

THE BLUE ISSUE: IT'S ALL ABOUT H₂O

PLUS: 8-PAGE SUSTAINABLE SEAFOOD GUIDE, INCLUDING THE 5 FISH TO EAT RIGHT NOW pg. 94

whole living

body + soul in balance

**SIMPLE &
SENSATIONAL
SNACKS**

SALT 101

**FREEZER
SMARTS**

**27 WAYS TO
PACK YOURS
WITH HEALTH**

**THE V-STEAM:
DO YOU DARE?**



**DOMINIQUE BROWNING
ON FINDING HER INNER ACTIVIST**

**50
WAYS
TO SAVE
WATER**
(AND YES,
YOU'RE
WASTING
MORE OF
IT THAN
YOU THINK)

**ALEXANDRA
COUSTEAU
ON KEEPING
THE LEGACY
ALIVE**

A MARTHA STEWART
PUBLICATION

APRIL 2012

wholeliving.com



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MARIA, ALEXANDRIA, VA

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APRIL 2012

THIS MONTH

fill your glass

MIND

Seeing the proverbial glass half full benefits more than your outlook. Various studies suggest that optimism can protect against everything from breast cancer to risk of stroke. It can also put money where your (smiling) mouth is: Research shows that economies rebound faster where people are more optimistic.

BODY

Imagine a half-gallon jug of water going right down your gullet. Add another cup and you'll hit the adequate daily intake for the average-size woman, according to the Mayo Clinic. Did you exercise? Add another two cups. Athletes calculate two-thirds of an ounce of water per pound to arrive at a daily dose of H₂O.

SOUL

Americans take their taps for granted, but across the globe, more than 4,000 children die each day from unsafe water and lack of basic sanitation facilities. Donate at charitywater.org, and 100 percent of your money goes to bringing water to more than 6,100 hospitals, schools, and communities in the developing world.

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FEATURES

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OCEAN'S FIVE

Does it sometimes feel like hooking your own fish would be easier than navigating the growing list of seafood dos and don'ts? Chef and cookbook author Barton Seaver says you can eat fish that's good for you *and* for the planet.

RECIPES BY
BARTON SEAVER

TEXT BY
LINDSAY FUNSTON

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THE GIRL'S GOT
BLUE GENES

Her grandfather called on the world's citizens to be stewards of the sea. Now, Alexandra Cousteau is following in his flipper, traveling the globe to raise awareness about preserving and protecting our streams, rivers and oceans for the generations to come.

BY CHRISTINE LENNON

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DIARY OF A
MIDLIFE TREE
HUGGER

How one woman traded in a longtime career in publishing only to find another, even more satisfying—and spirited—one, among environmental activists.

BY DOMINIQUE BROWNING

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50 WAYS TO
CONSERVE
WATER

Hot green issue: Our global demand for freshwater is increasing, just as its annual availability declines. We've got a whole host of ways for you to save the precious resource, from taking shorter showers to reducing junk mail, and everything in between.

BY VIRGINIA SOLE-SMITH

COVER
PHOTOGRAPH BY
Mitchell Feinberg

STYLING BY
Jared Lawton



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COMMUNITY BLOGGER



Name Teronda Seymore

Age 37

Hometown
Fairfax, VA

HOW DO YOU STAY BALANCED?

I made the conscious decision to stop worrying about work outside of the office. The first thing I do when I get home is write in my journal or read a book. This break helps me decompress from a hectic day and transition to a relaxing evening.

WHAT'S YOUR WELLNESS MOTIVATION?

This year I was diagnosed with prehypertension, a precursor to high blood pressure. Since I've always been slender, the news came as a shock. It was just the push I needed to eat healthier and exercise more. Now, I do something active every day, even if it's just walking around my apartment complex.

Start your own blog at wholeliving.com/community

100+ HEALTHY BREAKFAST IDEAS

STAY SATISFIED ALL MORNING

Whether you prefer savory or sweet, we have breakfast ideas to keep you going until lunch. Choose from whole-wheat waffles, vegetable frittatas, yogurt parfaits, and more. Never enough time in the a.m.? Bake up an advance batch of banana-walnut muffins or pistachio breakfast bars to grab on the go.

WHIP UP A SMOOTHIE

Discover surprising ingredients—like tea, tofu, grapes, and berries—to blend into a satisfying drink.

GO AGAINST THE GRAINY

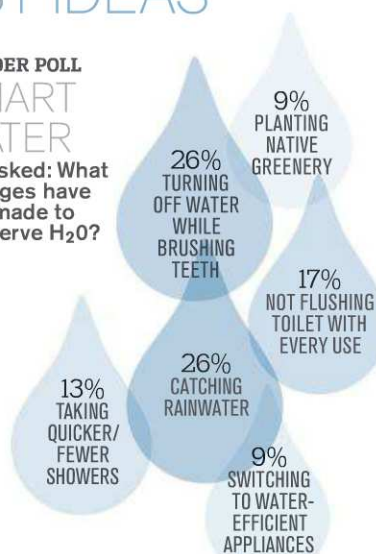
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READER POLL

SMART WATER

We asked: What changes have you made to conserve H₂O?



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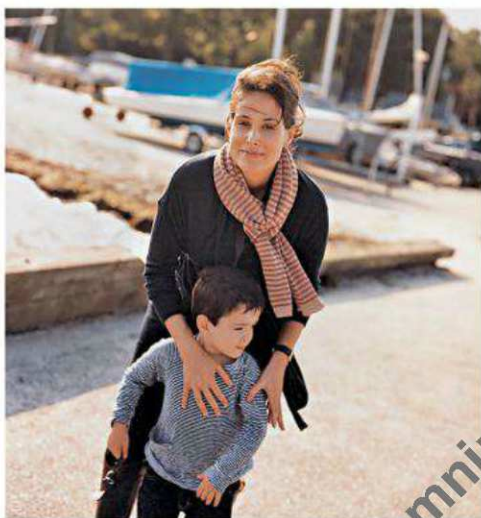
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EDITOR'S LETTER



CHANCES ARE, if you're reading this magazine, you're already aware of how important—and how imperiled—water is on this planet. You probably know that the human body is made up of mostly water, that the majority of the Earth's surface is covered with water, and that both our personal health and our civilization's survival depend on protecting and replenishing our supply of water. I'll bet you even take steps in your daily life to avoid wasting and polluting it.

What you may not know—I didn't until the reporting for this issue started coming in—is just how much H₂O goes into producing the things we use every day. These blue jeans I have on? It took some 2,900 gallons of water to make them. (No, that is not a typo.) That steak I ate last night? More than 1,800 gallons of water per pound. (Grass-fed beef may take less.) And it turns out that plastic bottles, already much maligned for their toxic permanence, actually pose as much of a threat to our water supply as they do to our landfills: It takes three liters of water to make every one-liter bottle. (And that's before they put in the water!) The list goes on.

