

# MAKING THE SWITCH TO SILK®

There is no easier way to make a healthy change you'll stick with than pouring Silk on your cereal. It's nutritious and delicious—and it's the least challenging challenge in the world!

We asked two Martha's Circle™ bloggers, Jane Maynaro of thisweekfordinner.com and Alice Currah of savorysweetlife.com, to take the challenge. They make the switch to Silk in their morning cereal and then throughout the day. Here, Jane shares how she used the weeklong challenge to sample other types of alternative milk for drinking, serving, and baking.

### STARTING THE SWITCH

"Shortly after my son, Owen, was born, I had to pretty much cut cow's milk from my diet. I have missed a quick bowl cereal in the morning. And, so this week, I will be using Silk Pure Almond® Vanilla and Silk Light Vanilla wherever I would normally use cow's milk."

ON THE WAY "I'm a few days in and so far so good. I can finally eat my bowl



of cereal each morning! I've really missed my granola. The sweetness of the Soy Vanilla Light is a perfect combo with the cereal.

Have you ever had almond hot chocolate? I heated up the Pure Almond Vanilla milk, added some of my best shaved chocolate, and it was delicious."

### AN UN-CHALLENGING SUCCESS

"The week is over and I am happy to report that it was a success! I was able to use Silk in place of regular milk with no problem. This has opened up the world of 'alternative milk' possibilities to me and I am looking forward to trying other flavors!

During the challenge, I needed to try baking. I decided to try the Pure Almond Vanilla in waffles. Delish!"



Get Jane's Silk Pure Almond Almondmilk Waffles recipe and read more about Jane's weeklong switch to Silk at **thisweekfordinner.com**.

Alice Currah made the switch too. Read all about her family's experience during their weeklong switch on her blog, savorysweetlife.com. Here's a sneak peek!

"This will definitely be challenging during breakfast when my kids expect to drink their preferred milks with their cereals, but I am hopeful they will be pleasantly surprised with the switch!"









# HOW TO CUT YOUR MILK CALORIES IN HALF.





Eating healthy doesn't have to be hard. 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.\*\*

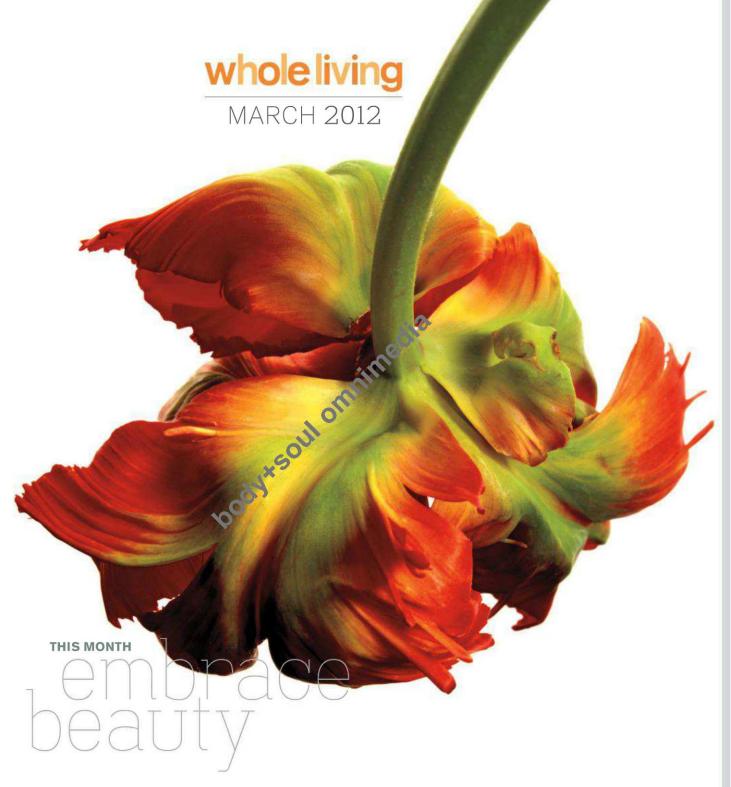
Go ahead, try Silk in your cereal! Then, un-challenge yourself at facebook.com/SilkUS



SOYMILK - ALMOND MILK - COCONUTWILK







### MIND

Gaze at art. According to a study last year from University College London, when people looked at paintings they liked, MRIs showed that the medial orbitofrontal cortex, part of the brain that governs pleasure, lit up. The caudate nucleus, which is the nerve center relating to romantic love, also brightened.

### BODY

Forgive your frizzy hair...or never mind your big nose...or just pick your least favorite body part and decide to show it some love for once in your life (or at least since adolescence). Having self-compassion can actually help you cope with other shortcomings in your life, according to a study from Duke University.

### SOUL

Plant something. Rally your neighbors to sow seeds at the corner park, or join your town's sapling-planting committee. You and your community will delight together as it grows. Knowing that some dirt, water, and lots of patience can blossom into something so beautiful is a gift to everyone.

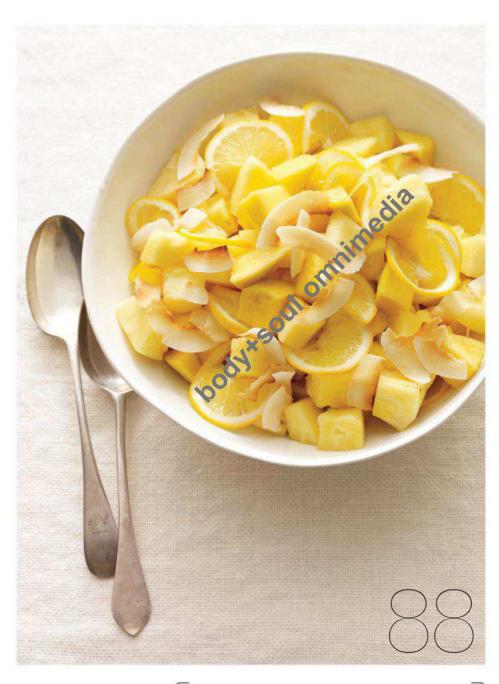


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The Lorax cares for the Earth, just like us. So when it comes to laundry, he likes our style, especially our 4X detergent. It attacks stains with super-advanced triple enzymes (thanks nature!), for detergent that's Earth-friendly yet ridiculously effective. And it's all in a revolutionary package that uses 66% less plastic than an average bottle.\* See what else The Lorax approves and join the party at seventhgeneration.com



# MARCH 2012 COntents



ON THE COVER

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The Latest Wrinkle 56 Boost Your Brain
Pesto Change-O 73 Power Plants

COVER PHOTOGRAPH BY Johnny Miller FOOD STYLING BY Alison Attenborough

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### NATURALLY BRILLIANT

Dine on a rainbow of fruits and vegetables, and you'll enjoy a full spectrum of health-promoting plant chemicals. What does an "eat-your-colors" menu look like? Behold, our inspiring range of vivid options for breakfast, lunch, and dinner.

BY LINDSAY FUNSTON RECIPES BY SHIRA BOCAR

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# THE SECRET LIFE OF BEAUTY

We asked a few of our favorite photographers and writers to share the simple moments of beauty they enjoyed when they slowed down and took a look around. With contributions by Mason Adams, Monica Bhide, John Dolan, Tara Donne, Rory Evans, Richard Foulser, Susan Heeger, Andrew Leonard, Marty Munson, Catherine Newman, Eric Piasecki, and Tessa Traeger.

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# THAT SOMETHING SPECIAL

We always love finding the next great thing when it comes to beauty, but sometimes true comfort and results come from returning to our roots. Here, six women share their ancestral beauty secrets, with recipes and indulgent products to try.

BY ABBIE KOZOLCHYK

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Experts say that just a few minutes a day of challenging your mind can pay off with serious long-term benefits.

BY GINNY GRAVES

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Houseplants are known to lower blood pressure, increase creativity, and ease patient recovery. These nine species boost your mood and energy levels and eliminate airborne toxins.

BY SARAH ENGLER

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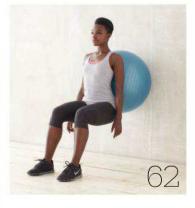
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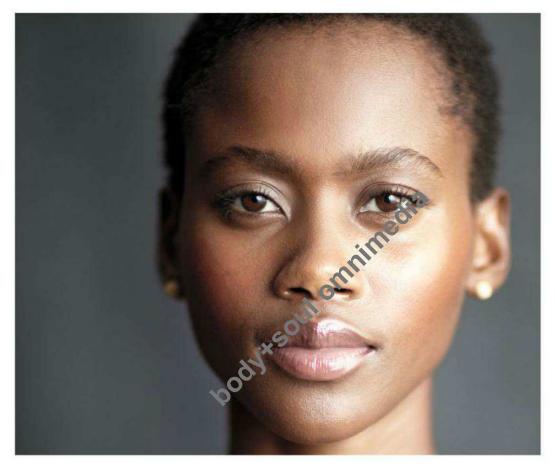
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# photographs from left: Emily Kate Roemer; courtesy of Karen Morse

# wholeliving.com



WHAT'S ON THE WEB

### 100 + SPRING BEAUTY STRATEGIES

### **GIVE YOURSELF A FACIAL**

Make your own masks, scrubs, and eye treatments from ingredients you probably have in your own kitchen. Try an herbal facial steam with rosemary or parsley to tone and balance your skin, then get rid of any remaining winter dullness with a greenpapaya-and-yogurt brightening mask.

### **FORTIFY YOUR HAIR**

Discover the foods (leafy greens and fish are just a start) and products that give you shiny, healthy tresses.

### **GO NATURAL**

You can look pretty and polished with minimal makeup. Our simple cosmetic tips will help you get glowing without a lot of fuss.

Find all this and more at wholeliving.com/spring-beauty

### READER POLL

### SMART FATING

We asked: What's the diet change that's had the biggest impact on your health?



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### COMMUNITY BLOGGER

Name Karen Morse Age 38 Hometown Mountain View, CA

HOW DO YOU REV YOUR ENERGY?

If I'm feeling unmotivated or lethargic, I immediately head outdoors. A brisk 20-minute walk to upbeat music always energizes me.

IF YOU COULD ONLY EAT ONE VEGETABLE FOREVER, WHAT

WOULD IT BE? Sweet potatoes. I love them roasted in olive oil with a sprinkle of sea salt or mashed with a banana and a touch of honey.

WHAT ECO-FRIENDLY PRACTICE ARE YOU MOST COMMITTED

T0? Anything and everything related to the ethical treatment of animals. I don't eat meat, and I make sure that the fish, dairy, and eggs I buy are sustainably sourced and come from providers who raise the animals humanely.



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† When combined with a healthy diet and physical activity, adequate calcium and vitamin D throughout life may reduce the risk of osteoporosis.

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# photograph by Johnny Miller, makeup by Shawnelle Prestidge, hair styling by Damian Monzillo, wardrobe styling by Sabine Feuilloley. Alanna is wearing a slik top from Jole, \$164, denimhabit.com; sterling silver baby razor hoops from T. Kahres, \$65, tkahres.etsy.com, photograph of pinecone by Eric Plasecki

# editor's letter



THIS ISSUE IS ALL ABOUT BEAUTY. On occasion, and strictly as part of my job, I get a crash course in one form of it when I have my makeup done by a professional. That is, by someone who, unlike me, actually knows what he or she is doing with makeup. Watching that person blend and highlight (and subtract years), I've come to understand why they're called artists. It's great to feel glamorous, even for a few hours, and to have everyone make a fuss. "Mommy, you're a princess!" was my young son's reaction once when I came home all done up after a TV appearance.

Princess is fun every now and then, but my daily beauty routine is a lot less elaborate. I stick to a few products with pure ingredients that I can feel good about putting on my face. Partly it's the lack of time, partly my aforementioned ineptitude. Mainly, it's a general inclination toward simplicity, and the knowledge—based on an ever-growing body of evidence—that getting enough sleep and eating a balanced diet are as important to my looks as any amount of concealer.

But don't take my word for it. The six spectacular beauties we interviewed for "That Something Special" (page 104) also keep their routines simple and pure. Many of them credit their enviable complexions to earthy elements, like the sand and the sea, or to old family recipes, such a home-brewed barley tea or an easy home scrub.

tea or an easy honly scrub.

Speaking of kecipes, "Naturally Brilliant"
(page 88) our kaleidoscopic feature on the health binefits of colorful foods, explains why eatire the rainbow is the best way to keep us looking and feeling vibrant. The accompanying recipes range from a ruby-hued beet pasta to a very verdant (and extremely delicious) broccoli-and-spinach soup.

Another beauty lesson in this issue concerns a body part that nobody even sees. The experts we consulted for "Brain Teaser" (page 112) say that a few minutes a day of challenging yourself in unexpected little ways can have serious long-term benefits for memory and cognitive function. So although I'm a righty, I've been brushing teeth, flipping pancakes, and buttoning shirts with my left hand. It's surprisingly awkward using the nondominant digits. After weeks of lefty practice, I'm still astonished by how unwieldy it is to screw the top back on the toothpaste tube. But it's worth it. A bright and agile mind that can remember life's important moments: What could be more beautiful than that?

Alanna Stang, Editor-in-Chief



As a handful of writers and photographers remind us in "The Secret Life of Beauty" (page 98), true beauty is not so often found in big displays and orchestrated events as in small gestures, quiet corners, and ordinary everyday occurrences: a sunrise, a child playing in the waves, a sweet pea vine twirling around a garden stake. Where do you discover beauty? Write and tell me at editor @wholeliving.com.



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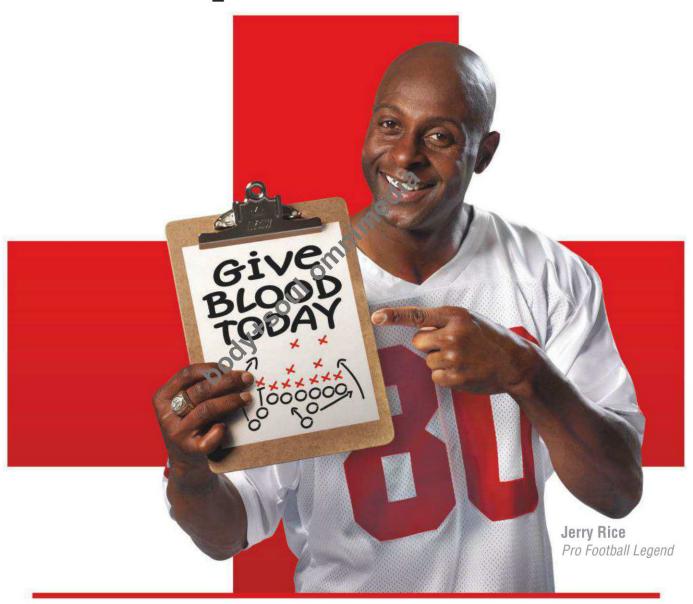
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STEWART LIVING
BONSAI, from \$25
a gallon, homedepot
.com for stores

LONG LASTING
Free of VOCs,
Mythic's interior
latex eggshell
also has a durable, wipeable
finish. MYTHIC
PAINT FAIR MAIDEN, \$46 a gallon,
mythicpaint.com

QUALITY COVER
It costs a pretty
penny, but this
low-VOC waterbased paint comes
in rich colors
based on historic
palettes. FARROW
& BALL ARSENIC,
from \$85 a gallon,
us.farrow-ball.com



### GREAT IDEA

### Wooden Wall Art

Skip the song and dance (and expense) at the frame shop by uploading your digital photo to *Plywerk.com*. The company will print the image, mount it on sustainably harvested maple or bamboo, and add a durable protective finish. Prices start at just \$15.50.

### TREND WE LIKE

**CHECK THESE OUT** Libraries aren't just for books anymore. At these three spots, you can borrow everything from building blocks to tomato seeds.



### PITTSBURGH TOY LENDING LIBRARY

More than 300 toys (catalogued in a binder and searchable via an online index) are available at the volunteer-run library. Their play space can also be reserved for a birthday party with built-in entertainment. pghtoys.com



### FORT COLLINS BIKE LIBRARY

Residents and visitors to Fort Collins, Colorado, can borrow a set of wheels for anywhere from an hour to a week and get recommendations for self-guided tour routes. fcbikelibrary.org



RICHMOND GROWS SEED-LENDING
LIBRARY The public library in Richmond,
California, includes drawers of seeds
and helpful seed-saving instruction.
"Borrow" a packet and then return seeds
from your crop at the end of the grow-

ing season. richmondgrows.org



# THIS SPRING, GET GROWING

### Build a Toolbox for a Better Garden

When preparing for gardening projects, Andrea Mason, The Martha Stewart Show's gardening expert, gathers together all of her essential tools. So, whether you're making over your yard or planting a single window box, look beneath the flap to discover what kinds of gardening

gear you should keep on hand.



1. HAND FORK: The hand fork is the great garden multi-tasker. With it, you can plant, transplant, aerate, and weed.

### 2. PRUNERS AND PRUNING SAW:

Maintaining a beautiful garden is easier when you employ the right cutting tools. Make sure to select tools with a comfortable grip.

- 3. TROWEL: This is the essential planting tool. For durability, it's best to select one with a solid, steel blade.
- 4. SPRAY NOZZLE: Adjust how (and how much) you water with a spray nozzle attachment for your garden hose.
- 5. GARDENING GLOVES: Grab a pair of gloves to protect your hands as you garden.



### Think Inside the Box

Claritin® provides powerful, non-drowsy allergy relief from all allergens, like pollen, dust, mold, or pets. Get your allergy profile, product recommendations, coupons, and more at Claritin.com.



use as directed



# NOW ADD WOW TO YOUR WINDOWS WITH A WINDOW BOX

Make a small garden and make the most of limited space with a window box. Explore the possibilities and experiment with wax you plant.

There's no reason to limit yourself sunnuals. Add in herbs you cook with frequently or edible flowers, and then, reap the rewards.

Go behind the scenes to get instructions on this project and more inspiration from our experts. Visit marthastewart.com/behind-the-scenes-videos.



# GROWING

### SPRING FORWARD

This spring, don't let your allergies keep you from enjoying time outdoors. Dr. Paul Ehrlich & Clinical Professor at NYU School of Medicine and President of the New York Allergy and Asthes Society, shares some tips for taming your season at allergies.

- Peak pollen production or cars in the early morning, so try to plan outside as whes at other times of the day.
- Shower and wash or immediately after returning indoors to remove pollen and prevent it from being transferred to purniture and linens.
- Don't live-dry clothes outside.
- War mask when mowing the lawn or avoid Wing altogether.
- Have allergy medicine on hand and take it as soon as symptoms start. I recommend allergy medicine such as Claritin® to my patients. Claritin® products provide powerful, non-drowsy relief of all your allergies like
  - **j** pollen
  - dust dust
  - **mold**
  - **v** pets

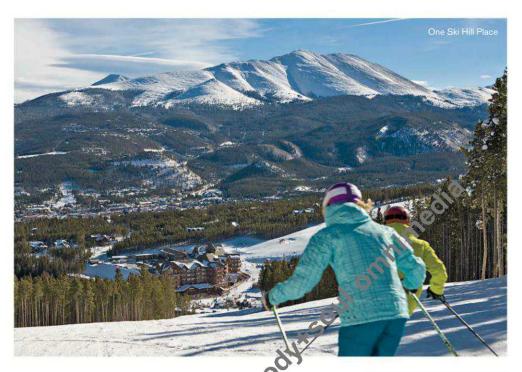
\*Dr. Ehrlich is also a Claritin® Council member.



Visit Claritin.com and sign up to receive local allergy forecasts that track the pollen count in your area.







