONDS

Before offering criticism, consider your intentions. It's easy for ulterior motives to color the feedback you give. How are you entering the conversation? With judgment? A desire to control? Are you hoping to intimidate—or to encourage? The Buddha said to ask yourself three questions before speaking: Is it true, is it necessary, and is it kind? I interpret kindness in this case as constructiveness. If your heart is in the right place and you actually do want to shed light on something to help the other person grow or improve, then that's the right reason. The truth can hurt—but sometimes the most loving, wise, conscious act is to let him feel the sting rather than avoid it. When you speak from a compassionate, non-attacking position, you're on the right track. And the less it's about you, the better. Lastly, realize that you can give the best, kindest feedback in the world and have it rejected. That's OK. You give what you can, give it with love, and the rest is up to the recipient.

MARK HOUSEK
is the author of
Uncommon Wisdom.

A CAREER COACH RESPONDS

We often assume that when we draw attention to what someone has done wrong, she will know how to fix it. This is not always the case. Don't go into a feedback-oriented discussion without having some concrete improvement strategies for the other person. If you begin the conversation negatively ("I don't like how you handled that meeting yesterday"), you'll only incite someone's defenses. Timing is important, too—so be mindful of whether you're giving advice perhaps too soon (say, moments after a big presentation when the speaker may be most vulnerable to criticism). Allow a day to pass but not much more, or else in some cases the issue may gather too much importance and become weightier than it needs to be. Despite it all, no matter what you say or when, the other person may get upset. If that happens, do not backpedal or apologize! Instead, acknowledge that she's upset, and make it very clear that the reason you said what you have is because you want her to be great.

JODI GLICKMAN
is the author of
Great on the Job.

A WRITING INSTRUCTOR RESPONDS

Start with what the other person has done right, not wrong, and acknowledge the things that are working. Then move on to what isn't as effective and explain not only why it's not, but how it could be better. I always make sure to give my students reasons, resources, and models of excellence. This changes the tenor of the conversation, and communicates that I'm invested in their success. If you're not commenting on someone's work but on their actions, then you might try what I did when I discovered my 16-year-old daughter was on Skype at 3 a.m.: using the positive as a touchstone. I focused on the behavior, not her character, by saying, "That's not like you. You usually make good, wise decisions." Then I asked her what happened. Turns out she was talking to her best friend who had been spending the summer in Korea, and it was the only time of day they could connect. I was glad I didn't attack her out of the gate, because the fact is, she was making the best decision she could.

MARION ROACH SMITH
is the author of
The Memoir Project.



CONSCIOUS CONSUMER (PAY) RAISE AWARENESS

Being fairly compensated for your efforts is a responsibility that will often fall to you. Knowing how to ask for what you need is essential to building a prosperous life. BY JULIA CAMERON

In our culture and in our families, talking about money is often seen as taboo. Our parents' incomes are not discussed; we wonder but never ask about our neighbors' financial situation (and if we do ask, we're met with discomfort and ambiguity). But talking about money pales in comparison with asking for money. And asking for money is something we must learn to do.

Rickey was a high school music teacher who happily accepted a part-time job after college. Because the school was more focused on sports than music, Rickey saw enormous room for growth in the program.

So, in addition to the two classes he was hired to teach, he started creating more performance opportunities for students. He formed an a cappella group, taught singing lessons, and helped the choir grow and improve. The administration noticed the excitement in the music program, and started to invite the choir to perform more often. Even neighboring schools started asking for his help. He was so busy, he lost track of the hours he was spending.

But finances were tight, and without any time to take on other jobs, Rickey was struggling.

After his stellar annual review, he requested a meeting with the dean and told him that while he loved what he was doing, either the position had to adjust, or he would have to. "I just can't continue putting in full-time hours for a part-time salary," he explained. A week later, the dean offered him a full-time position with benefits.