That's why we're celebrating Earth Day 2012 (it's April 22, mark your calendars) with this Blue Issue, dedicated to our planet's most precious, and most precarious, resource. We begin with a few good reasons to fill your glass—hydration and optimism among them—and end with "50 Ways to Conserve Water" (page 112). The latter is a reminder that, from the kitchen to the bathroom to the garden, there are lots of small ways to save big at home, and that every drop really does count.

In between, we introduce you to a couple of our favorite water visionaries. Barton Seaver ("Ocean's Five," page 94), the Washington, D.C.-based chef, cookbook author, and sustainable-seafood expert, takes us along to the fish market to school us on the best fish to eat right now (for our own health and that of our oceans). He also shows us how to turn his picks into healthy and delicious dishes. Alexandra Cousteau, the 36-year-old granddaughter of the legendary Jacques Cousteau ("The Girl's Got Blue Genes," page 102), talks about juggling the roles of new mom and president of Blue Legacy, the initiative she founded to educate people about the importance of their local water sources. "Visit one water source in the next six weeks," she urges us. "Explore it, know it, understand it, and show it to your children."

Dominique Browning also makes the connection between our planet and our kids. In her moving essay, "Diary of a Midlife Tree Hugger" (page 108), the former publishing executive and cofounder of Moms Clean Air Force reminds us that being a good parent and being a good steward of the environment are one and the same. Our air, like our water, is the legacy we leave our children.

I'm all for pooling our resources to make sure that legacy is a good one.

Alanna Stang, Editor-in-Chief

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ON OUR WISH LIST



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3. CANINE COOLER Feed your pooch in style with these removable bowls nestled in a reclaimed fir plank. Urban Driftwood dog bowl, \$118, gopetdesign.etsy.com

4. CHARMED, WE'RE SURE Proceeds from each sale of this vintage aluminum and brass necklace help remove a pound of trash from a body of water. Bushel and a Pick necklace, \$36, unitedbyblue.com

5. FISH-EYE Film up to two hours underwater in HD with this Playfull Waterproof camera. \$100, kodak.com

6. SOUTH PACIFIC This serene cotton canvas bag is the perfect size for an iPad. Tahiti Reef pouch, \$60, shop.samudra11.com

7. JEAN THERAPY Making Levi's classic cuts now requires 28 percent less water. Water<Less Jeans, \$58 to \$158, levi.com

8. HERE'S THE SCRUB Use less soap by swapping your sponges for a corn-cob (shown) or peach pit pot scrubber. Original Spaghetti Scrub, \$9 for two, cheftools.com

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MERRELL 
LET'S GET OUTSIDE

ON OUR WISH LIST

9. LATHER UP This Swedish mineral-rich soap is all natural. 🌱 Sea Salt soap, \$7, centuryhouseinc.com.

10. BATHING BEAUTY PVC-free, this tub reclines, expands, and flattens. 🌱 Naked two-position collapsible baby bathtub, \$70, booninc.com

11. ANCHORS AWAY Buh-bye, boring rubber duckie. Ahoy, adorable sails! 🌱 Organic Cotton Circles wooden sailboat, \$20, tweettoys.etsy.com

12. PITCHER PERFECT This filtered jug is recycled, recyclable, and nice enough for the table. 🌱 Bobble jug, \$30, waterbobble.com

13. TO DRY FOR Kind's plush, unbleached terry towels are made using vegetable dyes. 🌱 Kind organic towels, \$12 to \$98, joelfitzpatrick.com

14. CASE CLOSED Keep all your valuables dry. Waterproof case 1000 series, \$11.50, otterbox.com

15. SALT CURE Both the teardrop-shaped bowl and delicate spoon are hand-carved. Teak salt dish and spoon, \$18, brookfarmgeneralstore.com

16. JUST ADD WATER Create vibrant hues (without vinegar) with these food-based coloring powders. 🌱 Eco-eggs coloring kit, \$16, ecokidsusa.com

SLEEK STORAGE
THIS NARROW JUG FITS EASILY IN A FRIDGE DOOR AND HOLDS TWO LITERS OF WATER.



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Featured: Charlottetown seating. Additional colors
available at homedepot.com/marthastewart

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THE GREAT DIAPER DEBATE

As if diapering weren't challenging enough, there's all the eco-guilt that comes with it. When you consider the life cycle of a diaper (whether cloth or plastic) and the number of them you'll use, it's hard not to feel as though you're messing with the planet. The best solution? Potty training! Until then, here's the straight poop. —MINDY PENNYBACKER

“
No matter which type of diaper you use, flush feces instead of sending it to landfills, where it contributes to the production of methane.
”



—ALAN HERSHKOWITZ, PH.D.,
NATURAL RESOURCES
DEFENSE COUNCIL

HOW LONG DOES IT TAKE TO BREAK DOWN?

Time estimates are for ideal light and air conditions.

CLOTH
about 6 months

DISPOSABLE
at least 500 years

	CLOTH	DISPOSABLE
MATERIALS	Generally made from cotton, and often lined with an absorbent cover.	Typically made with chlorine-bleached wood pulp and petroleum-based plastic.
DIRTY DETAILS	Cloth diapers can use up to 25 percent more energy and more than twice as much water to produce than plastic.	Your baby is probably going to go through around 8,000 diapers—all of which will end up in landfills.
HASSLE FACTOR	Get ready to live in your laundry room.	So long as you turn off your eco-conscience, disposal is quick and painless.
KEEP IN MIND	Commercial laundering creates about half the amount of emissions as home laundering but could add thousands to your overall cost.	The gels, perfumes, and chlorine that will likely leach from landfills have yet to be analyzed in terms of possible health effects.
COST PER YEAR	About \$170 per child	About \$725 per child
OUR PICK	 <p>Real Nappies cloth diapers are guaranteed to last through two children. Essential Pack (Newborn), \$60, realnappiesusa.com</p>	 <p>Seventh Generation's Free & Clear are free of bleach, latex, and fragrance. \$11 for 44, seventhgeneration.com</p>

THE MIDDLE GROUND



gDiapers feature waterproof cotton covers with flushable (or compostable) cotton-hemp inserts, earning them Cradle-to-Cradle certification for life-cycle eco-friendliness. gBaby bundle, \$150 for 80 biodegradable inserts, 12 newborn gPants, and 6 baby gPants, gdiapers.com

UP TO
95%

OF PARENTS
in the U.S. use
disposable diapers.