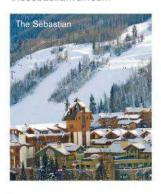
### STAY HERE NOW

# SMARTER SKI HOTELS

If you're thinking of hitting the slopes this spring, consider making one of these four green-minded newcomers your base camp—KRISTINE HANSEN

### THE SEBASTIAN, VAIL, COLORADO

This 100-room boutique beauty's best feature is its farm-to-table restaurant, Block 16. Dishes are based on ingredients from local farms, including grass-fed Wagyu beef from Emma Farms in nearby Carbondale. Eco bonus: Guests who pull up in a hybrid car get to park for free. From \$380 a night, thesebastianvail.com

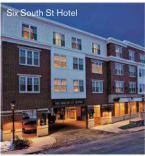


### SIX SOUTH ST HOTEL, HANOVER, NEW HAMPSHIRE

Located within an hour's drive from five different ski resorts, this hotel has loads of green bells and whistles. The building's steel frame is 93 percent recycled, the roof is painted white to reduce greenhouse emissions, and the rooms are lit by LEDs and heated and cooled with geothermal energy. From \$209 a night, sixsouth.com



Because housekeeping staff uses Green Seal-certified products in all 60 rooms, you'll enjoy a deep, chemical-free sleep. Other earth-friendly perks include sustainable Sterling mattresses in all rooms, organic toiletries, and radiant heating. The slopes of Heavenly Ski Resort are just a short walk away. From \$159 a night, 968parkhotel.com





### ONE SKI HILL PLACE, BRECKENRIDGE, COLORADO

From the low- or no-VOC paints and carpets to the biodegradable plastic room key cards and the organic and Biodynamic wines served in the hotel's T-Bar, One Ski Hill has all of its eco bases covered. From \$350 a night, oneskihill .rockresorts.com



UPCYCLE FIND

# Old Hose, New Life

British design duo Elvis & Kresse make gorgeous (and extremely durable) personal accessories from decommissioned fire hoses. We particularly love this iPhone case lined with reclaimed parachute silk. Also awesome: 50 percent of the proceeds are donated to The Fire Fighters Charity. \$45, voguevert.com



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\*As compared to a leading probiotic with 10 billion CFU per capsule.

Jse Every Last Bit

Left with half a can of tomato paste or a fistful of parsley after a recipe? Here's how to make sure they don't go to waste. -LINDSAY FUNSTON

> BREAD If you have heels, make ata by so whisked et as Daking at 400 about 25 minutes. You can puls Wale slices in a food presented quality breadcrumbs. a breakfast strata by soaking torn pieces whisked eggs and cheese as Daking at 400° for about 2 minutes. You can also le slices in a food proces-

CHICKEN BROTH

Freeze leftover liquid in ice cube trays and then transfer to a plastic bag. Next time you make a pot of rice or grains, pop in a cube or two for a flavor boost. They're also a welcome addition to sautéed greens or mashed sweet potatoes.

TOMATO PASTE

Thin it with a little bit of water to create tomato sauce or freeze it flat in a plastic bag and break off pieces to add to soups, stews, beans-even Bloody Marys.

pes call for just a tablespoon of this or a few sprigs of that. Again, get out those ice cube trays! Pack them half full with finely chopped herbs, then fill with water and freeze. Defrost directly into

All too often reci-

soups and sautés.

LEMON Arecipe might call for just the juice, but don't waste the peel! Chop it up and add to marinades, or dry it out for a few days and then use in your tea. Add a citrusy kick to olive oil: Simmer it with zest in a saucepan for a few minutes. then transfer to a glass jar.

**PARMESAN RIND** you can, keep the rind and throw it into any slow-cooked dish (lentil soup, white beans, risotto, polenta) that could benefit from the cheese's rich, nutty taste.

NO MORE WASTE! Find ways to make use of common ingredients at wholeliving.com/leftovers



WINE Don't toss those half-full bottles after a party. Use red for pan sauces and marinades or poach fish in a dry white, like Sauvignon Blanc. To make your own wine vinegar, mix three parts wine with one part live vinegar (such as Bragg Apple Cider Vinegar) and let sit for one month in a warm, dark place.



# **Beyond Falafel**

Pitas can be more than just pockets! Let the flatbread find its varied potential with these quick and unconventional meatless recipes. No hummus necessary, recipes by shira bocar



SERVES 2

Set oven to 425°. Fort 2 Tbsp olive oil in a pan over med in heat. Add 1 sliced leek and 1 sliced garlic clove and cook until tende, about 4 minutes. Increase heat to n edium-high, add 2 cups (5 oz) slice 1 mushrooms, and cook about 2 ninutes more. Season with coarse salt. ace two pitas on a parchment-lined baking sheet. Spread each with 2 Tbsp ricotta, drizzle with olive oil, and top with vegetables. Bake until the pita is golden and cheese begins to melt, 6 to 8 minutes. Season with red pepper flakes.



### **SERVES 6**

Pulse 1 torn pita in a food processor until coarsely ground. Heat 2 Tbsp olive oil in a pan over medium-high heat. Add pita crumbs and cook, stirring, until golden and crisp, 3 to 4 minutes. Season with coarse salt and pepper. Steam 1 lb trimmed green beans in batches until bright green and crisp tender, about 3 minutes. Transfer to a serving dish, drizzle with olive oil and juice from 1/2 lemon, and season with coarse salt and pepper. Sprinkle with seasoned breadcrumbs.



SERVES 4

Toast 1 pita over the flame of a gas burner. (Or char in the broiler.) Drizzle with olive oil and season with coarse salt. Tear into pieces and toss with one 15-oz can red kidney beans (drained and rinsed), 1/2 chopped English cucumber, 1 diced shallot, 1/2 cup fresh parsley leaves, 1 Tbsp lemon juice, and 2 Tbsp olive oil. Top with 2 Tbsp crumbled feta and add coarse salt and pepper to taste.





EDITOR'S PICK

### Granola Goodness

It's hard to stop myself from eating a whole bag of Purely Elizabeth Cranberry Pecan Ancient Grain Granola at once. (I try to save some for breakfast!) Coconut oil gives the quinoa, amaranth, and chia seeds a buttery flavor. \$8, purely elizabeth.com\_LF



CRISPY GREEN BEANS



WHOLE GIVING

The number of U.S. restaurants registered with Good Dining, a program that donates up to 6 percent of your bill to a charity of choice. Find a participating spot in your area at gooddining.com.

photographs by Bryan Gardner, food stying by Shira Boca



As we age, it becomes increasingly important to protect the health of our hearts. Managing stress levels, eating well, and staying active are all important lifestyle factors that contribute to overall cardiovascular health. Including Carlson award-winning Norwegian fish oils as part of your daily routine is just another important preventative health measure you should take. Carlson Norwegian fish oils provide the important omega-3s, EPA & DHA. Current scientific research suggests EPA & DHA are vitally important and promote cardiovascular, brain, vision, joint, and skin health. Carlson fish oils are renowned for their purity and great taste.

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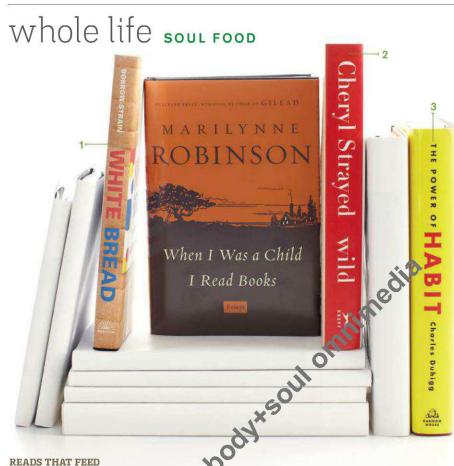
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**CIVICS LESSONS** 

A Pulitzer Prize-winning author encourages us to embrace a more thoughtful brand of citizenship by Carlene Bauer

MARILYNNE ROBINSON, AUTHOR of the luminous novels *Housekeeping* and *Gilead* (which won a Pulitzer Prize), has occasionally given sermons at her Congregationalist church in Iowa, where she teaches at the storied Writers' Workshop. Her third book of essays, *When I Was a Child I Read Books*, could be seen as a collection of civic sermons intent at taking, as she writes, "another look at what is American and what is not." To Robinson's mind—a religious one that wants to evangelize only for a less-impoverished view of our own humanity—our culture is currently marked by the failure to imaginatively identify with those outside our faith, our political affiliation, and our economic class. We are mired, she says, in "the habit of mutual condescension."

Hoping to calm our shrill political and moral climate, she asks us to reconsider various cultural assumptions that have brought us to this brink. In one particularly masterful essay she demonstrates how two great influences on American thought—John Calvin and the Old Testament—are actually more merciful to the poor than we have remembered them.

In another essay, the title piece, she writes of solitude and individualism, arguing that a respect for these states may be more unifying than we might think: "When I see a man or woman alone, he or she looks mysterious to me, which is only to say that for a moment I see another human being clearly."

Robinson, a proud daughter of the West, has given voice in these pieces to a less embittered and embattled kind of patriotism, one that sounds the notes of Ralph Waldo Emerson and Walt Whitman, those other champions of living deliberately and speaking expansively.

1. WHITE BREAD BY AARON BOBROW-STRAIN (BEACON PRESS)

It may be light on nutritional value, but the loaf we love to loathe is rich in history. Tracing white bread's cultural highs and lows over more than a century, Bobrow-Strain shows how the loaf was alternately a symbol of food safety, upward mobility, industrial might, and middlebrow white culture. (FYI: Richard Pryor is credited with the first use of whitebread as an adjective.) If you think your hippie parents were the first to reject the slices, guess again: Health advocates railed against them back in the 1920s.

2. WILD BY CHERYL STRAYED (KNOPF)

Shattered by the death of her mother and the breakup of her marriage in her mid-twenties, Strayed attempted to hike 1,000 miles of the Pacific Crest Trail alone as a way to piece herself back together after so much loss. Wild isn't as nail-biting as Jon Krakauer's Into Thin Air, but it has other strengths: The portrait of her mother, a free spirit once married to an abusive man, is heartbreaking. As are her accounts of the extraordinary bonds that sprung up among hikers sharing provisions and offering help.

3. THE POWER OF HABIT BY CHARLES DUHIGG (RANDOM HOUSE)

Rather than be a reinforcer of ruts, habits—when harnessed—can be catalysts for change, writes Duhigg, a business reporter for *The New York Times*. Behind the success of groups like Alcoholics Anonymous, he points out, are routine meetings that provide the companionship (and catharsis) otherwise found at a bar. And habits of community engagment—Duhigg takes a close look at networks Rosa Parks belonged to—helped grow support for the 1955 Montgomery Bus Boycott, making civil rights history.

TOP SHELF

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







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### whole life soul FOOD



### TASTY TOME

### **BRAVE NEW VEGAN**

With her new cookbook, *Chloe's Kitchen* (Free Press), Chloe Coscarelli is on a mission to bring vegan cuisine to the mainstream. Here, the Los Angeles chef talks about what's in her repertoire (cupcakes) and what's not (so long, lentil loaf).

### ON GIVING THE FAMILY RECIPE BOX A VEGAN UPDATE

When I first went vegan seven years ago, I challenged myself to see how varied I could make my diet—I didn't want to have to rely on simply eliminating ingredients. My mom and I took all of my family's passed-down recipes and started veganizing them. One of my favorites is fettucine alfredo, a dish I never thought I would be able to recreate without real cream. (The revamped pasta's secret ingredients are a mix of puréed cashews, lemon juice, and miso paste.)

### ON PITTING HERSELF AGAINST BUTTERCREAM—AND WINNING

I competed on the Food Network show Cupcake Wars, and won first place! I was up against pastry chefs armed with real butter, cream, and eggs. The judges were shocked at how delicious my take on the treat proved to be. A lot of alternative baking recipes call for a long list of

specialized, unfamiliar ingredients that aren't necessary for making something as simple as a cupcake. My favorite trick for [achieving] a moist texture is using plain old vinegar in place of eggs.

### ON ENTICING ALL EATERS

I want to break out of the lentil loaf mold with delicious recipes that will appeal to people of all diets. For the book, I had non-vegans test every single dish to make sure it was something they would want to eat-and make again. Most people hear "vegan" and immediately think of a really restrictive diet, but skipping meat and dairy has actually expanded my food choices. I explore different legumes, grains, and seasonal vegetables and always flavor my meals with herbs and spices that otherwise sat untouched in my pantry. Now, I would choose a flavorful black bean burger over a meat patty even if I were a carnivore.

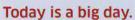
-INTERVIEW BY LINDSAY FUNSTON



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## Whole life NATURAL TALENT



Trash Talking

With their creative recycled displays, Linsey Burritt and Crystal Grover of Indo are greening Chicago's shopping scene one store window at a time BY SARAH ENGLER

THE INDO OFFICE isn't your typical workspace. The long desk that Linsey Burritt (on left) and Crystal Grover share is actually a few found doors mounted on sections of pipe that have been spray-painted white and affixed to the wall. Nearby is a jar of at least 100 used chopsticks, an alcove stuffed with cut-up cardboard, and, high in one corner of the room, a cloudlike plume of Styrofoam cups and takeout containers.

What might seem like just a bunch of trash to most people is art to Linsey and Crystal. For the past four years, the duo has been fashioning beautiful and thought-provoking window displays for Chicagoarea businesses using discarded and recycled objects.

It all started when Crystal, a recently graduated interior designer, walked by a store window that had whimsical concepts displayed with unexpected materials (like stuffed animals and sausages made out of fabric). She was inspired enough to call her up-for-anything graphic designer friend Linsey with a plan: They'd supplement their day jobs

VITALS

AGES 28

HOMETOWNS Chicago, IL

occupations Eco-friendly window-display designers at Indo (theindo projects.com)

FUN FACTS ABOUT INDO

1. SOMETIMES WE WING IT

"The craziest thing we ever did was make a wall for the Steppenwolf Merle Reskin Garage Theatre out of 5,800 pounds of paper."

2. WE DO BUY ONE ITEM NEW

"Fishing line.
It's practically
invisible and
holds a lot of
weight. We
recycle used
line with the
Monofilament
Recovery &
Recycling
Program (mrrp
.myfwc.com
/donation),"

3. HOT GLUE IS OUR HERO "It adheres almost anything in seconds, and we love that glued paper is still recyclable." by creating unique, eco-conscious window displays on the side. Soon evenings and weekends were spent dreaming up ambitious designs and scrounging for materials.

"Our first window [for a shoe store] had a wishing well theme," says Linsey. "We salvaged a big barrel and surrounded it with buckets hung at various heights with shoes perched on them. We covered the floor in dandelions and previously used yarn spun into balls."

Requests started coming steadily, and Linsey and Crystal were able to quit those day jobs to focus on Indo (a play on the word window) full time. Their designs have included a paint-swatch dress for eco-paint boutique Colori, a backdrop of repurposed cardboard slats for midcentury modern home store Post 27, and a suspended stream of intertwined mannequin arms and fabric remnants for the Delta Faucet showroom in Chicago's Merchandise Mart (see photos at wholeliving .com/window-designs). Soon, they hope to incorporate more heavyduty materials into their designs.

"We're lucky because our office is near all these steel and wood plants, recycling centers, and fashion designers," says Crystal. "People come to us and say, 'I have all this stuff. Could you use it?""

Indo is serious about that reuse mission. "Sometimes clients ask why we just don't buy new paper with recycled content instead of finding it secondhand," says Linsey. "That's not how we do it."

The women are also concerned with what happens to the materials after the window comes down. "We have that conversation with our client up front," says Crystal. "What's the game plan? They can sell it on eBay, coordinate with recycling services, or just give it back to us for a future project."

CNDDSE to take in someone without a home. Choose to feed him. Choose his bed. Choose to take it slow. Choose to show him avound. Choose to be okay when he keeps his distance. Choose to show him what it means to have a friend. Choose to keep it up even when he's shy. Choose to pet him on the head when he finally chooses to be your dog.





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# whole beauty



#### **GET BATTY**

There might be more to your blink than you think. "Lashes' primary purpose is to keep debris out of the eyes, but they're also big communicators," says David Givens, Ph.D., director of the Center for Nonverbal Studies, in Spokane, Washington. When we're attracted to someone, our heart rate goes up, we get a flush in the cheeksand we blink more often. "Eyelash batting is an ancient, unconscious signal of interest, and in almost every culture around the world, women have worked to make their lashes longer and more visible." Givens adds, "Think about silent movies-before there was sound to lend drama, there were lashes.">>>

#### whole beauty NEWS



EYELASHES (CONT'D) Even if you're not blessed with the longest, thickest lashes, you can naturally enhance them with a few simple tricks.



STEP 1 Using light pressure, squeeze lashes in a curler, which makes them look longer. TWEEZER MAN PROCURL CURLER, \$20, tweezerman.com

STEP 2 Look for a mascara with natural lash-plumping ingredients, like PHYSICIANS FORM-**ULA ORGANIC WEAR** LASH BOOSTING MASCARA, which contains a probiotic protein. \$10, physiciansformula .com for stores



**STEP 3** Remove makeup carefully, so you don't pull out lashes you can't spare. KLORANE SOOTH-ING MAKE-UP REMOVER LOTION WITH CORN-FLOWER WATER, \$23, soap.com



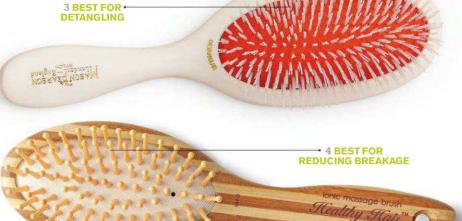


BACK TO BASICS

#### The Brush-Off

"Brushing for just five minutes each day can boost shine, improve circulation, and encourage hair growth," says holistic hair-care expert Linda Kammins. Check out our bristle quide to find the brush that's right for you. - JACQUELINE GENTILESO





1 SMOOTHING Plastic bristles are good for taming curls and calming flyaways. THE BODY SHOP PADDLE HAIRBRUSH, \$12, thebodyshop-usa.com

2 SHINE-ENHANCING To distribute hair's natural oils throughout strands, brush daily with boar bristles. WIDU OVAL ASH-WOOD BRUSH, \$55, widu.com

3 **DETANGLING** Durable nylon bristles help work out knots. MASON PEARSON DETANGLER NYLON BRUSH, \$82, bigelowchemists.com

**4 REDUCING BREAKAGE** To stimulate growth, try wooden bristles to massage the scalp. OLIVIA GARDEN HAIR BRUSH WITH BAMBOO BRISTLES, \$10, giell.com

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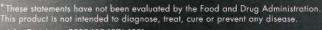
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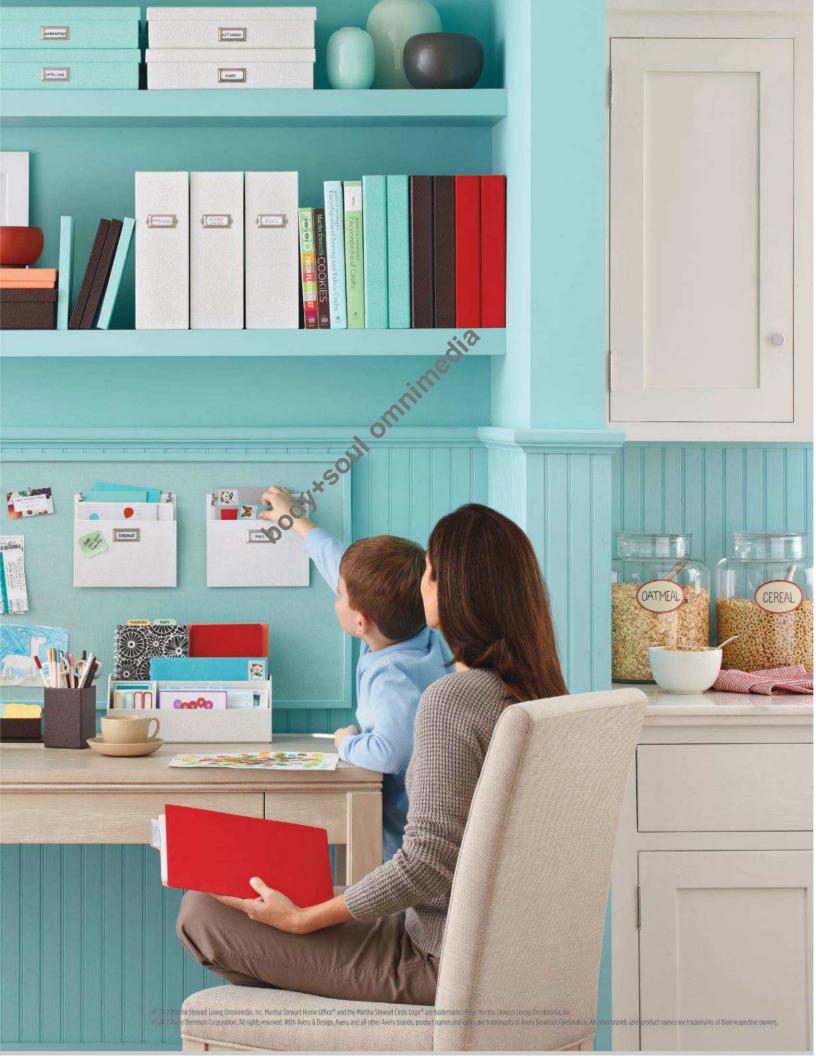


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IF YOUR SKIN IS ...