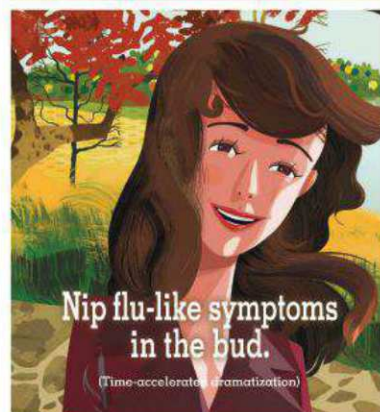
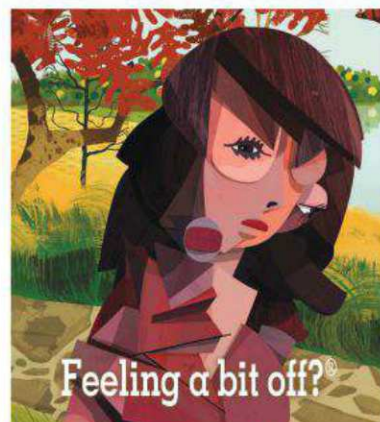
So often when we're being underpaid for our talents, we feel as though it's off-limits to speak up. We tell ourselves we're lucky to have anything at all, when in fact, our employer may be very lucky to have us—and may even be quite receptive to our request. If we voice our concerns calmly, before we get resentful, we avoid not only being taken advantage of, but also engaging in a risky confrontation. Whether our employer gives us a raise or doesn't, the act of standing up for ourselves opens the door to self-worth and prosperity.

Adapted from The Prosperous Heart: Creating a Life of Enough by Julia Cameron © 2011. Reprinted with the permission of Tarcher/Penguin.

FOUND IN TRANSLATION

Yoko meshi (yo-ko me-she), *noun*, Japanese: A metaphor for the stress of trying to understand another language. "Yoko" means horizontal and "meshi" means boiled rice: The literal translation of the phrase is a meal that is eaten sideways. Given that Japanese is read vertically and most languages are read horizontally, the expression captures the mind-bending challenge of processing words in new ways.

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WORDS OF WISDOM

Thich Nhat Hanh, *Your True Home* (Shambhala, 2011)

"The tendency to run away from suffering is there in every one of us. We think that by seeking pleasure we'll avoid suffering. But this doesn't work. It stunts our growth and our happiness. Happiness isn't possible without understanding, compassion, and love. And love is not possible if we don't understand our suffering and the other person's suffering.

Getting in touch with suffering will help us cultivate compassion and love. Without understanding and love, we can't be happy, and we can't make other people happy. We all have the seeds of compassion, forgiveness, joy, and nonfear in us. If we're constantly trying to avoid suffering, there is no way for these seeds to grow."

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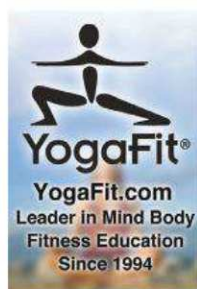


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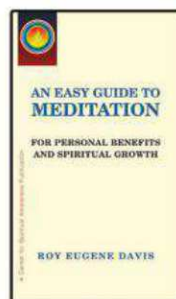


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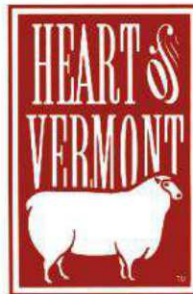
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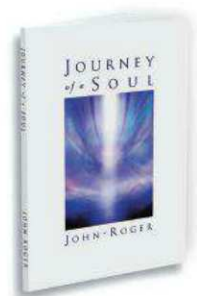
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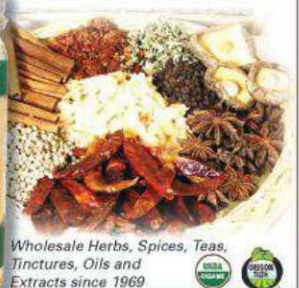
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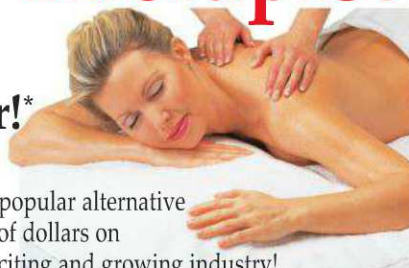


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Can all-new women's only hair system regrow thicker fuller hair? Clinical results say yes!

Sherri Riese
Contributing Editor

If you think hair loss only affects middle-aged men, think again.

According to the American Academy of Dermatology over 30 million women in the U.S. have some form of hair loss.

There's a number of reasons why hair loss in women is now increasingly more common: crash dieting, low iron levels, hormone changes and certain medications can take their toll. Genes also play a large role. If a woman's mother has thin hair or bald patches then chances are exceedingly greater for the daughter to suffer as well.