KNOW THE FLOW
With cloth diapers, water usage is, by far, the biggest drawback.



1 = 35
LOAD FLUSHES



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are sent to American landfills
every year.



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***life'sDHA™*, a trusted brand of DHA Omega-3.**

From diapers to adulthood, there's one thing we all have in common – DHA Omega-3 is important for the health of our brain, eyes and heart. But despite its significance, a typical diet only provides about a third of the recommended DHA intake. Foods and supplements fortified with *life'sDHA™* can provide the rest. And *life'sDHA™* is from a vegetarian source you can trust – not from fish.



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To learn more, visit www.lifesDHA.com.

GREATER GOODS
WEAR IT WELL

Gimme Shelter

Spring flowers may need a good soaking, but you certainly don't! Slip into one of these slickers and you won't even mind the storm. BY SHARON ANDERSON

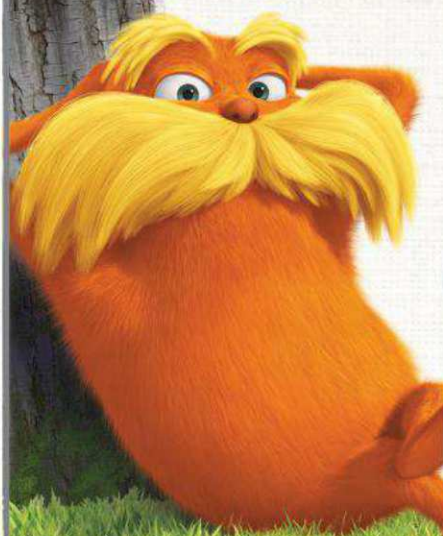
1. WORK IT Make a splash at the office in a tailored trench or our new favorite springtime staple: the coverall cape.

► This colorful, cinched-waist wrap is the perfect length for skirts and dresses. LAUREN BY RALPH LAUREN SS TURTLENECK, \$70, 800-223-7440 for select Lord & Taylor stores NINE WEST COAT, \$120, c21stores.com for Century 21 stores HOPSACKING SHORTY SKIRT, \$275, karenwalker.com HUNTER ORIGINAL BOOTS, \$125, zappos.com

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No Purchase Necessary to Enter Sweepstakes. A Purchase Will Not Increase Your Chances of Winning. Open to residents of the U.S., 18 or older. Go to www.facebook.com/seventhgeneration and follow instructions to enter. Limit of 1 entry per day per person. Odds of winning depend on number of eligible entries. See website for official rules, prizes, prize values. Begins April 1, 2012. Ends July 31, 2012. Void where prohibited. Facebook account required. The movie Dr. Seuss' The Lorax © 2012 Universal Studios. Based on The Lorax book and characters™ & © 1971 Dr. Seuss Enterprises, L.P. All Rights Reserved. ©2012 Seventh Generation, Inc.

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Dr. Seuss' **The LORAX**
From the Creators of DESPICABLE ME

►► WORK IT (CONT'D)



A sleek, chic (and biodegradable!) twist on the timeless trench. NOLITA CAPE, \$240, terraneveryork.com



Shiny, black, and lightweight, this Batgirl-cool poncho packs into a pocket. XHILARATION FOR TARGET RAIN PONCHO, \$35, target.com



The bold bottom band gives this mini trench a real mod edge. COLORBLOCK BELTED MAC, \$130, bananarepublic.com



► Coated linen provides nearly weightless waterproofing, ideal for running errands around town. TIPPY TOGGLE SLICKER COAT, \$250, jcrew.com STRAIGHTLEG VELVET TROUSERS, \$90, bodenusa.com CHAMBRAY SHIRT, \$27, oldnavy.gap.com for stores TRANSITION TEE, \$48, madewell.com

2. THE WEEKENDER Rain? What rain? Puddle jump from brunch to the soccer sidelines in one of these cute, comfy coats and you'll look ultra presentable despite the precipitation.



You'll stay dry and cool in this longer, vented shell. (Love the beechnut hue!) TRAIL MODEL RAIN COAT, \$79, llbean.com

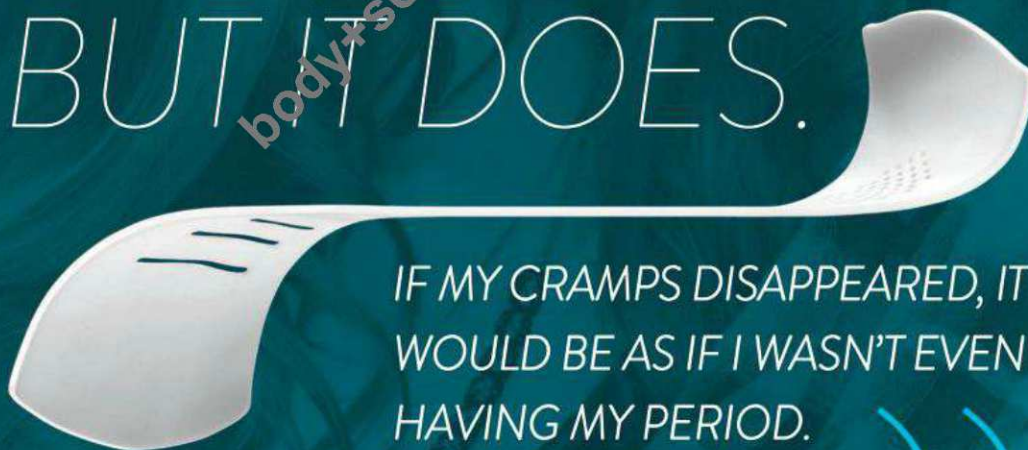


This nautically inspired beauty is super soft yet as durable as a sailor's tote. WAXED COTTON PARKA, \$200, landsendcanvas.com



The cut makes it fresh, the checks keep it classic. LAUREN ACTIVE WATERPROOF JACKET, \$139, 800-777-0000 for select Bloomingdales stores

“ I DON'T KNOW HOW IT WORKS,
BUT IT DOES.”



Core of an Infinity pad

IF MY CRAMPS DISAPPEARED, IT
WOULD BE AS IF I WASN'T EVEN
HAVING MY PERIOD.

ASHLEE, BOSTON, MA

★★★★★

ALWAYS.COM



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Always supports girl talent, including photographer Christy Parry.

*Infinicel formed and adhered to hand to dramatize molding properties.

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WEAR IT WELL



Pair a dark jacket and a bright scarf over yoga pants to achieve a ready-for-anything look. STEVEN ALAN WOMEN'S SEASIDE SLICKER (limited availability), \$348, stevenalan.com ECHO BATIK LEAVES PAREO, \$48, echodesign.com

3. GETTING SPORTY Don't let a few sprinkles keep you from the trail or the track. Throw on one of these hooded shells for victory against the elements.