SLACK
An extract of alfalfa in CLARINS
EXTRA IRMING
NG IT CREAM

helps encourage tealthy collagen production q.8c, clarins.com



In GARNIER BB
CREAM SKIN RENEW,
"BB" stands for
"beauty balm," code
for minimal coverage
and ingredients like
light-reflecting tinted
mineral pigments,
hydrators like glycerin

and hyaluronic acid, and antioxidant vitamin C, plus SPF 15. \$13, drugstore.com



#### BLEMISHED

By unclogging the pores, the 1 percent salicylic acid in YES TO TOMATOES CLEAR SKIN REPAIRING ACNE LOTION helps to reduce spots; it also contains anti-

inflammatory aloe. \$15, target.com



Why do my fingers prune in the tub?

One of the latest theories points to evolution: Wrinkled fingers actually improve traction on wet surfaces, according to a recent study in Brain, Behavior and Evolution. The ridges allow water to drain away, making your grip better.







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2 EUCERIN DAILY DEFENSE MOIS-TURIZING HAND CREME "The velvety consistency feels incredibly good, and it doesn't need reapplication." —Miranda, deputy editor; \$5.75, eucerin.com

#### **3 SPARITUAL HANDPRINT HAND**

SERUM "The silky texture dries in under a minute: perfect for keeping next to my desk, so I can type without greasy hands." —Sarah, senior editor; \$38, soap.com

#### 4 MALIN + GOETZ VITAMIN B5 HAND

TREATMENT "It has a light herbal scent and is immediately soothing, which is a savior after a day in the kitchen."—Shira, deputy food editor; \$20, malinandgoetz.com

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-LINDSAY FUNSTON





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2 PANGEA ORGANICS EGYPTIAN FENNEL WITH GRAPEFRUIT & SWEET ORANGE LIP BALM softens with a vitamin-rich combo of organic beeswax, shea butter, and citrus oils. \$12, pangeaorganics.com

3 CHIVAS SKIN CARE ROSEMARY FENNEL PURE GOAT MILK SOAP combines fresh herbs with hemp seed oil to relieve dry skin. \$11, chivasskincare.com

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- 4 ADVANCED BEAUTY TOOLS BRUSHES are made with NuFibre bristles, which are man- (not animal) made. Face Brushes Set (of 4), \$117, advancedbeauty tools.com
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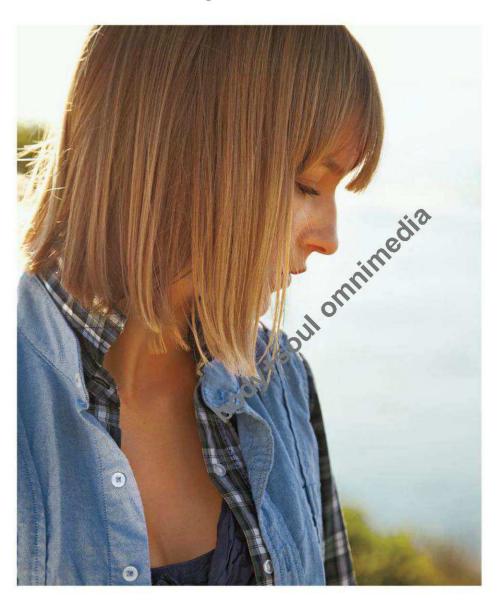


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## whole beauty REPORT



## CUT FOR KEEPS

A great haircut should thrill you the day you get it cut and for months beyond BY SALLY WADYKA

I CALL IT THE HOLY GRAIL of haircuts. Once, after leaving my stylist's chair, I felt like a girl in a shampoo commercial—the one with soft, smooth, swingy hair—and the cut still looked great when I washed and styled it myself the next day. Even more amazingly, it continued to get better with time. Alas, when I went back to the salon months later, my stylist had left town. So I asked around for some expert advice on trying to recover the grail (without breaking the bank). Some hair-dressers say that getting your hair trimmed every six to eight weeks is essential. But I learned that with the right cut and good hair care habits, you can get a style that sticks around.

#### STEP ONE: THE CUT

Some styles have more staying power than others. The right cut will work with your hair type and grow out without looking messy. Consider these tips: SPEND A LITTLE MORE When it comes to haircuts, it may be true that you get what you pay for. "Economy cuts may not last because the stylist doesn't have the training to tailor the cut to your specific hair type," explains Philip Pelusi, New York City stylist and creator of Tela Beauty Organics. Check out a "training night" (when trainees learn the ropes and offer discounted cuts) at a pricier salon, or try working with a junior stylist who's starting out and charges less.

COMMUNICATE CLEARLY "Explain that your goal is to stretch out your visits and find a cut that works with minimal heat styling," suggests Julie Ebner, owner of JuJu Salon & Organics in Philadelphia. With a good cut (and gentle care) you can expect to go at least three months between visits.

CONSIDER YOUR TYPE "Thick, wavy, or curly hair has a lot of body, so it can often go longer between cuts and the hair will still look good," says Mario Russo, owner of Mario Russo Salon in Boston. Fine, straight hair can look stringy as it grows out, so you have to get creative with styling. KNOW WHAT TO ASK FOR "Avoid high-maintenance styles with lots of short layers or asymmetrical cuts," says Ana Daniel, a stylist at Ouidad in New York City. Longer layers just around the face are a better option because they can grow out and still look neat. You

# 66 I DON'T KNOW HOW IT WORKS, BUT, BY DOES.



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also may want to consider bangs. "Although they grow out quickly, most stylists trim them for free between cuts—or ask for a quick lesson so you can do it yourself," says Ebner. "Having well-kept bangs will help keep your cut looking fresh even as the rest of it grows out." Those with very fine, straight hair might be best served by a blunt cut that falls to the shoulders or above, to keep it from looking too straggly. For shorter styles, Russo suggests a pixie, which should transition into a soft shag. Ask your stylist to avoid trimming with a razor. "The cut will lose its shape in a few weeks," Pelusi says. Also steer clear of thinning shears. "Those scissors weaken the hair so you'll end up with split ends sooner," he adds.

GO SHORT(ER) Since hair grows on average about half an inch per month, go an inch shorter than your ideal. Bear in mind that the rate at which your hair grows may decrease in your forties—so it might be easier to stretch out your cuts. Another great thing about getting older!

#### STEP TWO: CAREFUL CARE

"If hair is in a healthy state, it's flexible and bends when brushed without splitting or breaking," explains Emily Overton, a principal scientist at Pantene. But abrasion from rough care like heat styling can cause hair to become weak and snap or develop split ends, making your hair look jagged. Since the only permanent fix is a haircut, anything you can do to protect your locks helps keep you out of the salon.

eat RIGHT "Biotin, which is part of the B complex of vitamins, is important to grow healthy hair," says Joshua Zeichner, M.D., director of cosmetic and clinical research in dermatology at Mount Sinai Medical Center in New York City. Increase your intake by eating Swiss chard, tomatocs, romaine lettuce, and carrot START AT THE ROOT Mas aging your scalp stimulates bood circulation, which help, hair follicles produce stronger scrands.

SHAMPOO LESCOFTEN Washing every day, an strip away natural oils from the scalp, leaving you with, usily damaged hair.

with sily damaged hair.

SKIMP ON CONDITIONER

It's vital when it comes to preventing split ends.

PROTECT WET TRESSES Damp hair is more fragile than dry because the strands are full of water, thus more elastic and stretchable to the point of breaking, so use a comb when hair is wet. "Wait until hair is about 70 percent dry before you begin styling it," recommends Ebner.

MINIMIZE HEAT AND CHEMICAL EXPOSURE When you can, skip heat styling, and limit perms and straightening treatments to just a few times a year.

GET CREATIVE "Ask your stylist for different ways to do your hair as the cut grows out," suggests Pelusi. If you can pull some of it back or up, even when the original shape no longer works, your style can continue to evolve—and last. +

ONLINE
Find more healthy hair care tips at wholeliving.com/healthy-hair

Forever Hair With the right tools, you can keep scruffy locks at bay.



#### 1 DETANGLER

MARIO RUSSO ONCE-A-DAY SPRAY can be spritzed onto wet hair to prevent damage while combing. \$18.50, mario russo.com

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NEEDLING AWAY AT MYSTERY SYMPTOMS

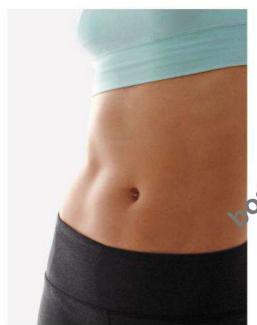
body+soul omnimedia

When you have persistent pain or fatigue, nothing is more frustrating than hearing your doctor say she can't pinpoint the cause—or alleviate your symptoms. Now, a study from Britain's University of Exeter shows that in these cases acupuncture can bring relief. Researchers found that it took 12 sessions over six months for patients to see improvement, and the benefits lasted up to a year. "Traditional acupuncture, being based on a completely different theory of health than Western medicine, likely eases symptoms because it links the physical and emotional aspects of treatment," says lead researcher Charlotte Paterson, Ph.D. "In patient interviews, many said that it was the combination of needling and the interaction with the practitioner that induced change."—TRISHA CALVO

#### whole health NEWS

#### MIDDLE MANAGEMENT

In a recent poll, both men and women named their waist as their least favorite body part, but being able to pinch an inch (or two or three) is more than a problem of vanity. The flab that settles around your middle is often visceral fat, a type that lurks deep in the abdomen. It surrounds organs and produces hormones that may raise your risk for heart disease, diabetes, and cancer. Fortunately, studies show you can target it directly. Lose the belly bulge with these easy lifestyle changes:



**USE YOUR BEAN** Legumes (beans, lentils, peanuts) are full of soluble fiber, and research exact Wake Forest Baptist Medical Center recently a scovered that for every 10 grams you eat a day, or slow your visceral fat accumulation by about 4 parcent over five years. Besides black beans (5 grans per cup), other good fiber sources include brusses sprouts (4 grams per cup), sweet potatoes (4 thins per cup), dried figs (3 grams in these figs) and the second in three figs), an 10 ranges (2 grams per small fruit).

TRY A STRESS BUSTING WORKOUT Aerobic exercise delivers a ne-two punch to deep abdominal fat. It burns were of it than resistance training (which mostly targ, some layer just under the skin), according to a study at Duke University Medical Center. Plus, it lowers cort sol levels; too much of this stress hormone shifts fat storage to your belly. Take cardio's stress-busting component a step further by trying Cy-Yo, a combination of cycling and yoga. For more info, visit cy-yo.com.

TAKE A BREAK Whether it's deep breathing or walking, relaxing activities that make you feel in tune with your body can help fight belly fat, shows a study from the University of California, San Francisco. Scientists say that anxiety can raise insulin levels and cause you to eat foods high in sugar and fat, both of which add pounds to your middle. -CYNTHIA SASS, R.D.



BLOGGER SPOTLIGHT

#### **FACES OF** WELLNESS

Kerri Sparling blogs about how she copes with type 1 diabetes at SixUntilMe.com. We follow her because:

#### 1. SHE DOESN'T HOLD BACK

Kerri's frank and willing to share all-even how she hid her insulin pump under her wedding dress.

#### 2. SHE'S AN ADVOCATE

"Some people point fingers, but type 1 diabetes is an autoimmune disease," she says. "There's no blame."

#### 3. SHE GIVES US HOPE

At a time when diabetic pregnancy stories were rare. Kerri was open about hers. "I wanted to let other women with the disease know children could be part of their future, too."

Read Kerri's guest blog posts at wholeliving .com/kerri-sparling

OH MY, OMEGAS! Even if you love wild salmon, it can be tough to get the recommended daily 500 milligrams of omega-3s. A supplement can help bridge the gap, but many people have trouble with the large capsules or fishy burps. These new products are easier to swallow. —RACHEL MELTZER WARREN, R.D.



#### SQUEEZE IT

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#### **NUTRITION NOW RHINO GUMMY OMEGA-3** 32 MG

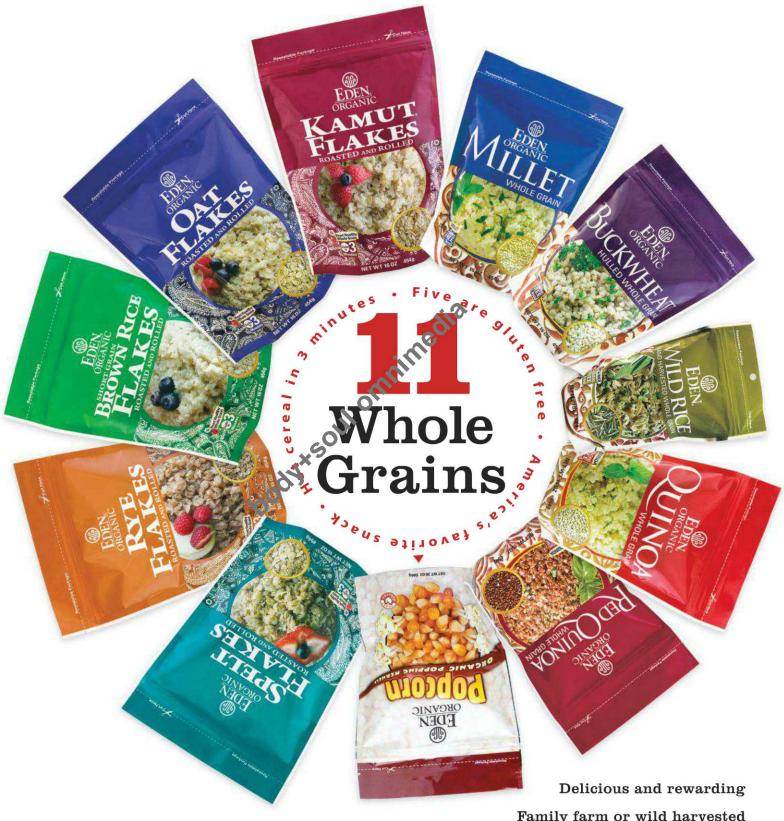
These fruit-flavored bites get their hue from fruit and vegetable juices, not artificial coloring. A two-gummy serving also provides 10 percent of your daily quota of vitamin C for just 20 calories. \$7.50 for 60 gummies, drugstore.com



#### STIR IT

#### NORDIC NATURALS **OMEGA-3 FORTIFY 500 MG**

Mix the unflavored powder into any cold or room-temperature drink or food (juice, yogurt, applesauce); it dissolves instantly and doesn't change the taste or texture. \$30 for 30 packets, nordicnaturals.com



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#### whole health NEWS

You've probably heard the term "Biodynamic" and wondered: Is it just a fancy way of saying organic? Not exactly.

Like organic farms, Biodynamic ones don't use chemical pesticides or genetically modified seeds, but there's even more to it. "Biodynamic farmers look at their land the way a holistic healer looks at the body-they take the entire agricultural system into account," says Jim Fullmer, executive director of Demeter USA, the nonprofit that certifies farms and products as Biodynamic. (You'll find their label on more and more products.) "The land and animals are a self-sufficient ecosystem and can function without outside materials."

Farmers also consider moon cycles when planting and harvesting (thought to maximize the growth of the crops), practice crop rotation, and leave at least 10 percent of the land fallow, says Fullmer. Because of all these factors, Biodynamic produce is believed to be more nutrient-dense. Look for it at your green market, and consider the following products made with Biodynamic ingredients. -ALICE OGLETHORPE



1 ZHENA'S GYPSY TEA BIO-DYNAMIC GREEN TEAS, \$7, gypsytea.com 2 EMINENCE ORGANIC SKIN CARE CORN-FLOWER RECOVERY SERUM, \$58, eminenceorganics.com for stores 3 RESERVEAGE OR-GANICS RESVERATROL SUPPLE-MENTS, \$20, reserveage.com

EASY DIY

#### **Grow Your Own**

When it comes to sprouts, alfalfa isn't the only game in town. You can sprout any seed, legume, or whole grain, and add them to many dishes for delicious flavor and crunch. The process naturally creates enzymes that make the seed more digestible—so you don't need to cook them,



- mason jar and add room-temperature water to 2 inches top of the jar with that air can still circulate). Secure with a metal ring or rubber bands.
- 2 Let soak overnight. Keep away from heat or direct sunlight. Drain, then rinse and drain again. Repeat this process twice a day until sprouts are roughly 1/2-inch long, or 1 to 3 days.
- 3 Once sprouted, rinse thoroughly and use immediately. Or transfer to an airtight container, refrigerate, and enjoy within 3 days.

#### **BUDDING BENEFITS:**

RETAINS NUTRIENTS Cooking can diminish vitamins and antioxidants in beans and grains, explains Blum. Raw sprouts still have all of their nutrients.

FASIER TO DIGEST Because of the soaking process, Blum says that sprouted beans are less likely to cause flatulence or bloating than canned or cooked varieties.

ADDS CRUNCH Toss sprouted lentils and beans into salads and stir quinoa into soups and stews at the last minute, or stuff wheat berries into cooked acorn squash.





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Fact is, most people prefer the taste of Silk® Vanilla to dairy milk on their cereal. Plus, Silk has 50% more calcium than typical dairy milk.

\*National Taste Test, January 2011 (products included in test were Silk Vanilla Soymilk, Silk Light Vanilla Soymilk, and Silk Pure Almond® Almondmilk.) Silk refrigerated beverages, excluding organic soymilk, soymilk with DHA and aseptic soymilk, have 45% DV of calcium; typical dairy milk has 30% DV. Dairy data from USDA National Nutrient Database for Standard Reference, Release 23 (2010).





#### whole health NEWS

#### MINDFUL MEASURES

## Resolution Reboot

Two months of working toward the same goal can get a little, well... boring. "Once the novelty of a change wears off, it's tempting to slip back into old patterns," says Sharon Richter, R.D., a dietitian in New York City. Maintain your good habits by making a few tweaks to your routine, which, over time, will add up to significant results. - SHARON LIAO

MORE SLEEP GET Unplug in the evening. According to a National Sleep Foundation (NSF) survey, 95 percent of people use an electronic device, such a computer, just before bedtime. "But that can cause you to toss and tury," says Russell Rosenberg, Ph.D., NSF chairman and director of the Atlanta School of Sleep Medicine. "The bright light from the screen delays the alease of melatonin, a sleep-promoting hormone." To snooze more soundly, switch off technology and try dimming the lights an hour before you ain to sleep.

EAT MORE MINDFULLY

THE RESOLUTION

Savor your food without distraction. A study in the American Journal of Clinical Nutrition found that people who ate the Junch in peace felt fuller—and snacked on roughly 100 fewer calories after a —than those who munched in front of a computer. "You feel more satisfied when you slow down and pay attention to every bite," says Richter. Over the course of a year, this simple change can tally up to more than a 10-pound top. Moving a little more each day can garner the same loss: Try tacking or 17 minutes to your walk or 12 minutes to a jog.