And suffer they do. "In our culture, hair is bound up in notions of womanhood and sexual attractiveness. Plus, we live in such an appearance-driven society that our looks often become one of the largest factors contributing to our self-esteem," said leading psychologist Dr. Linda Papadopoulos. We all have about 100,000 hairs on our head. And everyday we naturally lose between 50 to 100 strands, but how do you know if you're losing too much?

The simplest way to is to find a consistent 'measuring stick.' It could be anything from a hair brush, the drain in your shower or even the head rest in your car. Everyday make visual reference to the area and clean it off, then repeat the process. If you notice that your hair is falling out at a faster rate, then action on your part is necessary. The good news is that treatment for hair loss is easier than ever to find. You just need to know where to look.

Look for products with proven FDA ingredients and have a high satisfaction rating. And as always, the sooner you do something about it the better off you'll be.



Keranique contains a hair treatment solution that is actually **the only FDA-approved ingredient** that's clinically proven to stop hair loss and actually re-grow hair.

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It's an epidemic that's rarely talked about, but its effects are devastating. If you're one of the 30 million women suffering from the heartbreak of hair loss or thinning hair, every day is a nightmare.

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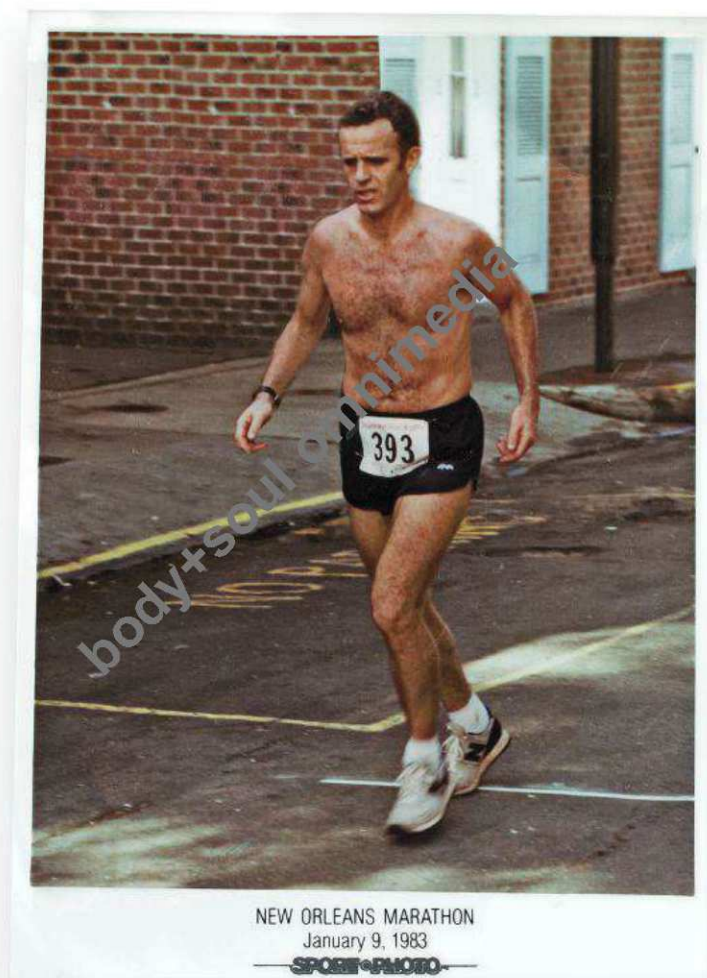
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the whole picture



MY DAD WAS A RUNNER. A marathoner. When he ran, he *always* ran in New Balance. Period. Swore by them. He superstitiously bought a new pair right before each big race, though fitting was a challenge because of his odd-shaped feet. This pair from the early '80s was just too small, so I remember he tried to stretch them by filling Ziploc bags with water, stuffing them in each shoe, and freezing the pair. (It wasn't uncommon to find dad's shoes next to the ice cream.) His trick didn't quite work this time, so he gave the sneakers to me even though I was only 8, a few years away from filling his shoes. Twenty-eight years later, they're a little worse for wear but I think they still have a few miles left in them.

JAMES WILSON is a furniture maker, artist, and writer of the men's style blog Secretforts.com.

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† Collagen Booster was awarded 2010 Best of Supplements and Keratin Booster™ was awarded 2011 Best of Natural Beauty by Better Nutrition Magazine.

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