Stash keys and an iPod in the covered front pocket of this light, cheerful layer. UPLIFTING ANORAK, \$58, bodenusa.com



The streamlined navy and black combo strikes a low-key but high-style note. APC COUPE VENT, \$250, usonline.apc.fr



Gore-Tex means this all-weather investment works in a shower and a snowstorm. WOMEN'S SUPER ALPINE JACKET, \$599, patagonia.com

4. STORM TROOPERS

Brighten the grayest skies with one of these happy-making brollies.



All profits from this subtle play in black and blue benefit the Tory Burch Foundation to provide economic opportunity to women. TORY BURCH FOUNDATION UMBRELLA, \$58, toryburch.com



It's playfully patterned and compact enough to keep in your bag—just in case that sunny forecast proves wrong. FLAME UMBRELLA, \$28, jonathanadler.com



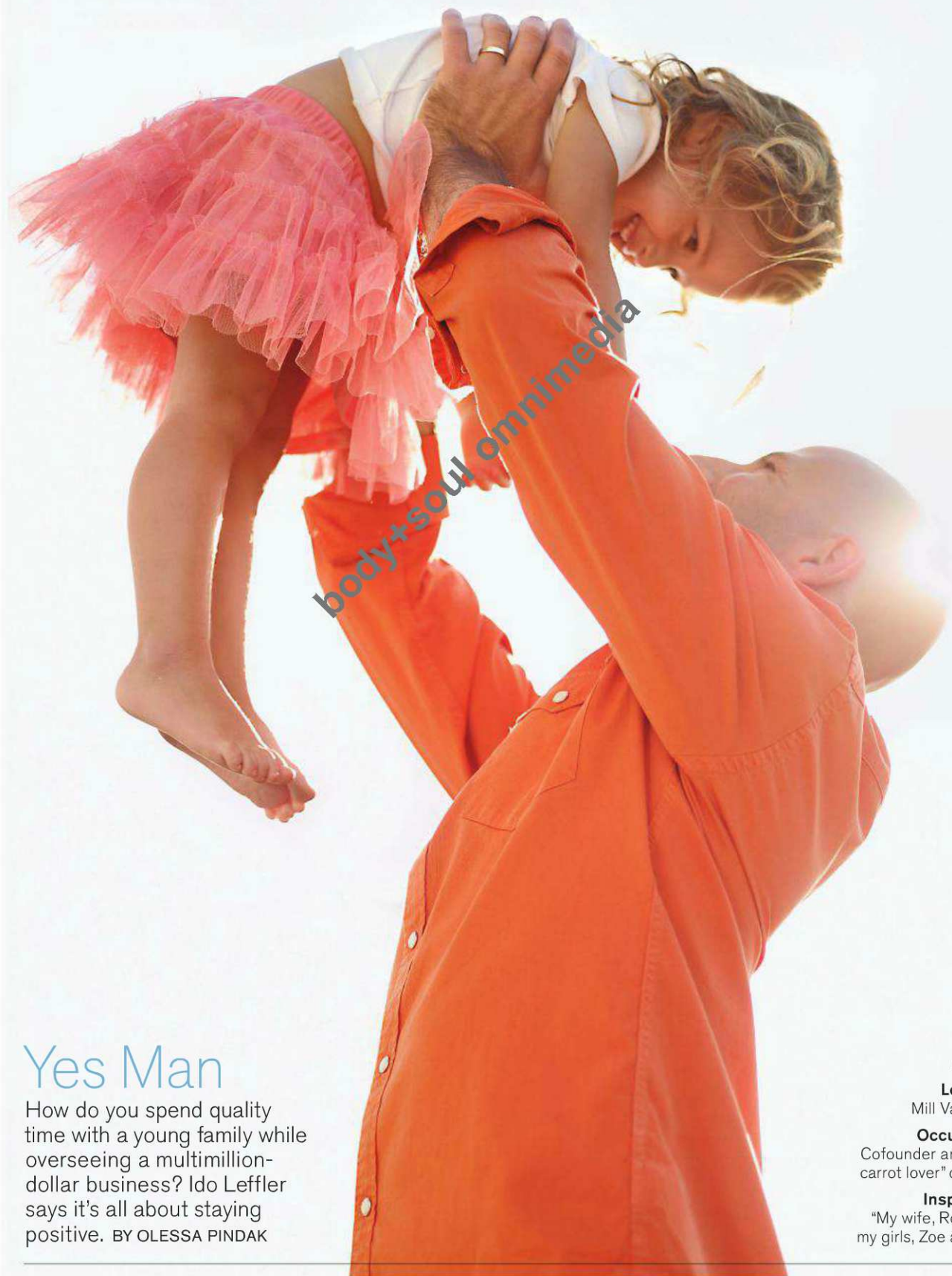
This eminently affordable pale-blue charmer has a hook handle for easy holding. PRINTED UMBRELLA, \$10, oldnavy.gap.com for stores

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For digestive, immune & colon support,* switch to higher potency Primadophilus® Optima.
60, 90 & 100 billion active probiotics per capsule • 100% human digestive strains
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Yes Man

How do you spend quality time with a young family while overseeing a multimillion-dollar business? Ido Leffler says it's all about staying positive. BY OLESSA PINDAK

VITALS

Age: 34

Location:
Mill Valley, CA

Occupation:
Cofounder and "chief carrot lover" of Yes To

Inspiration:
"My wife, Ronit, and my girls, Zoe and Emi."

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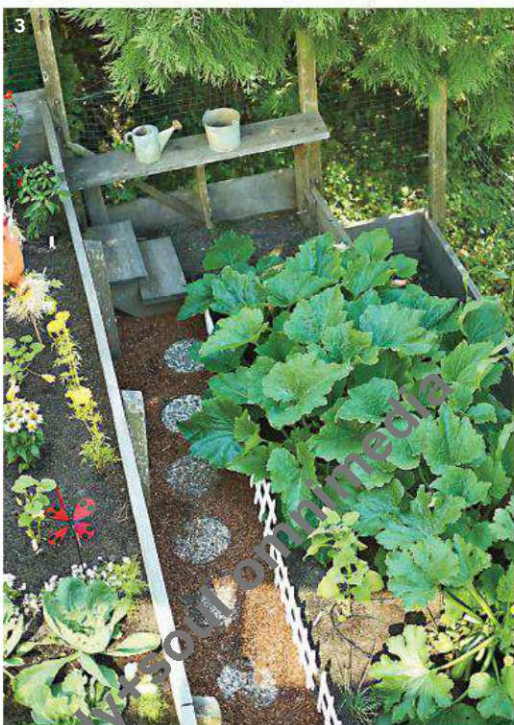
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IDO LEFFLER was born in Israel to parents who, he says, were always relentlessly positive. Now that Ido is a father himself (to Zoe, 3, and Emi, 8 months—though she had not yet arrived in these photographs), he's passing that enthusiasm down to his own kids.