SNACK SMARTER

Keep wholesome treats on hand. When you're running around hungry and ill prepared, it's easy to reach for packaged foods from the vending machine or newsstand. "Stock your kitchen and office with fruits, veggies, nuts, and yogurt," recommends Jessica Crandall, R.D., a Denver-based spokesperson for the American Dietetic Association. "These healthy staples contain nutrients like fiber, which helps sustain your energy to power you through the afternoon."

STRESS LESS

Write a gratitude list. If your average day feels more like a triathlon, saying a quick thanks can help you stay calm. According to a study in the journal Integrative Physiological and Behavioral Science, people who were coached to be more appreciative experienced a 23 percent drop in their levels of the stress hormone cortisol after a month. Before you tackle your to-do list, take a moment to jot down one thing you're grateful for today.

TO JUMP-START A RESOLUTION OF YOUR OWN, check out the Whole Living Action Plan at wholeliving.com/challenge-plan



AT-HOME PMS FIX

#### BERRY GOOD RELIEF

The fruit of a Mediterranean shrub, chasteberries are thought to help normalize levels of endorphins. These feel-good brain chemicals tend to be low in women with PMS, causing irritability and low energy. 'Chasteberry also regulates progesterone, which alleviates bloating, breast tenderness, and irregular menstruation," says Tieraona Low Dog, M.D., coauthor of The National Geographic Complete Guide to Medicinal Herbs. Take 300 to 500 milligrams every morning. -TC



INTEGRATIONS **Q&A WITH** WOODSON MERRELL, M.D.

Chairman, Department of Integrative Medicine, Beth Israel Medical Center

#### Q CAN I TRY CHINESE **HERBS ON MY OWN?**

Self-prescribing can be tricky. There are hundreds of herbs and multiple ways to combine them; the right blend differs from person to person, condition to condition. Chinese herbs have powerful biotransformative agents that affect the functioning of cells, including how DNA messages are transmitted throughout the body. That's why ladvise seeing a welltrained practitioner—a doctor of Oriental medicine, acupuncturist, naturopath, or integrative physician—for anything more than everyday problems like colds. Their experience is important; you want someone with a track record of five, preferably 10, years prescribing Chinese herbs. Also check with your primary doctor before seeing a practitioner if you have a serious health issue (like cancer or diabetes), or you're on medication.

If you have a mild complaint, you can pick up a Chinese patent formula, such as Yin Chiao or Gan Mao Ling for colds. But quality control is a concern, so buy products made by a Western company, such as Zand or Health Concerns. They both import the herbs and do their own testing to ensure the product has the correct concentration of active ingredients and is free of contaminants.

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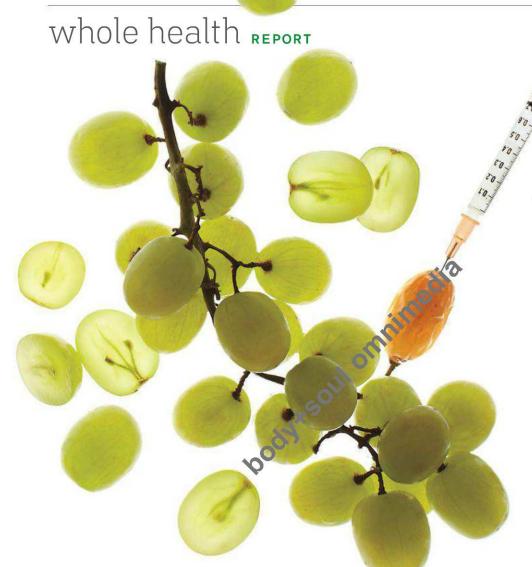
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# The Latest Wrinkle

Is there a place for cosmetic procedures in the faces of women who try to live naturally? BY PEG ROSEN

I'M NO FANATIC, but I try my best to do right by my body and my world. My plate is filled with organic field greens. I recycle. I practice yoga, and I try to accept myself as I am. But I have a confession: There's a deep crease between my eyebrows and I don't like it at all. Which leaves me wondering: Does embracing a holistic lifestyle deprive me of the right to a little vanity—much less a little Botox?

The question is undoubtedly being pondered in front of bathroom mirrors across the country, as the trend toward natural living skyrockets and the booming field of minimally invasive aesthetic procedures is making it ever easier to keep our faces looking as good as we feel. "Women who might never have considered altering their faces with major surgery are intrigued by the subtler, less invasive alternatives," says Wendy Lewis, a consultant in New York City who advises clients on how to choose cosmetic procedures.

A mind-boggling array of laser and sound-wave treatments can ostensibly tighten sagging skin with nary a nick. Wrinkle fillers such as Juvéderm, made from hyaluronic acid, and muscle-inhibiting neurotoxins like Botox and Dysport, can be administered during a lunch break. And for those who can't reconcile themselves to "unnatural" treatments, there's the intriguing trend of using live cells, tissue, or fat taken from our own bodies, to fill out wrinkles. Given that the results of many minimally invasive procedures typically last months not years, there's also the reassurance of knowing our cosmetic decisions aren't etched in stone-or on our foreheads.

All evidence indicates that doing less is indeed drawing more followers. Between 2000 and 2010, the number of cosmetic surgeries decreased, while the number of minimally invasive procedures jumped by 110 percent, the American Society of Plastic Surgeons reported. And from 1997 to 2010, use of neurotoxins increased by 3,640 percent, according to the American Society for Aesthetic Plastic Surgery, making injections of botulinum toxin to paralyze facial muscles and diminish creases the top cosmetic procedure now performed in the United States.



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#### whole health REPORT

Women not unlike ourselves are riding the wave. Ali Vafa, an internist and medical director of New York Medical Aesthetics, in New York City, says he counts scores of yogis among his cosmetic patients.

THE IRONY:

CHOICES ABOUT
OUR OUTER
SELVES HAVE
TO COME FROM
DEEP WITHIN.

"They basically say 'I never thought I'd be doing this but I feel like I need it now.' There's certainly some internal conflict there, but obviously they are overcoming it."

Patients of Victoria Maizes, executive director of the Arizona Cen-

ter for Integrative Medicine, in Tucson, broach the topic of looks-enhancing measures as well. "I try to help them figure out if Lacosmetic procedure] is consilent with their overall beliefs bout health and wellness." The says. "Integrative medicine allows people to make their own choices based on their values."

#### THE CONSISTENCY CONUNDRUM

It's hard to escape the irony: The choice about what to do about our outer selves has to come from deep within. Often, the inner discussion returns to a familiar course of logic: There's the way things should be—that we are all inherently beautiful, smile lines, forehead wrinkles, and all—and then there's the way things are. Need we be wrinkly martyrs just to prove a point?

Ideals of beauty and self-acceptance aren't the only issues. For those of us who walk the aisles of the health food store stocking up on pesticide-free produce and nontoxic bathroom cleanser, there's the question of consistency.

Does being jabbed with a syringe full of muscle-paralyzing toxins—after insisting on paraben-free shampoo—doom us to the dungeon of utter hypocrisy?

Maria Sirois, a clinical psychologist in Pittsfield, M. ssachusetts, and an author who lectures at wellness center across the country, says no. It just makes you part of the human race."

part of the human race."

To be sure, unless we're living isolated in a cave somewhere, it's nearly impossible to lead a life that consistently honors our body and the environment. Many of us eat organic but live amid the smog, radiation, and din of major cities. I personally drive a hybrid, but use dirty petroleum oil to heat my drafty old house. "Life isn't an all-or-nothing affair," says Marcelle Pick, a nurse practitioner and cofounder of the Women to Women Clinic in Yarmouth, Maine. "There is so much more gray. It comes down to what works and feels right for you."

At a recent Anusara yoga retreat I went to in Montclair, New Jersey, beliefs about what's acceptable in the name of looking younger or prettier were as varied as the 300 (mostly) women ohming together. Some considered any kind of cosmetic procedure to look younger "a lie," but acknowledged they dyed their graying tresses. Others said they wouldn't risk surgery for beauty's sake but are open to injections.

"I was concerned about the chemicals, but my yearning to do something eventually overshadowed that," says Dina Sutter, a 60-year-old jewelry designer who lives in Clifton, New Jersey. "Botox doesn't take away from the inner

work I'm doing. Like all of these other things I do, it's enhancing me as a human being."

#### FORGET ABOUT WHAT OTHER PEOPLE THINK

Recognizing that the only rules that matter are our own is an essential part of the process, says Lewis, the cosmetic surgery consultant. Forget about what women at the food co-op are doing (or what you think they are doing) and what they might think.

"Being human is to question, to experiment, to worry, to feel bad sometimes," Sirois says. "Truly accepting ourselves has to include the missteps we make as well as the experiments we try."

It's also important to examine our motives and expectations. "Take time to think about what changing your looks will and won't bring you," Sirois says. "Are you acting out of anxiety or because you truly think that correcting wrinkles around your lips might make you feel better and happier?"

Deirdre Day, a 51-year-old artist and writer in Montclair, New Jersey, ultimately opted for the just-say-no approach. "I cannot tell you how often I look in the mirror and wish my mouth wasn't crinkling up like crepe paper," she admits. "But I know that what I need to work on isn't my face but my fear of not being young or beautiful enough."

#### RISKS, BENEFITS, FEEL-GOOD FACTOR

Individuals who do choose cosmetic procedures needn't be sheepish about expressing concerns to their doctors. Vafa says that while drugs such as Dysport and Botox

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#### whole health REPORT

have strong safety records, he realizes they are a concern to some patients, many of whom have the misconception that they involve the use of dangerous live toxins.

Ellen Marmur, vice chair of cosmetic and surgical dermatology at New York City's Mount Sinai School of Medicine, also makes a point of addressing any queries or unease. "I'm never dismissive when a patient says she doesn't want certain toxins in her body-I've crossed that road myself," she says. "But as a doctor, I've read the safety studies. It's my job to explain the risks and benefits of a patient's options."

Doctors, in fact, encourage thorough questioning about all procedures, even those that are promoted as noninvasive, such as laser skin-tightening and chemical peels. "Some may be billed as more 'natural,' but if they aren't safe or proven effective, there's no point in investing money in or subjecting yourself to them," says ally occurring Jeffrey Kenkel, president of the ulinum toxin. American Society for Aesthetic Plastic Surgery. "Ask what studies have been done to show that a procedure works," he sos. "If a noninvasive technique can deliver a 15 percent im novement over 95 percent of the time, it might not

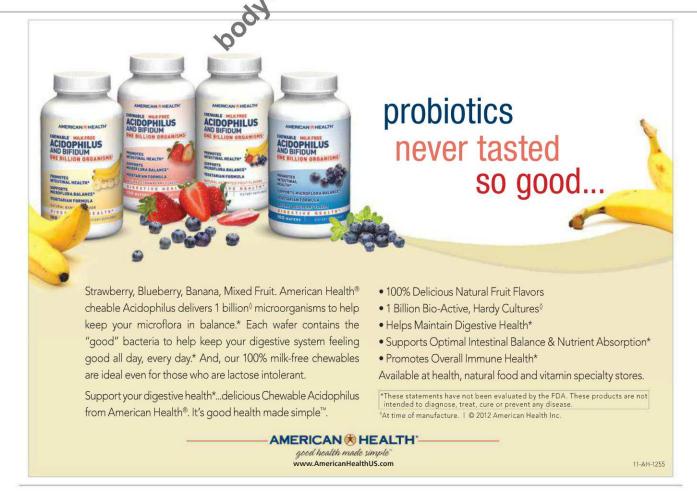
sound terribly impressive, but at least you know what to expect."

"Natural" is also a very hazy term: Fat may be a natural substance, but few will argue whether Mother Nature intended for

us to inject fat from our thighs into our lips. Botox itself could be considered natural; after all, it's derived from natu-Oally occurring bot-

Additionally, not every procedure is right for every patient or the wrinkle,

**DOCTORS ENCOURAGE THOROUGH** QUESTIONING **ABOUT ALL** PROCEDURES. **EVEN THOSE PROMOTED AS** NONINVASIVE.



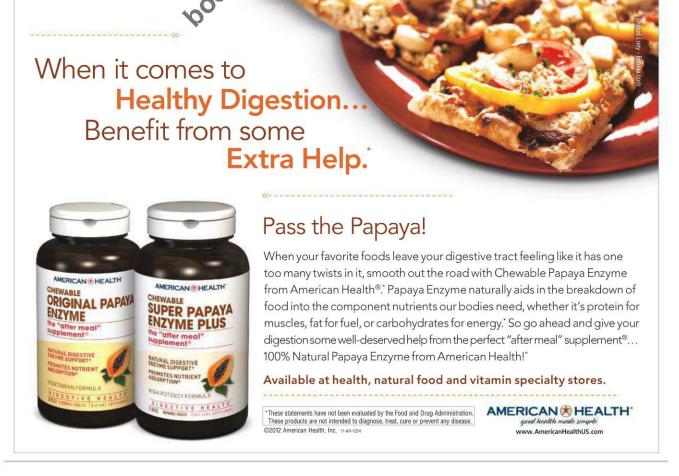
crease, or hollow she's trying to correct. Hyaluronic acid fillers, for example, may sound more appealing than muscle-freezing neurotoxins, because we naturally have hyaluronic acid in our bodies. Fillers, however, don't do the same job as injections such as Botox and Dysport, and the two categories of drugs are generally used to address different types of problems.

For some people, the perceived minuses of any procedure will always outweigh any cosmetic pluses. "Part of the reason for getting cosmetic surgery is to feel really good about yourself," Marmur says. "So if you are going to be up nights with worry because you have a neurotoxin in your body, you probably shouldn't have something like Botox."

Denying ourselves merely on principle isn't advisable either. It's a lesson learned firsthand by Maggie Konner, a 33-year-old statistical programmer who spent of year as a vegan feeling hungry and deprived before finally giving it up. "I felt good about saving animals from dying, but I was also filled with resent ment because I couldn't eat what I wanted to eat," says Konner, who is now a far happier pescalarian. "I think it's the

same sort of thing with cosmetic surgery," she says. "If something about the way you look makes you self-conscious and truly miserable, are you really better off living with what you have?"

As for the crease in my brow, I've realized I'll probably never do anything about it. Truth be told, my laziness outrivals my vanity. But in the bigger picture, there are things I know I want more than wrinkle correction—like traveling to the Galápagos Islands someday with money I might spend at the dermatologist's office. Next to those 150-year-old turtles, I'll look darned good.



required). Intrigued? Try this total-body workout, developed by Mincieli, and see how

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about 50 percent more than those who worked at a "normal pace" over a two-month period. Experts say the technique, known as "slow burn" or "superslow," is a safer, more efficient Introducing the vegetarian alternative to ish oil.

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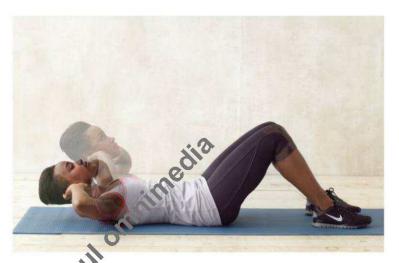


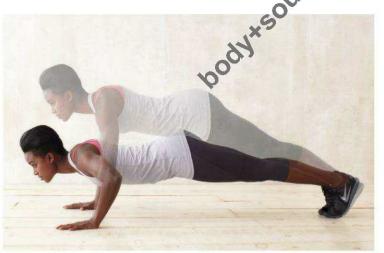
#### **MOVE MUSCLES IN SLOW MOTION**

**FOCUS IN** Three times a week, every other day, do 3 sets each of these 6 moves. Each set lasts 2 minutes; aim for 12 reps per set. Rest briefly between sets.

#### ▶ AB CRUNCH

WHAT IT DOES Firms abs and strengthens core
HOW TO DO IT Lie on your back, knees bent and feet flat. Interlace your fingers behind your head; keep head relaxed. Press your lower back into the floor and tighten your abs. Raise your shoulder blades off the ground to a count of 4; release and roll down to a count of 6. Repeat without pausing for 2 minutes.





#### ▲ PUSH-UP

WHAT IT DOES Strengthens shoulders, triceps, chest, and core HOW TO DO IT Kneel on all fours with hands slightly wider than your shoulders, fingers pointing forward. Extend your legs behind you and balance on your hands and toes; keep your body parallel to the floor. Tighten your abs and lower your body until your elbows are at a 90-degree angle (don't let your shoulders drop below your elbows). Keep your chin up and look forward as you push up with your arms for 4 seconds (keep abs tight). Without pausing at the top, lower yourself for 6 seconds. Repeat without pausing for 2 minutes. If you can no longer do full push-ups, lower to the floor (still taking 6 seconds) and use your knees to return to a plank position. Take less than 3 seconds between reps.

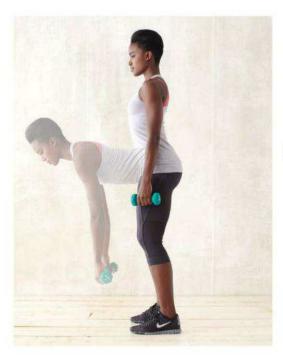


#### ▲ BALL SQUAT

WHAT IT DOES Works glutes, thighs, and hamstrings HOW TO DO IT Place an exercise ball between your middle back and a wall. Stand with feet hip-width apart, and lower until your hips are in line with your knees. (Walk feet out so that knees are bent slightly more than a 90-degree angle.) Focus all of your weight on your heels (you should be able to lift your toes off the ground). Push through your heels to standing, taking 4 seconds. Lower yourself back down in 6 seconds. Repeat without pausing for 2 minutes.



# in 6. Repeat without pausing for 2 minutes.



#### ▲ LATERAL RAISE

WHAT IT DOES Tones shoulders and upper back HOW TO DO IT Stand with feet hip-width apart, holding dumbbells at your sides, palms facing your body, elbows slightly bent. Raise arms out to your sides (imagine leading with your elbow) to shoulder height for 4 seconds. Lower back down in 6 seconds, but stop before your arms touch your body. Repeat without pausing for 2 minutes.

#### **◆** DEAD LIFT

WHAT IT DOES Works back, glutes, and hamstrings (Avoid doing this move if you have any lower back problems.) HOW TO DO IT Stand with your feet shoulderwidth apart, knees soft. Grab dumbbells and hold them horizontally, palms facing your body, in front of your thighs. Keeping knees bent, bend at the waist and lower your upper body toward the floor as you push your hips back for 6 seconds. Keep your chin up and the weights as close to your body as possible to reduce stress on the lower back. When your hands reach below your knees, return to standing to a count of 4. Repeat without pausing for 2 minutes.

#### EASY DOES IT

For best results, pay close attention to these five details.

**PACE** Draw out the positive phase of each exercise (lifting or pushing) for 4 seconds, and the negative phase (lowering or resisting the weight) for 6 seconds. Do each move without stopping for 2 minutes, but if your muscles give out sooner, rest for a few seconds and continue for the remaining time.

WEIGHT Even small dumbbells can get very heavy when you're lifting and lowering so deliberately. Start with 3- or 5-pound weights in the moves that call for them.

MINDFULNESS 3 MINDFULNESS Concentrate on the muscle you're working to ensure you're taking it through the full range of motion.

**POSTURE** Practice 4 "exaggerated perfect posture," says Mincieli. For most moves, this means abs tight, shoulders back, and chest high.

BREATHING TO help maintain your rhythm, exhale during the positive phase and inhale during the negative. Don't hold your breath-this can cause your heart rate and blood pressure to spike, leading to lightheadedness and even fainting.



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## THE HEALTHY KITCHEN NOUNISh



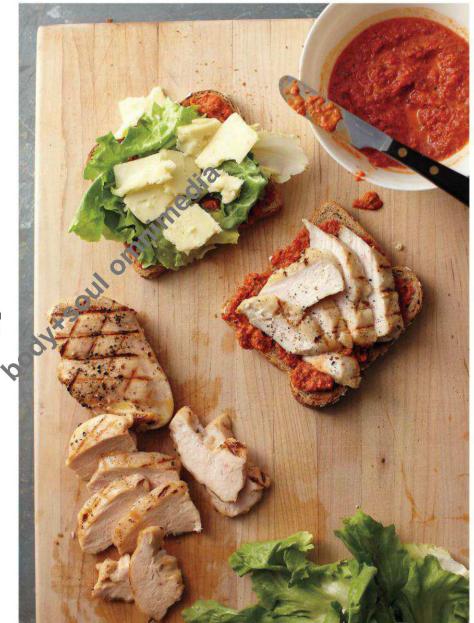
#### nourish THE HEALTHY KITCHEN

# Smoky Bell Pepper Pesto on Grilled Chicken Sandwiches SERVES 4

Break your mayonnaise habit by slathering this fiery spread on sandwiches. Roasting brings out the sweetness of bell peppers, and chipotle pepper turns up the smoky-spicy quotient.

- 1 lb boneless, skinless chicken breast Coarse salt and freshly ground pepper
- 2 Tbsp extra-virgin olive oil, plus more for drizzling
- 2 large roasted red bell peppers, stem and seeds removed
- 1 jarred chipotle pepper in adobo, chopped
- 1/4 tsp chopped garlic (about 1 small clove)
- 2 Tbsp raw almonds, toasted
- 1 tsp fresh oregano
- 8 slices whole-grain bread, toasted
- 4 leaves escarole
- 4 slices sharp cheddar (4 oz)
- 1. Preheat grill to medium-high. Season chicken with salt and pepper and drizzle with oil. Grill chicken until cooked through, 5 to 6 minutes per side. Let stand 5 minutes, then slice on the bias. 2. Pulse bell peppers, chipotle pepper, garlic, almonds, and oregano in a food processor until coarsely chopped. Drizzle remaining 2 Tbsp oil and process until combined. Season with salt and pepper. 3. Spread each slice of bread with pesto. Layer with sliced chicken, escarole, and cheddar.

PER SERVING: 464 cals; 21 g fat (7 g sat fat); 91 mg chol; 30 g carbs; 717 mg sodium; 38 g protein; 6 g fiber\*





#### MORE WAYS TO USE 'EM!

Smoky Bell Pepper Pesto	Swap this for salsa the next time you make tacos, burritos, or rice and beans.
Parsley, Lemon, and Walnut Pesto	Brush on any roasted vegetable or piece of fish. You can also stir it into tuna salad.
Carrot-Pistachio Pesto	Thin with lemon juice and olive oil and use as a salad dressing.
Broccoli Rabe Pesto	Stir into cooked lentils and sprinkle the dish with crumbled fresh goat cheese.

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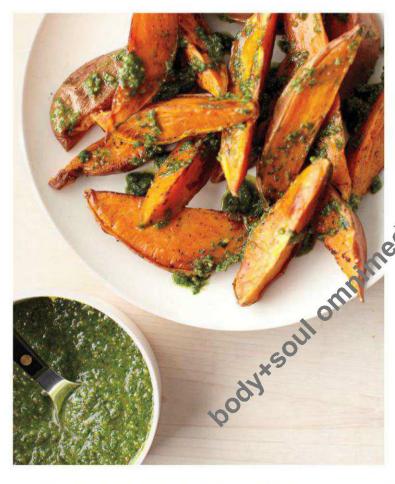






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#### nourish THE HEALTHY KITCHEN



# Parsley, Lemon, and Walnut Pesto on Roasted Sweet Potatoes

Sweet potatoes are in my seasonal repertoire this time of year, so I'm always on the lookout for new ways to enjoy them. When roasting, leave the skins on for greater nutrition (and better texture). High heat muddies the fresh flavors of the herbs and lemon

in pesto, so top it on just before serving.

sweet potatoes, scrubbed and cut into 1-inch wedges

- 7 Tbsp extra-virgin olive oil Coarse salt and freshly ground pepper
- 2 cups fresh flat-leaf parsley
- 1/4 tsp chopped garlic (about 1 small clove)
- 1/2 cup raw walnuts, toasted Grated zest of 1 lemon
- 1 Tbsp fresh lemon juice

1. Preheat oven to 425°. On a rimmed baking sheet, toss sweet potatoes with 1 Tbsp oil. Season with salt and pepper. Roast, turning once, until golden and tender, 23 to 25 minutes. Let cool slightly. 2. Meanwhile, pulse parsley, garlic, walnuts, zest, and lemon juice in a food processor until coarsely chopped. Drizzle remaining 6 Tbsp oil and process until combined. Season with salt and pepper. 3. Top roasted sweet potatoes with 2 Tbsp pesto.

PER SERVING: 431 cals; 33 g fat (4 g sat fat); 0 mg chol; 31 g carbs; 120 mg sodium; 5 g protein; 6 g fiber

### Carrot-Pistachio Pesto with Bulgur and Chickpeas SERVES 4 0 0

It's easy to go green with herb-heavy pestos, but what about other colorful produce? This raw carrot and pistachio blend was an instant hit in the Whole Living test kitchen.

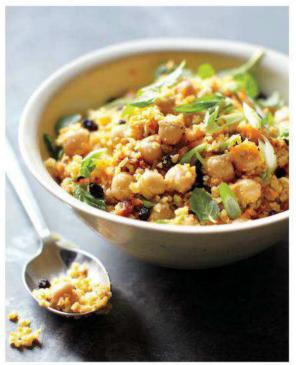
½ cup cracked bulgur

3/4 cup boiling water

Coarse salt and freshly ground pepper

- 1 15-oz can chickpeas, rinsed and drained
- 1 scallion, thinly sliced
- 1/4 cup dried fruit, such as currants, golden raisins, or chopped apricots
- ½ cup fresh mint leaves, torn if large
- 2 medium carrots, peeled and chopped (1 cup)
- 1/4 tsp chopped garlic (about 1 small clove)
- 1/4 cup shelled pistachios, toasted
- 1/4 cup extra-virgin olive oil
- 1 lemon wedge
- 1. Place bulgur in a heatproof bowl and add boiling water. Season with a pinch of salt and cover with a plate until water is absorbed and bulgur is tender, about 30 minutes. Fluff with a fork. Stir in chickpeas, scallion, dried fruit, and mint. 2. Meanwhile, pulse carrots, garlic, and pistachios in a food processor until coarsely chopped. Drizzle oil and process until combined. Season with salt and pepper. 3. Stir pesto into bulgur mixture. Squeeze with lemon and adjust seasoning, if necessary.

PER SERVING: 397 cals; 19 g fat (2 g sat fat); 0 mg chol; 49 g carbs; 377 mg sodium; 10 g protein; 11 g fiber





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#### nourish THE HEALTHY KITCHEN

#### Broccoli Rabe Pesto with Whole-Wheat Pasta and Turkey Sausage SERVES 6

The peppery bite of broccoli rabe mellows when joined by Parmesan, pine nuts, and red pepper flakes. Plus, you get a solid serving of vegetables in a comforting bowl of pasta.

#### Coarse salt

- bunch broccoli rabe, tough stems removed
- 1/3 cup toasted pine nuts
- 1/3 cup freshly grated Parmesan, plus more for serving
- 1/3 cup plus 1 Tbsp extra-virgin olive oil, plus more for drizzling
- 1/4 tsp red pepper flakes
- 1 Ib spicy turkey sausage, sliced ¾ inch thick
- 1 lb whole-wheat linguine
- 1. Bring a large pot of well-salted water to a boil. Blanch broccoli rabe until just tender, about 1 minute. Reserving cooking water, transfer broccoli to an ice-water bath until cool, then drain. 2. Pulse broccoli, pine nuts, and Parmesan in a food processor until coarsely chopped. Drizzle 1/3 cup oil and process until smooth. Season with salt and red pepper flakes. 3. Heat remaining 1 Tbsp oil in a large pan over medium-high heat. Brown sausage, turning, until cooked through, 5 to 7 minutes. 4. Meanwhile, cook pasta in reserved water according to package instructions. Reserve 11/2 cups cooking water and drain. 5. Toss pasta, pesto, and sausage, gradually adding cooking water until you get a creamy consistency. Serve with Parmesan and a drizzle of oil.

PER SERVING: 583 cals; 28 g fat (4 g sat fat); 62 mg chol; 54 g carbs; 757 mg sodium; 32 g protein; 11 g fiber









#### 5 MINUTES TO PESTO

Pesto is derived from the Italian word pestare, "to pound." It's traditionally made in a mortar and pestle, but using a food processor is much faster. Blanch any hearty vegetable like cauliflower, kale, or spinach, then shock in an ice-water bath and drain. Pulse with cheese, nuts, and seasonings until coarsely chopped. Drizzle with oil and continue processing until smooth.

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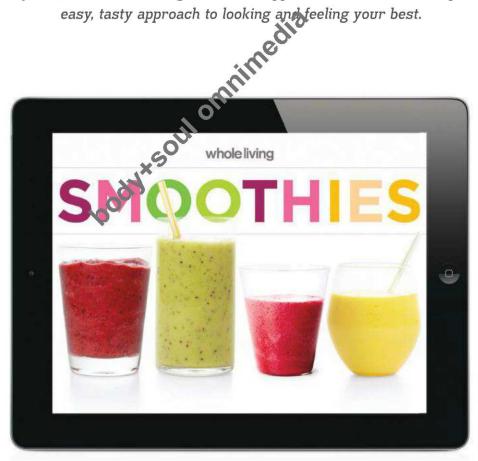
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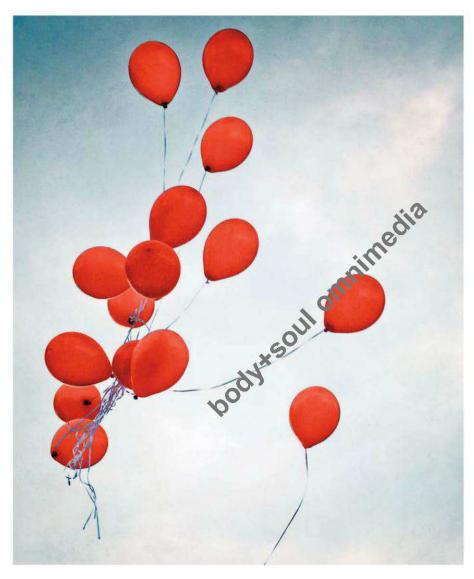
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## reflect



# Connecting the Dots

For years Meg Wolitzer saw pimples as mini red badges of shame. Then she found a new way to look at her skin—and herself.

THERE ARE SOME things in life that you shouldn't have to worry about past a certain age. These include taking the SATs, losing your virginity, figuring out whether you and your best friend can share that first apartment and still remain friends, and acne.

True to course, one by one these concerns have fallen away from me. Standardized tests are now only a No. 2-pencil-biting memory. My sex life got figured out long ago. And my best friend and I wisely ended up not living together after all. Acne, however—a mild, low-level form of it—has stayed with me

deep into the middle of my life. Apparently it has no term limits, no expiration date, no sense of having overstayed its welcome.

While my friends' medicine cabinets now mostly contain items you might find in the "midlife" aisle of a pharmacy (if there were such a thing)—alpha hydroxy acid wrinkle creams, million-SPF sunblock—mine contains many things from the "teenage" aisle, with salicylic acid or benzoyl peroxide as their main ingredient. Judging from the photographs of perky teens in the ads for some of these skin-clearing products, I am not the typical demographic.

I should say up front that my complexion problems at this point in time are fairly small and hormonally predictable, but they still do exist. When I mentioned my skin woes to an old friend, she said, "What are you talking about? Your skin seems OK to me." For the most part she's right. But I'm reminded of how different her response would've been if I had complained to her at the age of, say, 15—which I'm sure I did.

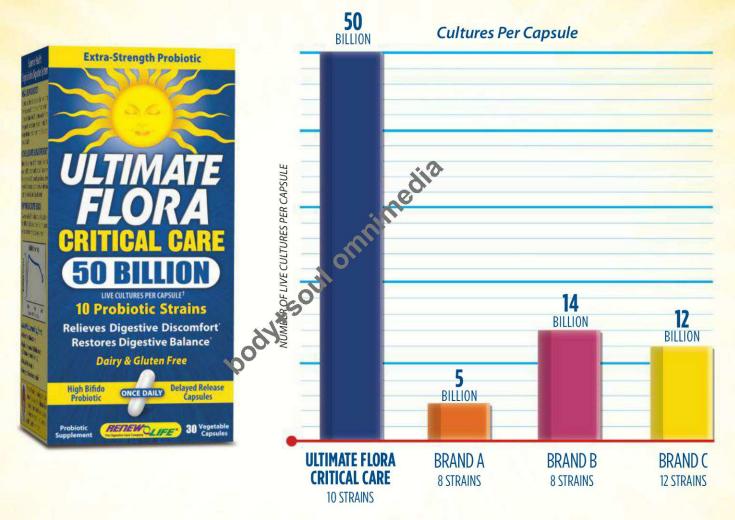
Back then she would have agreed with my assessment and probably commiserated with me. Together we might have worked ourselves up into a state of mutual hysteria about the deplorable condition of our skin, examining each other's—and our own—pores in a lighted magnifying mirror,

and declaring ourselves unfit to brave the socially treacherous hallways of Syosset High School.

The very well-documented truth about acne is that when you've got it as a teenager, it always feels like a big deal. It *matters*. My friend and I felt that we needed to look closely at ourselves and each other through a powerful and relentless magnifying lens of judgment, because we knew that even if we didn't subject ourselves to scrutiny, other people would.

That must have been the same lens used by the boy in my seventh-grade English class who said to me,

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#### reflect connecting the dots



moments before I was supposed to recite an Edgar Allan Poe poem, "You have orange stuff on your chin." I excused myself and ran to the mirror in the girls' room, where I saw, aghast, that I hadn't rubbed in some acne lotion well enough. Dodging the older girls who were in there smoking and smirking and casually

MY DIRE POETRY SEEMED TO HAVE BEEN INSPIRED BY SYLVIA PLATH—OR ACNE VULGARIS. observing me through, no doubt, their own critical lens, I swiped at my chin with a paper towel, and made a dash back to the classroom in time for my presentation, thinking only of my che, sending it a dramatic message in apparently didn't get through: Nevermore.

That must have also been the same

lens used by my parents, when on periodic weekends they took my sister and me to the office of a relative who was a dermatologist. (Just is we were a family that liked board games, we are also a family that broke out.) Cursing our D.A., my sister and I sat in front of a giant sunlar powearing black goggles that made us look like we were in the movie *The Fly.* In a singsong voice, the nurse instructed, "Eyes...closed!" She flipped a switch and, even with my eyes squeezed tight behind those goggles, I could tell that the room was filled with a hot white light. After a while, a strange smell suffused the air; in my memory it is like a mixture of burning hair and old canola oil. The main result of these well-intentioned sunlamp treatments (oh, innocent, ignorant times!) was slightly scorched pimples, and, many years later, some sun damage. (Lying at Jones Beach with a tinfoil-covered Rod Stewart album under my chin surely didn't help.)

I remember the sense of low-level shame, the attempts to conceal, and the hours spent absorbed in trying to find the one product or device that would change things. It's hard to know to what degree my skin problems affected my sense of self, but I do know that around the time my acne peaked in adolescence, I became slightly more shy and self-conscious. Also, more self-absorbed. All my friends were self-absorbed to a certain degree; but one night, during a slumber party, I remember regarding a clear-skinned girl as we both washed our faces, and I wondered, What's it like to live inside skin like that? I still have some of the

dire poetry that I wrote in a journal around that time—dark verses that seem to have been inspired by Sylria Plath, but were probably equally inspired by my hast bouts of shadowboxing with acne vulgaris.

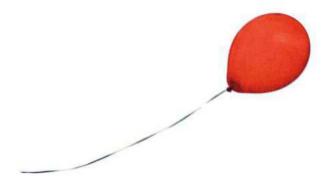
Adolescence ended, as it inevitably does, but my complexion issues lingered. By the time I reached my twenties I became aware of all the handheld complexion gadgets available for sale, and with one of my first paychecks I bought a machine that looked like a hotglue gun and sent a jolt of heat through my head. Later, I treated myself to a cheapo facial in the back room of a nail salon, which left me shouting at first, and bleeding later. A round of antibiotics caused stomach distress. One mask I slathered on merely made me look like a member of Blue Man Group. The blackhead strips I ripped from my nose allowed me to peer at the contents of my pores in fascinated, science-experiment horror, but did little else.

Then one afternoon in my early thirties, I sat with my toddler son in my lap, his hand gently playing with my hair and my face while he murmured, "I love you I love you." He paused, touching a few small bumps on my chin, and asked, "What are these?"

I sat very still. In that moment, my sweet little son became the boy in my seventh-grade English class, as well as the girls smoking in the girls' room, not to mention a miniature extension of my own, highly critical self. Self-consciousness flooded me, and that afternoon, I went out to the drugstore and bought myself yet another product. I think this time it was a milky lotion that went on lightly, and burned very deeply, but didn't do much more than that.

As I got older my skin problems became milder and milder, yet still I viewed them through that same old relentless, critical lens. I'm not sure exactly when they changed from an actual, acute condition to more of an ingrained state, part-physical, part-emotionally reactive. I'm not sure when my self-consciousness seeped in and simply became another part of me, like a particularly penetrating concentration of salicylic acid.

But one day, very recently, I found myself realizing that I was tired of self-scrutiny and its attendant, predictable dismay. My friend, she of the supportive "your skin seems OK to me" comment, suggested that



it might be worth seeking calming holistic treatment. This had never occurred to me before; acne, as far as I could see, needed to be angrily roughed up, treated aggressively like a juvenile delinquent who needs to be given a dose of so-called tough love.

After locating a facialist on the Internet who promised holistic services (her products are described as botanically rich and toxin-free) and delivered, according to her customers, excellent results, I made an appointment. The graceful and youthful facialist Elena Rubin greeted me at the door of her office in lower Manhattan with a glass of lemon water. "Did you have a particularly rich meal last night?" she inquired after we'd been chatting briefly. I was taken aback. It had been my husband's birthday the night before, and ved celebrated at an Italian restaurant, where we did cat an unusually heavy dinner. Elena pointed out the area of redness between my eyebrows and said that heavy, rich food might have caused that flushing she was a kind of Zen-like, dermatological Kresking was sold.

As I lay in her peaceful treatment room, she declared that my skin possessed a nice elasticity and fullness. While I have been complimented on other aspects of my physical self over my lifetime, I realized that I couldn't actually remember hearing a single compliment about my skin. I was surprisingly... touched. Her gentle words and ministrations had an immediately soothing effect, at least on my mind.

There was nothing judgmental or harsh about any of her observations about my skin, despite the fact that she was peering at me at least as closely as teenagers peer at one another. Her remarks about paying attention to the body, helping it stay in balance, resonated with me now, in middle age, when I understand that balancing the various elements of a complicated, hectic, sometimes insane life is crucial.

I hadn't thought to apply this thinking to my skin, but suddenly my previous aggressive, relentless approach seemed like overkill, or maybe underkill—but at any rate, ineffective, and no longer worth pursuing. In her aromatic treatment room, Elena made a strong case. While doing extractions or applying high-tech wands, serums, and a skillful touch, she talked soothingly about skin, body, and well-being. By the time I

left, carrying a bag of products and a sheet of instructions, I felt hop ful, uplifted. I went home with that good feeling one gets at the start of something. My skin, and even my attitude toward it, had a kind of metaph in cal "new car smell." The next night, I stood before the bathroom mirror, applying lotion from and bottles. There was no sting, I noticed.

As of this writing, a few months have passed since that facial, and the effects did last quite a while, though I can't say that everything is different. The anti-redness products I was given have calmed down an overall inflammation that I hadn't even recognized, so focused was I on tackling individual trouble spots. My skin still does break out like clockwork. Elena suggests (gently!) that women might return for monthly facials timed a few days before their periods, because fluctuations in hormones can lead to an increase in production of oil, which the skin isn't able to discharge as quickly as it needs to. In an ideal world, I would return for those monthly treatments, and for her soft reminders of my skin's

fullness and elasticity, and all else. Of course this isn't an ideal world, and I don't have the time or resources for regular visits to Elena.