HOW DID YOUR PARENTS' POSITIVE OUTLOOK INFLUENCE YOU?

My parents always seemed to be up for anything. When I was 4, they moved our family from Israel to Australia, and as soon as I was old enough, I started traveling, exploring, and saying yes to all kinds of experiences, like they did. As an adult, I lived in Indonesia, India, Australia, and then Israel again. There, I cofounded Yes To, a natural beauty brand that's focused on bringing purity and positivity into people's lives. Then, about three years ago, I moved to the Bay Area with my wife, Ronit. I love that San Francisco is such a positive city that's all about health and well-being. It's inspiring.



1 The young sous-chef gets particularly creative with just-picked ingredients.

2 In the family garden, even the signage is homegrown.

3 Zucchini, tomatoes, chiles, cabbage, and edible flowers flourish.

4 Have boots, will travel—preferably to the neighbors' place to deliver extra produce.

5 And soon to be four: Emi would come along just weeks later.



WHY DID YOU DECIDE TO START A BEAUTY LINE?

My partner, Lance Kalish, and I met when I was in college. We hit it off and knew we wanted to start something together. We were Mini-driving, Apple-using, Virgin-flying, Gen Y people, and we wanted to create natural personal care products that were like that: sexy, affordable, and—most important—effective. The industry lacked something that spoke to us.

WHY DID YOU CALL IT "YES TO"?

The name came from our original product formulator. As soon as I heard it, I had this feeling like, "Yes! This is going to be amazing!" When I started telling people the name, they would grin. I knew that if we got smiles, everything else would follow. We thought we would make a difference but didn't know it would be this big. After five years, we're in 28,000 stores in more than 25 countries. I love that we make people smile every single day.

WHO IS YOUR TARGET AUDIENCE?

Everybody. In fact, that's why the Yes To Cucumbers bottles are so big, so that everyone—friends, roommates, flatmates, families—can share them.

WHAT CAN CUSTOMERS EXPECT FROM YES TO?

Every one of our products is at least 95 percent natural. We treat each new formula like something we would put on our skin—because we do. Every night I bathe my girls in our Yes To Baby Carrots bath soap.

HOW HAS HAVING A GARDEN AT HOME IMPACTED YOUR LIFE?

We saw how much Zoe loved our garden and wanted to share lessons like, "Tomatoes don't grow in a can!" So at Yes To, we started something called the Yes To Seed Fund—it was originally Ronit's idea. The fund gives money to schools to start gardens and show kids where their food comes from. Studies have shown



that gardening and eating fresh food makes kids more attentive. It gives them responsibility for something alive, and they can literally see the fruits of their labor.

WHAT DO YOU AND YOUR WIFE ALWAYS SAY YES TO?

Travel. We take our kids everywhere. Zoe's been to Europe, Australia, Asia, and Israel. We want to show them the world so that they feel at home anywhere. This year, Ronit and I are bringing both girls to Paris.

HOW HAS BECOMING A DAD CHANGED YOU?

Becoming a father is the most fun thing I've ever done, and it's made me a significantly better human being. Zoe is the funniest, coolest kid. She can make me laugh more than anyone. And Emi smiles every time she sees me. It just doesn't get better than that.



6 Mill Valley, where the living is easy.

7 Ido says Zoe is his favorite abstract artist.

8 Dad makes a fine step stool.

9 The Yes To products typically feature one natural key ingredient.



HOW DO YOU RUN A COMPANY AND SPEND TIME WITH FAMILY?

Yes To is a way of life—I'm home for dinner and bath time. It's easy to be too focused on work, and Yes To has helped me to take the steps toward getting balance. A few years ago, I realized that I wasn't spending enough time at home. I was always traveling and working long hours even when I was in San Francisco. So we decided to bring on an amazing CEO. She's allowed me to do much more with my family. I'm careful about when I travel for work now—booking flights for early morning, so I can be home the night before. I take holidays to spend time with my family and really engage with them.

WHAT'S NEXT FOR YES TO?

I don't think we've even scratched the surface. We have a great team, and we're launching a ton of new products. This will be one of our biggest years yet.

AND FOR YOUR FAMILY?

We're still a young family, and we're just getting started. +

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COLLAGEN BOOSTER™

Uses BioCell Collagen® to hydroplenish, moisturize and smooth the appearance of lines and wrinkles.*

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

GARDENING GEAR

What better place to clean up your act than in your own backyard?



WATER WISELY

Made of partly recycled materials, this hose (from \$35, greenfeet.com) has a low-flow nozzle that saves H₂O (\$6.50, letsgogreen.biz).



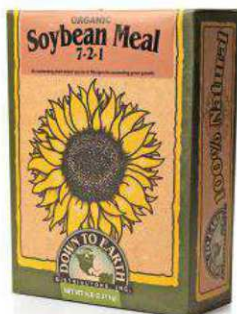
PLANT UNTREATED SEEDS

The Martha Stewart Living USDA-certified organic collection features 38 varieties. \$9 each, homedepot.com



SHIELD YOURSELF NATURALLY

Handwoven from sustainable palm fibers, the Terrain Somerset hat protects from UV rays. \$50, shopterrain.com



USE A CLEANER FERTILIZER

Nutrient-rich soybean meal from Down to Earth nourishes plants without animal by-products. \$13, groworganic.com



CHOOSE A SMART CAN

The cheerful Cayman watering can holds a full two liters of water. \$16, sprouthome.com



GET A GREEN THUMB

The pretty, waterproof Gardener Grip gloves are made of 30 percent recycled yarn. \$10, westcountygardener.com



BUY TOOLS THAT LAST

With their lifetime warranty, these Felco 2 pruners may be the last ones you'll ever need. \$48, felcostore.com



COLLECT RAINWATER

The Collapsible Rain Barrel features a mesh filter top and a handy front hose nozzle. From \$89, greenhome.com



SAVE YOUR SEEDS

With its recycled-steel tin, the Gardener's Seed Saving Kit makes it easy to plan for next year. \$28, branchhome.com



See What's Inside
#2 IN A SERIES OF FOUR

BEAUTIFY THE BATHROOM

Combine a Thorough Cleaning with Simple Storage Solutions

Here, Marissa Brown, design director at Martha Stewart Living Omnimedia, shares her tips for transforming a bathroom into a clean and calming respite. Every room in the house benefits from being organized and a thorough spring cleaning, including the bathroom where mold can grow due to a damp environment. Look on the front of the flap for bathroom cleaning tips that tackle mold and beneath the flap to discover Marissa's own suggestions for beautifying your bathroom.