But even without routine facials, I still feel better. Was it the calming words about balance? Or the sense that it's possible, once in a while, to step out of my own literally and figuratively con-

gested world? When I do break out these days, I quickly remember that it's an imbalance, not a tragedy. One of the by-products of a lifetime of imperfect skin has been a natural increase in self-consciousness. But for me, it's mellowed in recent months into a more general consciousness, an awareness of what matters most, and what matters surprisingly less than it used to.

"Eyes...closed!" the nurse in that dermatologist's office used to say. But now, so many years later, I'm all about keeping them open.

HOLISTIC
TREATMENT?
ACNE, AS FAR
AS I COULD TELL,
NEEDED TO BE
ROUGHED UP.

 $\label{eq:megwoll} \begin{tabular}{ll} \tt MEG WOLITZER's \ novels \ include \ The \ Uncoupling \ and \ a \ book \ for \ young \ readers, \ The \ Fingertips \ of \ Duncan \ Dorfman. \end{tabular}$ 

## chat you said IT

READER TO READER

#### How do you banish the winter blues?

#### This month's winner

Winter reminds me that everything is part of a continuum. The earth at rest is just a part of a diverse and divine cycle, and the bulbs I planted in the fall, after a period of subdued waiting, will yield the colorful expectation of spring. Bye-bye wintertime blues! KIM V., LOWELL, AR

#### Shimmy Away the Cold

We turn down our thermostat while we're at work all day. Later, when I get home and the house is warming up, I crank some music and dance. Not only does it ward off the chill, but it also gets my endorphins pumping and makes me happy for the rest of the evening.

ADRIENNE G., Marion, IL

#### **Embrace the Rays**

When I feel the blues creeping up on me, I open all the drapes and let the daylight shine in. I enjoy watching the clouds blow around, and many times I find myself just getting lost in the wonder of the changing s.w. It all reminds me of the power of Mother Earth and the beauty during the shift. It seasons.

DEBRA R., Carsange.

#### Focus on the Inside

Winter for me is a time to slew down, enjoy cooking, mading, getting together with friends, and taking those classes I had been putting off. Thinking of it as something to look forward to instead of as the gray time of year can make all the difference.

MARIA T., Summit, NJ



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#### RECENTLY TWEETED

Thank you @WholeLiving for featuring migraines in your December issue. It is so important to spread the word about alternative treatments. —LARISSATAURINS

#### RECENTLY TWEETED

First 20 minutes of free time in months. How will I spend it? Reading the latest issue of @WholeLiving! LOVE this magazine.

-INTEGRATIVEMOM

#### **FACEBOOK**

#### REINVENTINGME

I recently discovered graphs and fell in love! A simple quinox opinach, tomato, and olive oil mix is in credibly delicious!

#### JUDITH JANE SPENCER

I completely agree that people should be responsible hosts. But I would also like you to challenge people to be responsible guests, too. WHOLE LIVING GIVEAWAY

\$157

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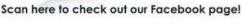
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MAKE EATING MORE SENSORY: Think about experiencing texture and aroma as well as taste.

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CHALLENGE YOUR BRAIN THE WAY YOU DO YOUR BODY.

BEAUTY IS A MOSAIC, NOT A MIND-SET.

WOULDN'T IT BE BORING if the journey threw no curves?

Flaws build character, NOT SHORTCOMINGS.

If you can't stay, smile as you walk by.

AMUSE AND ENRICH YOUR PALATE WITH VARIED, COLORFUL FOODS.



# NATURALLY BRILLIANT

IT'S AN ENTICING CONCEPT—the dietary equivalent of scoring a two-for-one special or meeting a person of beauty and substance: Dine on a gorgeous rainbow of fruits and vegetables, nutritionists like to remind us, and we'll net nature's full spectrum of health-promoting nutrients. But what does an "eat-your-colors" diet look like after the first few salad-bar creations? We've come up with a handful of inspiring dishes for breakfast, lunch, and dinner that taste as vivid as they look.

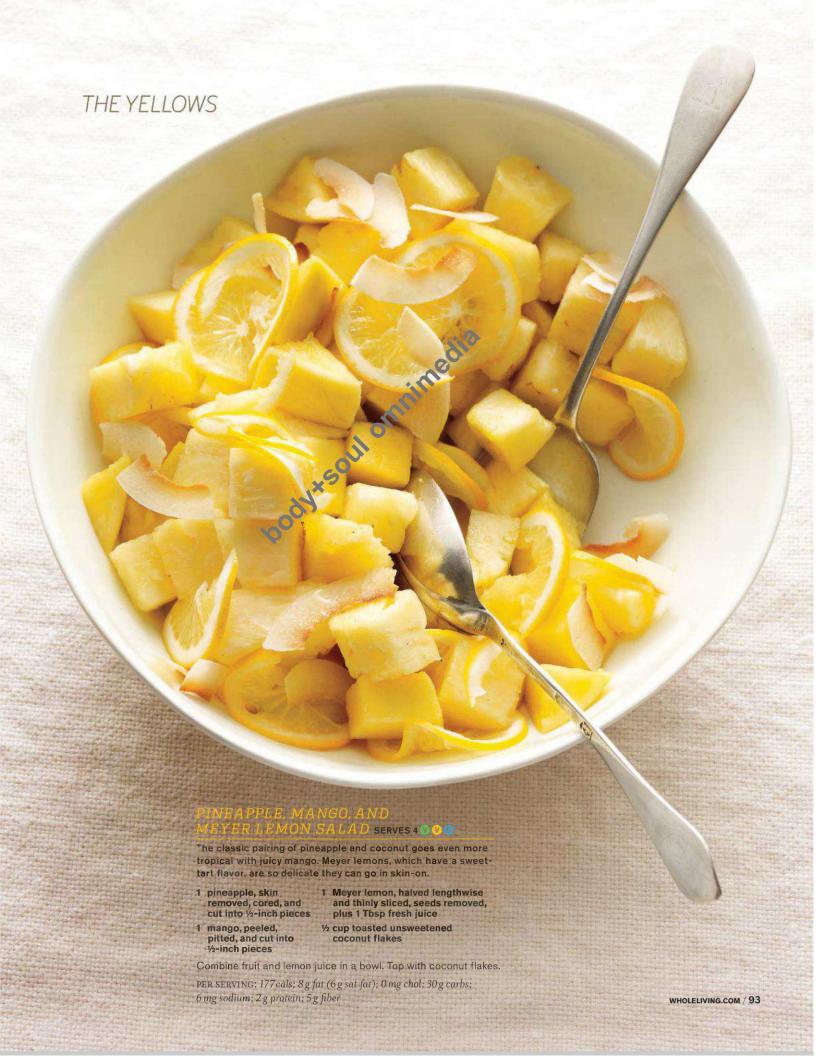
WRITTEN BY LINDSAY FUNSTON RECIPES BY SHIRA BOCAR
PHOTOGRAPHY BY CHRISTOPHER BAKER

















#### BLACK RICE STIR-FRY SERVES 4 0

Not your average stir-fry: Black rice takes on a deep purple hue when cooked and makes for a dramatic and more nutritious dinner plate. Plus, spoonful for spoonful, the dark grain has more anthocyanin antioxidants than blueberries. Japanese eggplant brings meatiness; red cabbage supplies fresh crunch.

- 3 Tbsp vegetable oil
- 12 oz firm tofu, drained, cut into 1-inch pieces

#### Coarse salt

- 1 Japanese eggplant, halved lengthwise and sliced into ½-inch pieces
- 2 Tbsp minced fresh ginger
- 2 cloves garlic, minced
- 3 scallions, thinly sliced (white and green parts separated)
- 1/4 head red cabbage, sliced (4 cups)
- 1/2 bunch purple kale, torn into 2-inch pieces (3 cups)
- 2 cups cooked black rice (1 cup dry)
- 1 tsp Sriracha sauce
- 1 Tbsp low-sodium soy sauce
- 2 Tbsp fresh lime juice
- 1. Preheat a wok over mediumhigh heat for 1 minute. Add 1. Thsp oil, swirling to coat, Season tofu with salt and cook until golden and crispy, about 5 minutes. Remove and set aside. Add: 1 Tbsp. oil and cook eggplant, stirring, until golden and tender, about 4 minutes. Remove and set aside. Add remaining Tbsp oil and cook ginger, garlic, and scallion whites, stirring, 1 minute. Add cabbage, kale, and 1/4 cup water and cook stirring, until kale is tender, about 3 minutes. 2. Mix in rice. Once heated through, add tofu and eggplant. Stir in Sriracha and soy sauce. 3. Remove from heat; stir in lime juice. Garnish with scallion greens.

PER SERVING: 272 cals; 12 g fat (2 g sat fat); 0 mg chol; 35 g carb; 137 mg sodium; 12 g protein; 5 g fiber





# THE (SECRET) LIFE OF BEAUTY

Sometimes beauty jumps out at you, but far more often it waits for you to discover it. It can be found in the simple, the familiar, even the mundane. Ralph Waldo Emerson said: "Though we travel the world over to find the beautiful we must carry it with us or we find it not." We asked a few of our favorite photographers and writers to share their beauty treasures with us. Keep your eyes open; moments like these are around every corner.

#### **UP IN THE AIR**

"It's coming! It's coming! Everybody duck!" screams my 4-year-old, and we all fall to the grassy ground, giggling. It is a sparkling, chilly fall day in Washington, D.C., the kind that makes you want to blow kisses at the sky.

We have been visiting this park for 10 years now. Located on the banks of the Potomac and bordering a large, busy airport, the expanse attracts families like ours: The place is overrun with strollers, picnickers, joggers, bicycle fanatics, kite flyers, and young lovers.

I have to confess that before my kids were born, I never understood why it was always so packed. I used to fly for work all the time and had no interest in aircraft. Planes and their ports were such an everyday thing for me, and I had forgotten how beautiful they could be.

Things are different now.

The first time we visited, my older son, Jai, was just 2. He loved playing with toy

planes, so my husband thought he would love to see real ones landing and taking off. Initially, Jai was terrified by the sound of these big jets booming above. He would hide behind my legs, or under his dad's lawn chair. My husband, who harbors a secret dream of becoming a pilot, would pick him up and boost him toward the plane, yelling, "Wave to the pilots, wave to the people in the plane. They are coming from Paris, from Sweden, from India, from Japan. Say, 'Hi and welcome to D.C.'" This father-son ritual soon became a family weekend tradition.

After a long battle with infertility, I finally had another baby, close to eight years after the first one. When Arjun was just over a year old, we decided to go back to the park. We hadn't been in a while, since I had been bedridden during pregnancy.

As soon as we parked the car, Jai pulled Arjun out of his seat. "Come, baby, we are going to see the planes," he said as he placed his brother in his stroller and we all walked toward the park.

Within a few minutes, the planes began to land, and at first they made the baby cry. His brother hugged him tight, then produced a toy plane from his pocket and pointed to the sky. The boys nodded to each other. Arjun began to giggle and laugh and clap his hands. "Pane, pane," he shouted. The boys clapped together and with their father waved wildly at the oncoming jets.

The boys are getting older, but they haven't outgrown their love of planes. We still go to the park on weekends, and my 12-year-old and 4-year-old no longer just wave. They know the names of the planes, what time the big Airbus A380 will come in from Paris, and exactly how low those giant Lufthansa birds will fly. They know the handsome aircraft by their colors and logos. Often they bring signs to wave in the air.

Now, instead of the planes bringing strangers, the boys imagine they are bringing their grandparents or their favorite cousins. On icy cold days, we look up at the jets and wish we were on one going to a warm day in Jamaica!

The boys hug each other, then run after the aircraft pretending to catch them. Their dad takes countless photographs, trying to capture these extraordinary, ordinary moments forever.

"One more shot, come on, stand here, the plane is coming," he yells, and we all stand and feel the breeze from the Potomac embracing our bodies as we wave to the beautiful, miracle machines in the sky above.

MONICA BHIDE writes about food and culture. Her new book is In Conversation with Exceptional Women.

LIGHT IS EVERYTHING I FIND THAT THINGS CAN SPRING TO LIFE IN A CERTAIN LIGHT AND SUDDENLY BE-**COME MAGICAL. YOU NEED TO WATCH AND** NOTICE THE CHANGES AND CHOOSE YOUR MOMENT FOR THE PHOTOGRAPH. IT CAN BE SURPRISING—AL-MOST DARK, BRILLIANT SUN, OR CANDLE-LIGHT, IT'S A MAT OF BECOMING MOR AWARE THAT BEAUT IS ALWAYS AROUND IF YOU LOOK FOR IT.

> **TESSA TRAEGER** is a photographer based in London.

#### INTENTION IN THE MOMENT

On the eve of a big, round-numbered birthday a few autumns ago, my sister and I spent a few days in Paris. Strolling into the backstreets of the Marais, bathing in the mystical light of the reliquary-like Sainte-Chapelle, prowling the ephemera at the flea market was all lovely, of course, an exquisite sensory overload.

But within a few days, we discovered other unexpected gifts from the City of Light: blisters and exhaustion. So, late in the afternoon, we'd stop and collect ourselves over a mellow Bordeaux or revitalizing espresso.

Ever civilized, the Parisians would deliver a tray with drinks and a little complément—a tiny dish of crisp, gently salted nuts or a few squares of delectable chocolate. Comfort and delicate elevation from the everyday delivered, yes, on a silver platter.

One visit to the Rodin Museum was fine with me. But those afternoon moments? I wanted more. I loved how a little elegance, and a little time savoring, was a thousand times more rejuvenating than

a little time savoring, was a thousand times more rejuvenating than a Venti latte hurriedly inhaled on the way to something else. Those perfect interludes must have affected my sister in the vame way, because for Christmas that year, she bought me now own silver tray. It's a mere 10½ by 13 inches, and it's stainles, teel, not "real" silver. But its softly mirrored surface manages to find and reflect a ray of calm that quiets the clamor of too many magazines in the living room and too many memos on my desk may tray means it's sit-down-and-be-civilized time. Relationship time. Savoring time.

I bring it out to serve tea sometimes on a weeknight when my guy and I want to avoid sinking into the gray of routine or when we want to

I bring it out to serve tea sometimes on a weeknight when my guy and I want to avoid sinking into the gray of routine or when we want to talk, plan, dream, or discuss it use it to support tiny Japanese beer glasses to welcome frience, who stay and savor long into the evening. Sure, I've had plenty of thecial moments without the tray. But somehow, this little piece of thetal adds intensity—or maybe it's intention—to a moment and leaves no room for stress and distraction. No wonder I keep it in my kitchen in its original box, with one flap open. A little bit protected, but always at the ready.

MARTY MUNSON is a New York-based writer and editor.



#### LOVING THE MIDDLE

There are a few things I thought I'd never be. Chief among them: a morning person. Chief-er among them: someone who enjoys the journey. And yet, a few months ago, I forced myself to become the former, and ended up being the latter.

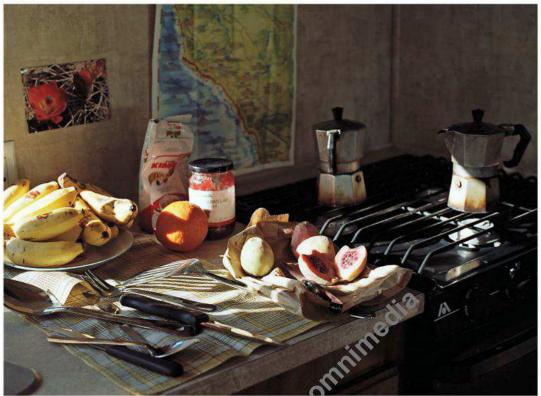
It started with the realization common to so many working mothers: If I wanted to exercise, I would have to do it first thing in the morning, before my daughter woke up, and usually while it was still dark out. One Monday, I woke with the alarm and headed out for a run. The next morning, I shocked myself with an encore. And then another. And another. By Friday-even though I'd set myself a goal of just four times a week-I remember thinking: Who am I?

Who I was-or at least who I was becoming-was a person who didn't walk around under the billowy gray cloud of dreading exercise all day every day. I felt less creaky-boned and more energetic, having run five miles before most people even woke up. A lifelong insomniac, I started crawling into bed and dropping into untroubled sleep at night.

More shocking than all of that, though, was what I experienced while running: I stopped thinking while double-knotting my sneakers that I couldn't wait for this to be over, and instead started enjoying the view. There is a particular half-mile stretch of my daily loop around Brooklyn's Prospect Park that winds downhill and bottoms out at a large lake. If I time it right, I hit that spot just about at sunrise. I know that the downhill part has something to do with it, but those few minutes of the run are often among the most relaxing of my dayto such an extent that I always remind myself to notice this part.

It bears mentioning that "this part" falls only about one-third of the way into the run. Previously, the idea of enjoying exercise while it was happening was anathema to me. I only ever knew to smile when the hustle was over (or I was at least within view of the finish line). Realizing that I could actually enjoy that early segment of the route-just bask in the simple beauty of a sun rising over a steam-blanketed lake-was nothing short of revolutionary. And there was an added thrill in that revolution: the fact that for the rest of my life, I could ask myself the question, Who am I?...and not always be so sure of the answer.

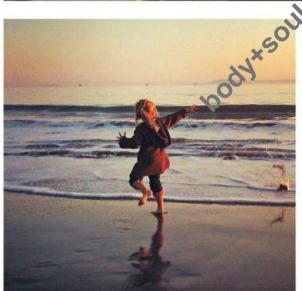
RORY EVANS is a writer who lives with her family in Brooklyn, New York.



SNAPSHOT IN TIME
LIGHT COMING
THROUGH A WINDOW IN A CERTAIN
WAY, FALLING ON
EVERYDAY OBJECTS,
IS ONE OF THE
MOST PLEASING
THINGS. I LOVE
HOW SUCCINCTLY
IT CAN DESCRIBE
A PLACE, A TIME OF
DAY, AND A MOOD.

TARA DONNE

is a photographer living in Brooklyn, New York.



#### **FOOTLOOSE**

This image of our daughter,
Novie, was taken on the
beach at Santa Barbara
during one of our many
trips there. My wife and I
were reflecting on our own
travels growing up, and
how so many of the details
often fade away. What is
retained is just that blissful
feeling of being barefoot,
and the simple freedom of
a moment like this.

MASON ADAMS is an artist manager based in New York.

#### **GOOD FOR THE SOLE**

Mudroom. Mudroom. I have wished so much for one that it's become like a mantra for me. If we had one, we could, for example, open the door all the way into our kitchen without hitting a clot of boots; we could eat dinner or warm ourselves by the woodstove with a view of something other than a tangled pile of shoes. We live with this mountain of rain boots and work boots and snow boots, Keens and Danskos, summertime sandals and flip-flops, running shoes and hiking shoes and sparkling pink and silver Keds. It's a pile that, like the kids themselves, often seems to grow overnight. The "Welcome" mat is heaped with footwear; the Ikea shoe bench is overwhelmed; depending on the season, grit or mud or melting snow creeps across the room and gets tracked through the house on our socks. We have a lot of people visiting a lot of the time; there are really big friends who arrive with really big shoes, and really small friends who forget to put their shoes back on and leave them behind. It is, if I can speak plainly, too many effing shoes. I need a mudroom. So I ordered one. It's actually just an inexpensive Nikki McClure poster, the word congregate printed beneath a black-and-white image of someone's feet kicking off a pair of clogs, adding them to a charming door-side tumble of footwear.

As soon as I framed it and put it up on the wall over my own tumble of shoes, it reframed my lack as luck: what a blessing, the happy chaos of people coming together. The shoes are tangible evidence of our full, rich lives: the seasons changing, the children thriving, the friends coming and going and coming back. It's like a parliament of owls, an exaltation of larks, or a tiding of magpies: a congregation of shoes. Amen to that.

Catherine Newman, the author of the memoir Waiting for Birdy, writes about food and life at BenandBirdy.blogspot.com.