4

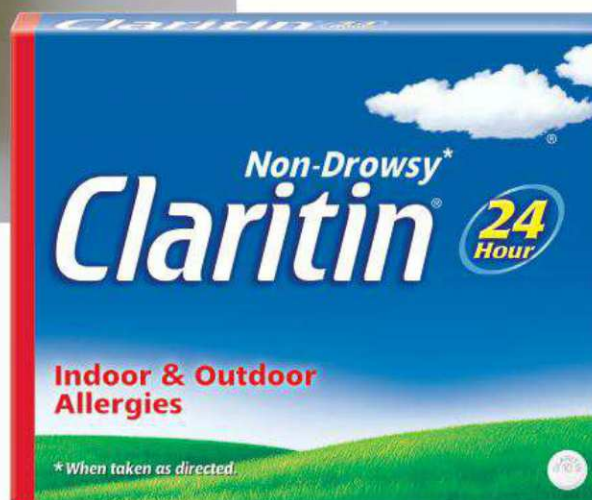
OF OUR BEST TIPS FOR THE BATHROOM

- ① **BATHROOM CUBBYHOLES:** Pressed for storage in the bathroom? Think vertically. Locate an unused space on a wall and install these cubes to add shelving space.
- ② **LOOKING GLASS:** An elegant solution that coordinates with every color scheme, glass apothecary jars make it easy to spot and grab what you need.
- ③ **BRIGHT WHITES:** White accessories reduce visual clutter and create a calm environment. They also are an easy way to unify the look of your décor, and they make it easy to update. Add interest with different textures and shapes.
- ④ **TOWEL TIME:** For a perfect stack of towels, fold each towel in thirds lengthwise and then into a rectangle to hide its edges.



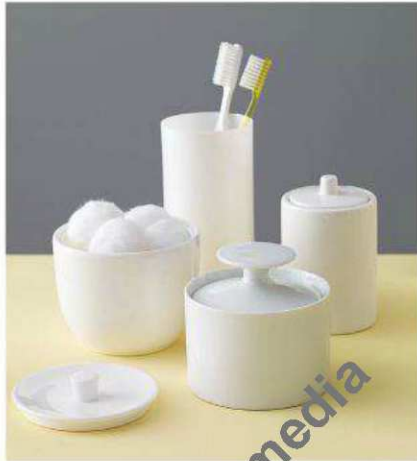
Think Inside the Box

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



use as directed





ACCESSORIZE AND ORGANIZE YOUR SPACE

Keep your bathroom clutter-free and ensure that what you need is close at hand. Store only the items you use daily on the countertop, open shelves, and in the medicine cabinet. Find another location to store other items like under the sink or the linen closet.

There's no reason to buy bathroom accessories when you can repurpose what you already have to great effect. Here a white ceramic glass, a creamer, and two sugar bowls are transformed into chic catchalls for bathroom vanity essentials like toothbrushes, cotton balls, and swabs.

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

Paint your bathroom cubbyholes your favorite hue, and add a pop of color to the room. Here, the sunny yellow both brightens the space and complements the gray walls.



THE BATHROOM

SPRING CLEANING

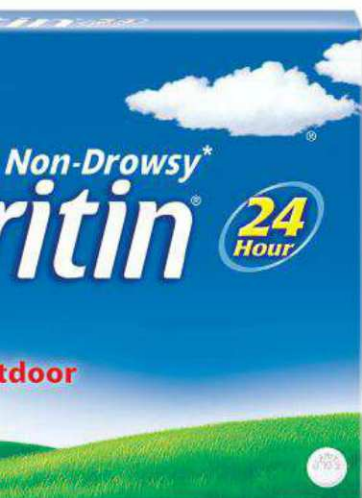
Keeping your home clean can have the added benefit of tackling mold and helping to alleviate your allergies. Dr. Paul Ehrlich, Clinical Assistant Professor at the NYU School of Medicine and President of the New York Allergy and Asthma Society, shares his tips for taming mold allergies:

- Wash shower curtains and bathroom tiles, grouting, and fixtures with mold-killing and mold-preventing solutions.
- Keep the humidity in your house below 50% to discourage mold growth.
- Use machine-washable bath mats in the bathroom, and after leaving the shower, stretch the curtain to deter mildew.

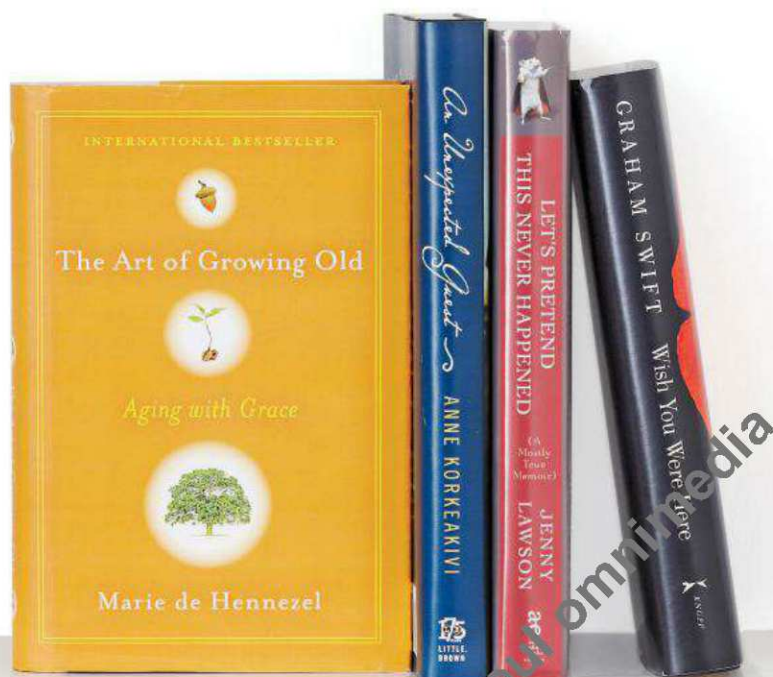
Have allergy medicine on hand and take it as soon as symptoms start. I recommend allergy medicine such as Claritin® products to my patients. Claritin® products provide powerful, non-drowsy relief of all your allergies like

☒ mold ☒ dust ☒ pollen ☒ pets

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



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to get more allergy
management tips.



READS THAT FEED

THE WONDER YEARS

A French psychologist seeks out wisdom both familiar and fresh in hopes of uncovering the secrets to aging with grace and gusto **BY CARLENE BAUER**

MARIE DE HENNEZEL WRITES about a journal kept by a friend of hers as the latter lay dying of cancer. Even as she suffered, the woman asked herself this question: "How can we infect each other with fervor and life?" *The Art of Growing Old* (Viking), a best-seller in France, attempts to answer that query. De Hennezel, who is well known in her country for her work on aging and end-of-life care, suggests that maintaining that fervor is the surest way to grow into a contented old age. That may seem a little simplistic, but as she draws on the philosophies of Alzheimer's experts, of those who are aging themselves, and of such big thinkers as Carl Jung, de Hennezel makes a compelling and often charming case for it. "One becomes old the day one no longer believes in mankind," asserts one of her sources, a 99-year-old nun named Sister Emmanuelle, "and in the worth of every individual, whoever he or she may be." This before adding, "But I am not wise, Marie! I am a bit of a crank!"

You don't get to be nearly 100, de Hennezel suggests, without balancing a desire for connection with a serious dose of self-awareness. To give up on mastering that art ("It is a question of real work," she admits) is to risk the kind of reclusive, abandoned old age that all of us fear. Fortunately for the reader, de Hennezel is able to spirit us away from such anxiety with an invigorating disregard for received wisdom—discussing, for example, the persistence of sexual desire into one's eighties. De Hennezel is of the firm belief that "we all need the words of those who raise us up." With an elegant prose style that glimmers with candor, she has written a book whose words do just that.

AN UNEXPECTED GUEST

ANNE KORKEAKIVI
(LITTLE, BROWN AND COMPANY)

In this first novel, Korkeakivi updates Virginia Woolf's *Mrs. Dalloway* with a new heroine—the American wife of an English diplomat—whose past dalliance with a politically embroiled Northern Irishman threatens to undo her carefully honed poise. The book is as wonderfully self-possessed as its leading lady, and winningly suspenseful as well.

LET'S PRETEND THIS NEVER HAPPENED

JENNY LAWSON
(AMY EINHORN BOOKS/PUTNAM)

Better known by her handle (and website) The Bloggess, Lawson is beloved among many for chronicling her whacked-out domesticity à la Amy Sedaris, and for offering her outrageous take on subjects as diverse as parenting and the TV character Doctor Who. This memoir tells the story of her coming-of-age as a taxidermist's daughter and a defiantly square peg. And while she doesn't immediately strike you as the typical family-values apologist, Lawson's sweet-at-the-core book is really an argument for valuing your family, however crazy they may be.

WISH YOU WERE HERE

GRAHAM SWIFT
(KNOPF)

In his ninth novel, Swift tells the story of a reticent, middle-aged Englishman who, in losing his brother to the war in Iraq and his family's Devon farm to mad cow disease, is forced to wrestle with the burdensome responsibility of duty toward land, country, and ancestry. (He describes "the generations going back and forwards, like the hills, whichever way you looked, around them.") Swift's beautiful writing pulls readers along with quiet force, and his insight into the nature of familial misunderstandings can stop you cold.

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At La-Z-Boy, comfort is what we do. And when it comes to helping sick children and their families, providing comfort is the least we can do. That's why La-Z-Boy became the official furniture provider of Ronald McDonald House Charities®. Together with RMHC®, we make sure that families have a comfortable home-away-from-home® while their children receive much needed medical care. Ronald McDonald Houses are a refuge of hope, peace, love and support. La-Z-Boy is honored to provide comfort to families at a time in their lives when they need it like never before. For more information about our support, visit la-z-boy.com/RMHC.

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GREATER GOODS BOOKS



body+soul omnimedia



KITCHEN SHELF

FOOTLOOSE AND BAGUETTE-FREE

Béatrice Peltre brings the bright, homey French food of her blog, La Tartine Gourmande, to life in a book of the same name. And—*sacre bleu!*—nearly all the recipes are gluten-free.

ON MAKING NO-FUSS GALLIC FARE

My book is very French, but it's not too complicated. I wanted to do a collection of the classics, the dishes I learned to cook and eat when I was growing up, but with a creative side, like a tartine topped with walnut, lemon, and ricotta pesto and sautéed mushrooms. I was a vegetarian for eight years, so the recipes include a lot of grains and vegetables. I find French food blogs are heavy on technique, and I didn't want to become trapped in that mold. I just wanted to publish what I enjoy cooking and eating.

ON GIVING UP THE BAGUETTE

After traveling in Peru, I developed stomach issues that wouldn't go away. I saw an allergist, and my blood showed that I was reacting to gluten. It's difficult to remove wheat, but I think it has actually made me a better cook and a better baker.

ON GROWING UP WITH FARMERS

I was raised in rural France by a family that loved food. On my dad's side, everyone in my town grew

their own vegetables. I spent a lot of time at my grandparents' home, where there were long tables with lots of people. And my mother taught me to cook everything I ate, so when I was a student in my twenties, I was waking up my roommates with the smell of sautéing garlic.

ON WHY APPEARANCES MATTER

I believe that you eat with your eyes first, so I try to make my food as pretty as possible. Growing up in France, I was exposed to this strong food culture. Even when you go out to casual restaurants, you see that the way you present the food matters.

ON CHICKPEA INTRIGUE

I started the blog without a real intention. What I realized is that I love to take an ingredient and discover something new. I recently stumbled upon black chickpeas, and I bought a bag. Do I know what I will do with them? No, I don't always have a vision when I start; it's all about the creative process of turning food into something beautiful.

—INTERVIEW BY LINDSAY FUNSTON

"This is La-Z-Boy? Pinch me.
(Actually, don't pinch me. I'm
too comfortable right now.)"



The Zoe Room Group and Keagan Chair

THE RECLINERS WERE ONLY THE BEGINNING.

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Harbin Hot Springs, California



Umpqua Hot Springs, Oregon



Mount Princeton Resort, Colorado

IN HOT WATER

1.3

million people visited Hot Springs, Arkansas, in 2010.

205°

Fahrenheit is the coolest average water temperature recorded at Vranjska Banja, in Serbia—one of the hottest natural springs in the world.

1,702

natural hot springs are located in the U.S., according to the National Oceanic and Atmospheric Administration.