#### AFTER THE BATH

I love this picture for its simplicity; the shape of my wife, Ursula's, back, the way she is pulling her hair. Most of all I love my young son's foot poking into the frame at the bottom, making this one of those perfect family moments that I have been privileged to experience and capture on film.

RICHARD FOULSER is a photographer based in New York and Los Angeles.

#### **iMIRACULOUS**

When the mood seizes me, I pull out my iPhone. I don't want to make a call or send a text or watch a video. I don't want to listen to a song or check out sports highlights or ask directions from Siri, my voice-recognizing personal assistant. I just want to hold my phone. Fondle, maybe, is the better word. The solid weight of it nestled in my hand, the sleek proportions of its design, the smooth, unscratched glass—I find it all unspeakably pleasing. And I ask myself quite often: How can something so amazing be mine?

In Walter Isaacson's biography of Steve Jobs, the former CEO of Apple is quoted as saying that the Zen rock gardens of Kyoto were the most "sublime" thing he had ever seen. I have visited those rock gardens, and I feel the same way about the iPhone 4S. There is nothing clunky, jarring, or out of place. The sight of it instills calm.

I did not expect my smartphone to seduce me so, or that the mere act of contemplating it would bring me close to a transcendental state. Indeed, I did my best to postpone this day of reckoning indefinitely. When the iPhone first arrived on the market, I kept it at arm's length, even as friends and family succumbed. In part, I was intimidated by the price, but I also already felt too connected, too locked into the intravenous drip of Google and YouTube and my always-on e-mail. I spent all day staring into a screen, and saw no need to carry another computer in my pocket.

But that's all over now. There came a point when I realized I could no longer function effectively in our Facebook-and-Twitter-mediated age without a smartphone. I was beginning to feel adrift without constant GPS companionship. When Jobs passed away, I decided I would purchase the newest iPhone in his honor. I haven't regretted my impulse for one second. For it

turns out that the iPhone's beauty is not skin-deep. It encompasses everything.

Maybe those of us who were science fiction fans were better prepared than everyone else for the classic Internet-induced epiphany—the realization, not long after we logged on for the first time, that the natural purpose and evolution of this network of networks was to link us to the full sum of human knowledge, to connect us to everything. In that sense, the smartphone is the physical embodiment of all that civilization has accomplished. Its manifestations can be as silly as the game Fruit Ninja or as profound as an iBooks download of the Bhagavad Gita.

We can use it to create or consume or communicate. And, amazingly, we already take it all for granted. For my children, the notion that a few swipes and clicks can get them anywhere or anything—a plane ticket to Kathmandu, watching the Beatles at the Hollywood Bowl—is unexceptional. For me, it's still a miracle.

Just now, I told Siri to "wake me up at five tomorrow morning." Without fuss, "she" set my alarm. The technology necessary to achieve this feat is mind-boggling—an intersection of semiconductor microprocessor chips that are themselves the products of massively complex global supply chains and clever naturallanguage software. The device in my hand incorporates ingenuity that every previous generation that lived on this planet would think magical, and, yet, there's nothing to it. I spoke, and Siri did what I wanted just like that. And I realized I'd never have to think about how to set an alarm again. The truth of the iPhone is that extraordinary complexity can be made simple. That simplicity is the most beautiful thing I know.

ANDREW LEONARD is a writer who lives in Berkeley, California, with his two children.



#### AMONG THE VEGETABLES

Beauty awaits me every day in our vegetable garden. Since I live in Los Angeles, where we can grow food year-round, I'm out there constantly, picking the salad I'll eat for lunch, prowling around to see what's happened overnight. Maybe the squash seeds have sprouted or the sweet peas started to curl around the tepee poles.

Even in our always-sunny climate, spring is the sweetest time, everything in its green, fresh youth. In early spring, the "Blauschokker" pea vines produce red-and-violet flowers from which the peas emerge, purple pods with vivid chartreuse linings. As good and sweet as these peas are, they're not as flavorful as English peas, but they're too beautiful to give up. And herbs are coming back now, the first basil seedlings, the sage I've missed during

winter. Before long, we'll have early tomatoes, and okra—unfolding huge, creamy, spiraling blooms that you might mistake at first for butterflies. Real butterflies come too, looking so much like flowers. The bees get so wrapped up in their work among the blooming blue chicory that you can get close enough to see the pollen hitched like fuzzy panniers to their sides. The sun lights them up, as it will soon pick out the vivid reds of those first tomatoes, the golds and oranges of squash, the ruffled wild greens of lettuce.

No matter how much I need to get done in my office, I find myself wandering outside several times throughout the day, lest I miss some new development. Sometimes I just want to breathe the air the plants breathe and watch them lift in the wind, or shove my head

among tomato leaves and come in smelling of that dusky-warm summer-afternoon perfume that's exactly like the fruit's. I love the feeling of my life among theirs, the sense of myself, however fleetingly, as the same sort of heedless, careless force of nature, soaking in the sun, turning toward the light, tended by it, fed by it, and fed too by the plants I tend. It seems fundamental and right, yet it's also constantly surprising. How much beauty there is in this garden focused on the useful and the practical. How well it nourishes on so many levels. How much of it I carry in my head and heart when I'm away from it.

SUSAN HEEGER is the coauthor of From Seed to Skillet, a guide to growing and cooking fresh food.

### NAOUMIE CAMEROONIAN Is there an iconic Cameroonian beauty aid? If there's one cure-all for everything from HSOII OMNIME scratches to dry patches, it's palm oil. I have memories of my grandmother using it on me from the time when I was very little. Which part of the palm tree is the oil from? The kind that's good for skin comes from the kernel, which you mash after removing it from the middle of the fruit. Have you found palm oil in the States? The pure oil is harder to find, though it's added to some beauty products. But since arriving here, I've mostly switched to olive oil. While similar, it's lighter and less oily-and you can use it on cuticles, scalp, hair, and limbs for all-over softness. Are there times when you still have to use your palm oil? In the dead of winter, when you're more scales than skin, there's nothing better. THAT SOMETHING SPECIAL We always love finding the next great thing when it comes to beauty, but sometimes true comfort and results come from returning to our roots. Here, six women share their ancestral beauty secrets, with recipes to make and indulgent products to try. BY ABBIE KOZOLCHYK PHOTOGRAPHY BY RICHARD PHIBBS













"Pure palm oil is very moisturizing," says Lisa Yuan, director of the Botanica Spa at The Westcliff hotel in Johannesburg, South Africa. "But it's so rich you may sometimes want a lighter-blended product." The question of which product is a tricky one, however: Palm oil cultivation is one of the world's worst causes of deforestation and habitat destruction, but several companies are making serious efforts to reverse the trend and source the crop sustainably. Though the Rainforest Alliance just certified its first palm plantation, the industry still has a long way to go, so in the meantime, look for brands that make specific sustainability statements: (1) Avon ANEW Ultimate Age Repair Cream Cleanser gets its rich feel from palm oil that's sourced through GreenPalm, a program that supports demonstrably sustainable palm growers. \$12, avon.com (2) Alaffia Red Palm and Shea Nurturing Body Soap sources its

CAMEROON

hand-pressed red palm oil from small, sustainable organic farms in Togo, and forgoes any refining. \$4, alaffia.com
(3) Ojon Damage Reverse Restorative Hair Treatment Plus uses a different kind—but similarly hydrating—of palm oil: sustainably harvested, Central American Ojon oil, whose ability to resurrect hair is legendary. \$33, ojon.com

## CHAMOMILE GERMANY

Beyond its role in brightening blond hair, chamomile "is one of the gentlest, most calming ingredients nature has provided," says Yuan. The extract has anti-inflammatory properties, making it an ideal remedy for red, irritated, or simply dehydrated skin. (4) Weleda Iris Hydrating Night Cream combines suppleness-boosting iris root extract with moisturizing shea butter and soothing chamomile. \$21, usa.weleda.com (5) Logona Color Care Chamomile Shampoo blends its marquee blonding ingredient with silk protein for softness, wheat for strength, and other botanical

boosters. \$14.50, logona-usa.com (6) Dr. Hauschka Eye Solace depuffs with black tea and soothes with chamomile and other botanicals. \$33, drhauschka.com

#### KUKUI NUT OIL

HAWAII

Hawaii's official state tree, the kukui, is also the island group's unofficial beauty ambassador. The nut yields an oil that "supplies skin and hair with rich nourishment," says Yuan. But rich isn't synonymous with greasy: The oil is light, fast-absorbing, and found in many popular beauty treatments. (7) PhytoSpecific Intense Nutrition Shampoo supplements its kukui content with macadamia oil and mimosa wax for maximum moisturization. \$24, sephora.com (8) Alba Botanica Hawaiian Kukui Nut Body Cream packs shea and cocoa butters in addition to its namesake ingredient to remedy the driest of skin. \$14, albabotanica.com (9) Hawaiian Bath & Body Lavender Kukui Oil contains lavender, so it's as soothing as it is moisturizing. \$10, hawaiianbathbody.com

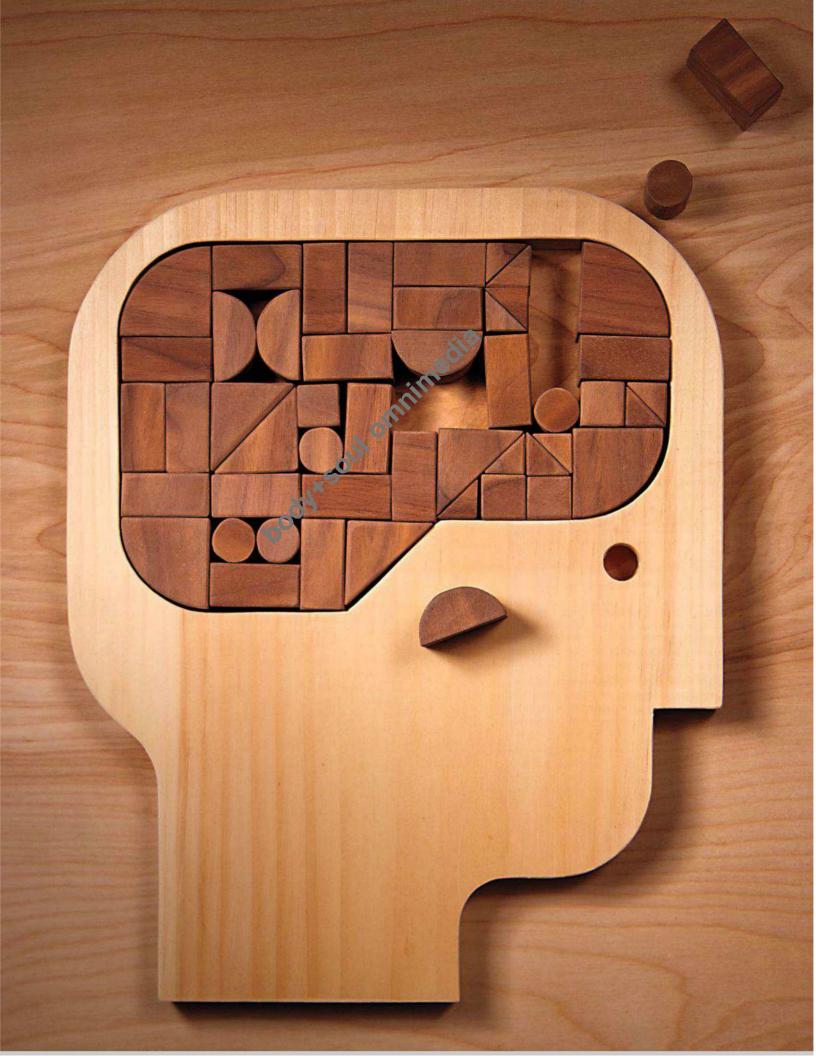
MINERAL SALTS

BELGIUM

"In mineral-rich waters, you'll find the same minerals as in our body, like magnesium, calcium, and sodium," says Yuan. "By drinking and soaking in them, you're raising the mineral content of your body, which boosts your health and glow." But if you don't happen to have hot springs around the corner, add any of these to your tub: (16) EuroSpa Sea Salt is an allnatural, mineral-rich blend that can be poured directly into your bath or mixed into a scrub. \$13 for a five-pound bag, sea salt.com (17) Lush Geo Phyzz Bath Bomb is dense with salt that's been covered in mineral-rich volcanic clay-a concoction that adds effervescence (and a pine and cypress scent) to your bathwater. \$5, lush usa.com (18) Pevonia Botanica Mystique Escape Bath Salts are mineralizing and contain uplifting grapefruit and mandarin essential oils. \$19, shoppevonia.com

WHOLELIVING.COM / 111

with Mimosa employs a battery of botanicals (in addition to the barley and the headlining mimosa) to combat crepey lids and other local wrinkling. \$35, origins.com





# EXPERTS SAY THAT JUST A FEW MINUTES A DAY OF CHALLENGING YOUR MIND CAN PAY OFF WITH SERIOUS LONG-TERM BENEFITS



ANN! MY NEIGHBOR'S NAME IS ANN! I've talked to her a thousand times! Why couldn't I recall that simple syllable when I ran into her recently? And why can't I remember the title of the book I've just finished, or the movie I saw last week? What about the lost keys, misplaced sunglasses, and forgotten dentist appointment? Is this the stuff of normal stress and distractedness—or is my brain seriously starting to slip?

"Lots of factors, including stress, lack of sleep, and aging, affect the way your brain functions," says Gary Small, M.D., director of the UCLA Longevity Center and author of The Alzheimer's Prevention Program: Keep Your Brain Healthy for the Rest of Your Life. "In most cases, memory loss isn't a sign of dementia." Occasionally forgetting where you parked the car is normal. Doing it repeatedly—and not being able to implement strategies that prevent the problem—is not. Although we don't need to freak out about the occasional slip-up, we shouldn't ignore it, either. Several years ago, University of Michigan researchers found that cognitive ability starts to decline slightly as early as your twenties, when the brain begins to shrink and show other signs of aging. By age 65, one in eight people in the United States have Alzheimer's (marked in part by a massive die-off of neurons, the nerve cells that transmit signals involving memories, thoughts, and feelings), and almost half the population 85 and older is afflicted, so

it makes sense to do everything possible to strengthen your brain and protect it from future deterioration.

And there's plenty you can do. Brush and floss with your opposite hand, wear your watch upside down, do the crossword or Sudoku in your newspaper, even turn the whole paper upside down! Sure, it's harder—and that's exactly the point. By doing familiar things in an unfamiliar way, you stimulate your brain, which means your body will send more blood to your head, bathing the cells in health-giving oxygen and prompting the growth of new neurons. "Challenging your brain to learn keeps it healthy, but you have to push it," says Vonda Wright, M.D., a surgeon who specializes in healthy aging and the author of Dr. Vonda Wright's Guide to Thrive. You don't have to read backward all the time though; there are lots of other habits you can adopt to help strengthen your gray matter. In fact, research shows that you can grow new neurons throughout adulthood, especially in the hippocampus, one of the brain's key memory centers. "Regular exercise over two years can lower the risk for memory decline by 46 percent," says Small, "and eating antioxidant-rich fruits and vegetables over four years can reduce the risk of dementia by 44 percent." Simple lifestyle changes, he says-minimizing stress, sleeping enough, staying slim-"can have an enormous impact on brain health, especially when you combine and commit to them for years."

### **BOOST YOUR BRAIN POWER** Sometimes the smallest changes can have the biggest impact. Incorporate these strategies into your routine and begin strengthening your gray matter today.

WAKE UP WELL RESTED Sleep is critical for your brain. While you're snoozing, it's generating new neurons, solidifying memories, and making connections between old information and new. Princeton University researchers found that rats who were deprived of sleep for 72 hours formed significantly fewer new brain cells in the hippocampus than their well-rested counterparts, possibly because the tired rats produced more of the stress hormone cortisol, a chemical that's deadly to neurons. Eight hours is the optimal amount of sleep to try for. A number of studies conducted at Harvard from 2000 to 2005 reveal that students were better at remembering things they learned the day before if they had at least six hours—and far better if they logged a full eight

AWAKEN YOUR SENSES Throw open a window and take in the sounds, sights, and smells of the world around you. "As we grow older, we become more forgetful and distracted partly because our pain doesn't process what we hear, see, and smells he way it once did," says Mike Merzenich, Ph.D., emeritus professor of neuroscience at the University of California—San Francisco, and director of the Brain Plasticity Institute. The reason we decome less sense-itive: We tend to tune out our infroundings and do many of our daily tasks on a find of autopilot. But when we wake up and smell the coffee (or hear the birdsong or admire the clouds), we're actively using the sensory parts of our brains, which means blood is flowing to those areas, keeping them robust.

HAVE A CUP OF COFFEE OR CAFFEINATED TEA

Even several are okay, as long as you don't get jittery. A long-term study of more than 1,400 Finnish people found that drinking three to five cups of coffee a day at midlife was associated with about a 65 percent lower risk of Alzheimer's and dementia. Caffeine blocks adenosine, the brain chemical that is believed to cause the memory loss and attention problems associated with sleep deprivation, which is what makes it so effective after a late night.

**TAKE AN EXTRA FEW MINUTES TO BRUSH AND FLOSS WELL** In 2010, researchers at New York University reported that people with gum disease showed impaired cognition—possibly because severe gum irritation can contribute to brain inflammation, which kills neurons.

**DON'T SWEAT THE LOST STUFF** When the inevitable happens—you lose your bus pass or forget your keys—don't assume your memory is ruined. Studies in older adults have found that those who believe they have poor memories perform worse on recall tests than those who believe their brains are sharp.

Researchers at North Carolina State University found that older people perform worse on memory tests when they're told beforehand that age takes a toll on the brain. "As Henry Ford said, 'Whether you think you can or think you can't, you're right," quotes Cynthia Green, Ph.D., president of Memory Arts, a New Jersey-based firm that provides training in brain health. "The same applies to memory."

THROW YOURSELF INTO YOUR WORK It's easier if you love what you do, but even monotonous work can challenge the brain as long as you focus on what you're doing and put some effort into it. "When the orain is more engaged, and you're actively thinking about what you're doing, you're more likely to stimulate and invigorate it," says Merzenich. "If you just coast and do as little as possible, your brain isn't challenged." Besides, working hard might earn you a promotion—and a recent study by Australian researchers found that people who oversee others have larger hippocampuses than do office underlings.

NIP STRESS NOW Some research shows that the hour or two before lunch (especially on Tuesdays) can be particularly nerve-wracking. Although lowgrade, temporary stress may actually enhance your ability to focus, when the stress hormone cortisol spikes or stays high for too long, it can cause the hippocampus to atrophy. "Studies have shown that people who experience high levels of stress are prone to both memory loss and Alzheimer's," says UCLA's Small. When you feel tension building, take a three-minute meditation break to calm down and enhance focus. Here's how: Sit comfortably and close your eyes. Focus your mind on your breathing or on a calming word, like peace. When your attention wanders, remind yourself that it's normal, and just return focus to your breath or your word.

CHAT WITH A COWORKER OVER LUNCH Having a weak social network and limited interactions with friends, family, and colleagues has been shown to increase your risk of dementia by as much as 60 percent. "Social interactions force our brains to strategize, solve problems, and anticipate and consider options—all of which keeps the brain nimble and functioning well," explains author Wright. So stop by a colleague's office to say hi, have lunch with a friend, work out with a pal, call an old friend after work. Even a stimulating 10-minute conversation can boost memory abilities, according to researchers at the University of Michigan.

**SWEAT YOURSELF SMART** When your heart pounds, more blood flows to the brain and body, reversing the cellular deterioration associated with aging,





WE DO MANY OF **OUR DAILY** TASKS ON AUTOPILOT. **BUT WHEN** WE REMIND **OURSELVES** TO HEAR THE BIRDS **OR ADMIRE** THE CLOUDS, **OUR BLOOD BEGINS TO** FLOW TO THE SENS-**ORY PART OF OUR BRAIN, HELPING TO KEEP IT** HEALTHY.

according to Small. "It also stimulates brain-derived neurotrophic factor (BDNF), a protein that improves the function of neurons, encourages their growth, and strengthens and protects them against cell death," says John Ratey, M.D., author of Spark: The Revolutionary New Science of Exercise and the Brain. Add some intervals (30 to 120 seconds of high-intensity exercise alternated with equal recovery times), and you'll release even more BDNF. When neurologists in Germany had volunteers do two three-minute sprints one day, and a 40-minute moderate run another day, they found sprinting led to significantly higher levels of BDNF than running at a slower pace. After the run, the sprinters learned vocabulary words 20 percent faster. You don't have to go all-out all the time to reap brain benefits: Harvard researchers found that a mere 90 minutes of walking a week was associated with better cognitive function in older women.

SING! Put on the latest Mumford & Sons or Coldplay CD and try to memorize the words to a song. "Learning lyrics is a great way to challenge the brain to form new connections, and music makes you hand and more relaxed—so it's a twofer," says Wright

**SKIP THE X FACTOR** It's called the back tube for a reason: The risk of Alzheimer's risk with every hour of TV viewing in midlife, according to a study published in 2005 in the journal *Brain and Cognition*. Instead of vegging out, do something new and intellectually stimulating. Pop in a yoga DVD, take up Ping-Pong, enroll in an online French course, make

a collage, or sign up for a knitting class. "Literally anything you do that's novel will grow new connections, keep your brain livelier, and encourage healthy blood flow to your brain," says Merzenich.

GET PURPOSEFUL "There's more to brain health than physical factors," says Green. "The emotional and spiritual matter, too." Researchers at Rush University Medical Center, in Chicago, found that people who have a greater sense of purpose in life—who find meaning in their daily activities and feel they're working toward goals—had a lower risk of Alzheimer's than those who felt more adrift. So, do something that makes "ou feel good and gives you a sense of accomplishment. Bake a cake for a coworker's birthday, clain out a closet, send thank-you notes to people who are important to you, or jot down some ideas about what you'd like to do with your life.

It you spend plenty of time in bed, you're not going to wake up feeling sharp unless you sleep well. That means keeping pets out of the bedroom, shutting the blinds, muting outside sounds (with a white-noise machine, if needed), exercising every day so that you're tired at night, and minimizing alcohol, which can cause middle-of-the-night awakenings. "Poor sleep can sometimes be as bad as no sleep at all," says Small. Sleep soundly, and you'll be more likely to wake up with a brain that's firing on all cylinders. It takes more effort, but with the right strategies, getting a healthy brain doesn't have to be a puzzle.



FEED YOUR HEAD "The human brain is probably more sensitive to food than any other organ," says Ann Kulze, M.D., a nutrition expert and the author of Eat Right for Life. "The same nutrients that are good for the brain are good for the heart, partly because the brain depends on healthy arteries, too." Eating to feed your gray matter will also help to whittle down your waistline—great news, since carrying extra weight is bad for the brain. Studies have shown that when people become overweight they're at increased risk for memory problems, says John Gunstad, associate professor of psychology at Kent State University. "We're not sure if it's something to do with being heavy itself or the consequences of it, like high blood pressure, type 2 diabetes, and inflammation—none of which are good for the brain," says Gunstad.

- ANTIOXIDANTS "The brain processes a tremendous amount of oxygen, so it's extremely vulnerable to oxidative stress from free radicals," says Kulze. Since antioxidants help mop up free radicals, it's important to eat lots of colorful fruits and vegetables and drink plenty of green tea. Animal studies have found that blueberries significantly improved the learning
- capacity of aging rats. Other antioxidant-packed goodies: berries, pomegranates, apples, grapes, cherries, garlic, red cabbage, kale, spinach, brussels sprouts, dark chocolate, and red wine.
- OMEGA-3-PACKED FOODS Wild salmon, walnuts, flaxseed, and dark leafy greens all contain omega-3 fatty acids, which are hard to get from our modern food supply,

but vital for the brain, according to Kulze. "If you removed all the water from your brain, 60 percent of what remained would be fat—but it's good, functional fat that protects the neurons and helps the brain function," she says. As a result, healthy fats are a must. Canola oil, mackerel, tuna, and sardines are other good sources.

- MAGNESIUM-RICH MUNCHIES Broccoli, almonds, and cashews are high in the mineral, so indulge frequently. Deficiencies can contribute to age-related memory decline, according to recent research, so it's important to make sure your diet contains rich sources of the substance.
- PROTEIN Eat some with every meal. "Protein supplies amino acids that are essential for healthy brain function," says Kulze.



SCENTED SOOTHERS Blooming plants give off fragrance that can increase happiness and reduce stress. "We unconsciously monitor the air around us with every breath we take," says Mindy Green, botanical consultant and president of *GreenScentsations.com*. "The area of our brain that processes odor alerts us to both pleasure and danger. Because pleasing fragrances make us feel safe, floral scents tend to encourage deep breathing and relaxation."



JASMINE This wispy beauty requires a bit of attention to blossom, but the stress-busting powers of jasmine's sultry-sweet fragrance make up for it. The plant will flower best if placed in a cooler room (ideally 55°F to 65°F) with diffused light. After the blooms emerge, you can bring it back into a warmer temperature and direct sunlight. It is also sensitive to dry air, so keep it away from radiators and other heat sources. Water when the top half-inch of potting mix is dry to the touch.



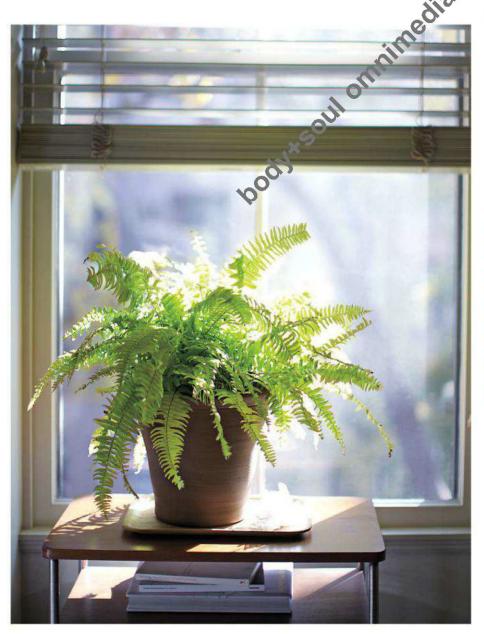


MILTONIA ORCHID Consider the *Miltonia* the exotic, subtly fragranced cousin of the more common (but unscented) white *Phalaenopsis*. To coax out the bright blooms, expose the plant to bright, diffused light for up to two hours a day. These guys are healthiest when potted in a general bark or orchid mix that's kept evenly moist in a container with holes for drainage. A monthly dose of a high-nitrogen fertilizer is also recommended.





AIR PURIFIERS A NASA study in the early 1980s was the first to scientifically prove that our leafy friends could actually remove volatile organic compounds (VOCs) from the air in sealed test chambers. In recent decades more specific research by scientists such as B.C. Wolverton, Ph.D., author of How to Grow Fresh Air, has shown that some species are overachievers. These three are guaranteed to help you breathe easier.





#### **BAMBOO PALM**

The bamboo palm is one of the most effective natural removers of benzene, trichloroethylene, and formaldehyde-all of which can be present in your indoor air. Make sure to keep the plant moist, but not wet. (You'll know you're watering too much if the leaf tips turn yellow.) Any naturally or artificially lit area should suit this plant just fine. For symmetrical growth, rotate the pot once a week.



BOSTON FERN Of all the plants Wolverton examined, the Boston fern was the best for removing pollutants-especially formaldehyde, a VOC with a pickle-like scent that often off-gasses from new furniture. These ferns appreciate warm, humid conditions (typically between 60°F and 75°F). Keep the root ball moist and mist the leaves frequently.







**ENERGY BOOSTERS** According to Jayme Barrett, author of Feng Shui Your Life, plants are a restorative addition to any room. The more healthy plants you have in your house, the better. Not only are they thought to provide healing energy, Barrett says they can bring in new opportunities and neutralize electromagnetic fields that radiate from electronics and appliances.

> ASPARAGUS FERN "Hanging plants in general lift and circulate energy, especially in rooms that seem particularly gloomy or stagnant," says Barrett. Asparagus ferns are ideal because their feathery vines don't droop heavily, which Barrett says brings that energy back down. The asparagus prefers humidity and can flourish in low light. Once it has grown large enough that you can see the roots peeking above the soil, either repot the plant in a larger container or pry the root ball in half and divide it into two pots.







FICUS LYRATA Its broad, arcing leaves make this species (also known as the fiddle-leaf fig) a powerful health-improving plant by feng shui standards, says Barrett. "Place it in a corner or near furniture with sharp, pointed edges to soften and offset the energy disturbance those points cause," she says. To care for it, make sure the soil stays barely moist and put the plant in a spot where it can receive medium to bright, indirect light.











# GET COOKIN' THIS SPRING

WEEKDAYS STARTING AT 11a/10c



**Emeril's Table** 

Mad Hungry with Lucinda Scala Quinn



# in balance

UNCOMMON WISDOM FROM EXTRAORDINARY MINDS



The word *philanthropy* comes from the Greek word *philanthropus*, meaning "love for humankind"...notice there's no mention of money. Financial donations can be admirable, but there are other—often more satisfying—ways to contribute. Ask yourself a few questions, then decide on one of these extraordinary routes to giving back. BY LAURA ARRILLAGA-ANDREESSEN

What can you offer? Charities need support services and time, as well as money. Your accounting, social media, writing, research, or legal talents can all be useful. Sites such as volunteermatch.org and universalgiving.org let you search for opportunities by skill set. You can also think more broadly. If you're a lawyer with a passion for literature, you might enjoy volunteering in a classroom. If you're a business consultant who loves the

outdoors, offer to lead wilderness trips for kids, If your network is your greatest resource, use it to bring people, causes, and funds together, whether face-to-face or through websites like *crowdrise.com*.

Can you involve the whole family?

Volunteering teaches children the joy of giving. You could bring the family to a beach or park cleanup. Look locally for nonprofits that encourage the participation of kids

and teens, and ask your children what they'd be most excited to help with. Alternatively, you could increase your children's allowance by 25 percent, on the condition that they give the additional money to a nonprofit of their choosing.

Adapted from Giving 2.0: Transform Your Giving and Our World, by Laura Arrillaga-Andreessen. © 2011 by John Wiley & Sons, Inc. All rights reserved.



THE NATURAL VO

What to do with a feline too meek to mingle BY NICHOLAS H. DODMAN, B.V.M.S.

Q: My cat is very shy and spends most of her time under the bed or high up on a bookshelf. How can I make her feel more comfortable and encourage her to be friendlier?

**A:** It does sound like your cat is more recluse than party animal. She was probably undersocialized or had less-than-ideal interactions with people as a youngster. The sensitive stage of development in kittens is from two to seven weeks of age. If they don't have enough human contact during this period, cats become standoffish.

With your patience and planning, though, your cat may eventually open up. The best treatment is desensitization, a process that aims to gradually

reduce an animal's exaggerated emotional reactions. It involves exposing her to a less-threatening version of the thing she fears. Though it may take up to a year or more to work, and it won't likely change her personality completely, this method should make her feel less angst and more ease around people. Some tips to get you started:

#### DON'T FORCE IT

Avoid exposing your pet to what she's afraid of, at least in the beginning. Grabbing her and insisting that a stranger hold her, for example, will actually make her more, not less, fearful. (Think about how a person with a fear of flying might react to being forced to board an airplane.) We pet doctors call that "flooding," or "implosion," an inhumane technique in which animals are repeatedly exposed to the object of their phobia in order to simply "get over it." Protect your cat from scary encounters; don't approach her suddenly or allow other people to attempt to pick her up.

#### BRING ON THE TUNA TREATS

Arrange for your cat to be in a closed-door room with you, and make sure you have some of her favorite treats on hand. (Tuna flakes or other freeze-dried fish often work well.) Sit quietly while watching TV or reading a book. Toss the treats across the floor in her direction (it's best if she hasn't been fed for a few hours). Next, scatter the treats closer to you so that she's obliged to move toward you to get the reward, and progress this way until she is taking the food from your hand while sitting at your feet, on the seat next to you, or even in your lap.

#### WORK ON STRANGER DANGER

Once your cat seems to be generally less shy, you can begin trying to make her feel more comfortable around others. You might ask a few friends to gather in your living room, where you've placed salmon or tuna treats on the floor in her vicinity. This way, she'll have a reason to choose to stay in the same room as your guests, and will gradually feel at ease in these types of social situations.

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

# "I didn't want my girl Shadow eating chicken by-product meal.

# That's why I switched her to BLUE."

Is your big name cat food fooling you? You probably didn't know that many well-known cat foods contain things like chicken by-product meal and corn gluten. BLUE, on the other hand, is made with the finest ingredients. Real meat is always first, followed by wholesome whole grains, garden veggies and fruit. Plus, BLUE contains our exclusive LifeSource<sup>®</sup> Bits, a precise blend of antioxidants, vitamins and minerals. Your cat can enjoy all of this naturally healthy goodness for only pennies a day more.







# IN "NO" UNCERTAIN TERMS

Our experts weigh in on the best ways to politely, but firmly, decline



#### A PSYCHOLOGIST RESPONDS

Many people feel cornered when they are asked to participate in anything, even if it's something fabulous. If you're one of those people, consider sleeping on it. Learn to say, "Let me think about it. It sounds so great, and there's a big part of

DALE ATKINS, PH.D., is a psychologist and author of Sanity Savers: Tips for Women to Live a Balanced Life.

me that wants
to do it, but I
don't want to say
yes to something
I might not be
able to show up
for." If you know
you're too busy

try saying, "Now is not a good time for the." You can give a short explanation ("my child needs my attention right now"), but don't go into a long rationale. Justifications feed our sense that we should be saying yes. Understand that by saying no, you're liberating yourself to focus on a higher priority.

#### **BUSINESS EXECS RESPOND**

You can easily say no and still be nice. At our agency, we believe in limiting the negative and finding the "yes" in the "no." One way we do this is with the "yes sandwich," where we bookend any negative, with a positive truth. Take, for example, candling

LINDA KAPLAN THAT IN and ROBIN KOVA are CEO and provident, respectivel in the advertising agency Kaplan haler Group, and the authors of the Power of Nice: How to Conquer the Business World with Kindness.

a work-family scheduling conflict, such as managing a last-minute internal meeting request and your child's Back to School Night. Tell your colleagues first

that you would love to help, then explain the scheduling issue, and, finally, provide a solution, like suggesting another team member to attend in your place and offering to work on the project online later in the evening. Being nice when you're saying no doesn't make you naive—or a doormat.

#### A BLOGGER RESPONDS

We all have the same number of hours in the day. So if we feel we don't have time to do certain things, the truth is that we are choosing to do something else. When I realized this about a year ago, I changed the way I live my life to honor my top priorities: having unscheduled time with my children, time to fit in reading and writing alongside my full-

LINDSEY MEAD RUSSELL writes at adesignsovast.com, a blog about being present in one's life. time job, and time for running every morning. On the whole, I am now a much calmer and more even-keeled person. And I realized that I don't really miss the things I'm saying no to: another cocktail party or school potluck. Plus, I feel more authentically myself. But the best change has been in my kids. They trust that I will be around and are therefore more relaxed. Now, whenever I think, "Oh, I should say yes to this, it's my husband's work col-

leagues," or whatever it is, I remind myself what I'd be giving up. I still have some of the guilt, but I'm far more clear on all that I'm gaining when I say no.



#### product guide

CORRECTION In "Get Your Winter Glow On" (December), the name of the spa should have been El Monte Sagrado Living Resort & Spa.

116 POWER PLANTS Asparagus fern: Pigeon Toe Ceramics Scribble Hanging Planter, \$90, pigeontoeceramics.com. Jasmine: similar styles at Ben Wolff Pottery, benwolffpottery.com. Ficus alii: Jamali Garden Kanto 60 Slate Round Pot, \$90, jamaligarden.com. Boston fern: Guy Wolff English Full Pot, \$76, guywolff.com.



Super Lysine+ Cream: Cuts cold sore healing time in half. (Alt Med Rev. July, 2005).

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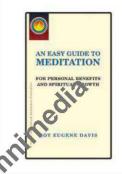


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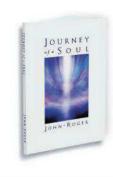


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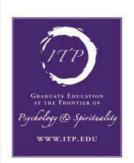
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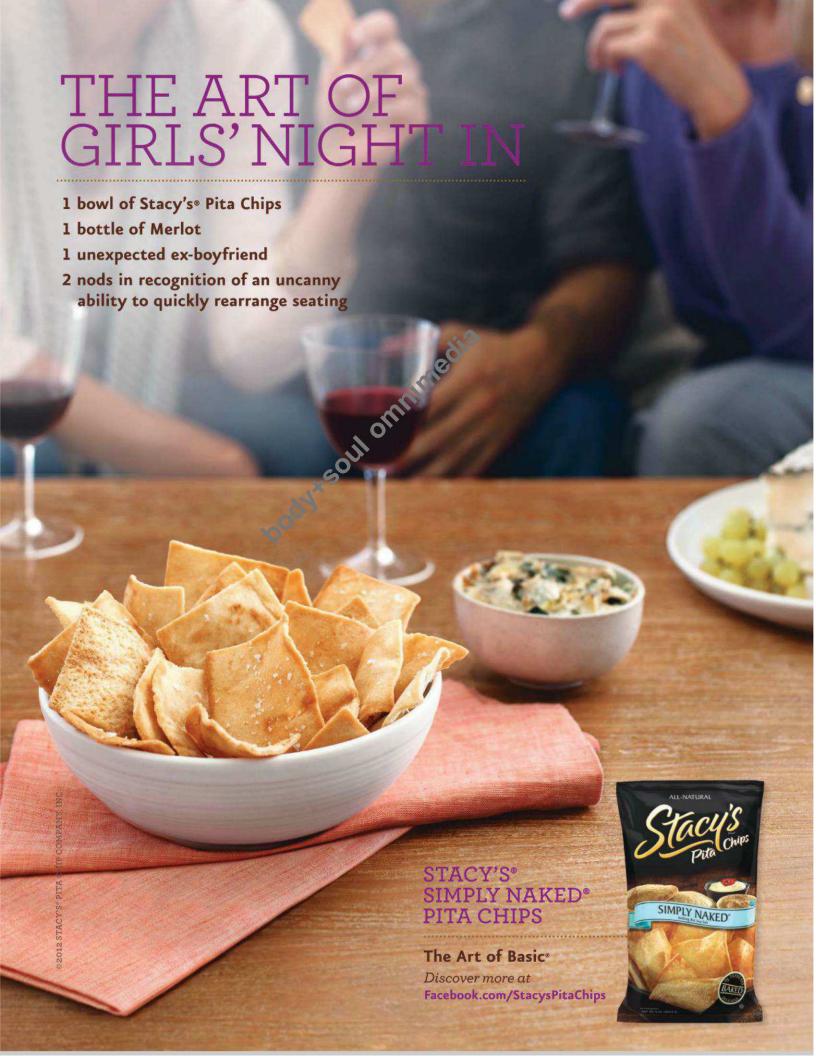
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# Follow Your Rainbow

I CRAVE EXCUSES for colorful, exuberant, out-of-the-ordinary activities, so I decided to celebrate my 32nd birthday with a Rainbow Parade. I imagined everyone dressing head to toe in a color, lining up chromatically and marching through the streets with a boisterous brass band. Having this become a reality was overwhelming. Leading the parade felt like a physical manifestation of my friends' love and support. Since then, I've been launching Rainbow Parades for others, hoping to generate similar experiences for them. There is something powerful and liberating about giving yourself permission to act on an idea simply because it brings you joy.

JESSI ARRINGTON is a designer, social activist, color enthusiast, and blogger. Her blog is LuckySoAndSo.com. She lives in Brooklyn, New York.





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