QUICK TRIPS

THE HOT LIST

You don't need to trek to Europe to "take the waters," thought by many to help everything from circulation to eczema. Try an open-air soak at a steamy spot much closer to home. —STARRE VARTAN



ON THE MAP

Want more? Check out the National Geophysical Data Center's listings (color-coded for warm, hot, and boiling) at maps.ngdc.noaa.gov/viewers/hot_springs

● AHALANUI POND, HAWAII

Originally the private oasis of a wealthy couple, Ahalanui is now open to the public. The lifeguarded 90° Fahrenheit water is perfect for children. It's also huge—about the size of two Olympic-size pools—so there's plenty of room to stroke out a lap or two. Go for a dip in the evenings, and you'll be treated to an incredible view of the sunset over the Pacific Ocean. Free, panoramicearth.com (search "Ahalanui")

● HOT SPRINGS, ARKANSAS

If you like a little history with your heat, Hot Springs is for you. An aquifer deep within the earth has been slowly warming the water here for

more than 4,000 years—Native Americans were enjoying soaks long before settlers arrived. Eventually, the famous "bathhouse row" became a doctor-prescribed destination (FDR even bathed here). The Victorian-era buildings are recognized by the National Trust for Historic Preservation, and the Buckstaff bathhouse still offers thermal mineral baths (at a maximum temperature of 100°) and Swedish-style massage. From \$30, buckstaffbaths.com

● HARBIN HOT SPRINGS, CALIFORNIA

This nonprofit retreat is surrounded by 5,000 undeveloped acres and some of the state's cleanest air. Harbin offers daily yoga, weekly qigong, and weekend holistic workshops, but the (very) clothing-optional, spring-fed hot, warm, and cold pools are its main attractions. Rotate among them and then lounge on the spacious sun-decks, or pop into the chemical-free sauna and steam rooms. You can also book in-water massage treatments. From \$25, harbin.org

● UMPQUA HOT SPRINGS, OREGON

Clusters of naturally heated pools aren't uncommon in Oregon, but these cliff-top soaks are the best of the bunch because of the soaring views of the woods surrounding the North Umpqua River and the deep valley below. Just be sure to bring your walking shoes. It's a one-third-mile hike to the 108° waters, plus another two miles when the U.S. Forest Service closes the parking lot in winter. \$5 for parking, oregonhotsprings.immunenet.com/umpqua.htm

● MOUNT PRINCETON RESORT, COLORADO

Without a doubt, the focus here is the incredible natural piping-hot springs, but the luxurious full-service resort offers its guests much more: four pools of varying temperatures (plus access to more than 30 mini pools lining nearby Chalk Creek), a 400-foot water slide, water yoga, a creek-side spa, tennis, hiking, and horseback riding. From \$125 a night, mtprinceton.com

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Rainbow Light will donate \$2 to Plant A Fish for every Omega product purchased on www.rainbowlight.com in April 2012. Enter promo code \$2donation at checkout.

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

2. Container Recycling Institute, www.container-recycling.org.

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body+soul omnimedia

PURE & SIMPLE OUT, DAMNED SPOT!

BY OLESSA PINDAK

Freckles? Cute. Dark spots and blotches? Not so much. Sunshine, fatigue, and irritation can cause excess pigmentation to build up, but a few strategic dabs will help undo what Mother Nature hath wrought. ►►



►► OUT, DAMNED SPOT! (CONT'D)

Eradicating brown blotches used to mean a heavy dose of hydroquinone, a possibly toxic ingredient that was once ubiquitous in skin lighteners. The newest crop of spot fighters rely on ingredients derived from natural and botanical sources to reduce excess melanin, the pigment in skin.

FUTURE PERFECT

TO HELP PREVENT FURTHER DAMAGE, PROTECT YOUR SKIN FROM THE SUN—WEAR SUNSCREEN AND WIDE-BRIMMED HATS.



1. KIEHL'S CLEARLY CORRECTIVE DARK SPOT SOLUTION features activated vitamin C, which breaks up surplus melanin and prevents it from clustering. \$49, kiehls.com



2. DR. ANDREW WEIL FOR ORIGINS MEGA-BRIGHT SKIN TONE CORRECTING SERUM contains rosa roxburghii fruit extract to help calm skin stressors that lead to spots. \$55, origins.com



3. LUMINAZE CATALYTIC SKIN TONE ILLUMINATOR AND DARK SPOT CORRECTOR includes an enzyme from tree fungus that breaks down melanin. \$120, luminaze.com



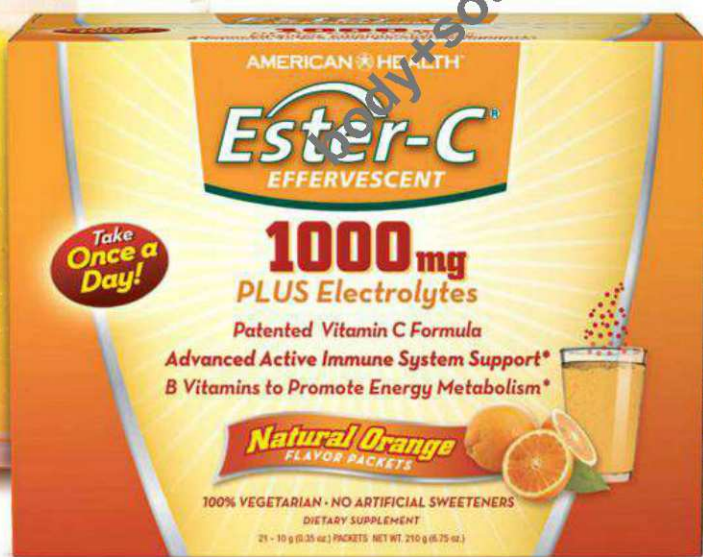
4. ORGANIX-SOUTH THERANEEM FADE CREAM is made with neem oil, a traditional remedy for evening out skin tone that also helps with fine lines. \$24, organixsouth.com

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[^] Based on SPINS data for 52 weeks ending 10/1/2011 (dollars)

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COMPANIES DOING GOOD

As much as we love our beauty rituals (face-washing; long, steamy showers), many of them have a not-so-pretty effect on our environment. But these days some of our favorite brands are getting involved with various water causes. By supporting the names below, you can help keep clear water flowing.

OLAY, PANTENE, CLAIROL, AND COVERGIRL are just a few of the lines owned by Procter & Gamble, which developed the P&G Children's Safe Drinking Water Program to provide developing countries with water-purifying packets. To date, the program has delivered more than 4 billion liters of clean drinking water. csdw.org

NEUTROGENA NATURALS is helping fund the Nature Conservancy's water protection efforts, making it possible for female scientists to lead several American river projects, including one to address the issues surrounding the diminishing Colorado River. neutrogenanaturals.com

AVEDA Throughout April, 100 percent of revenues from the company's Light the Way candles will go to support the Global Greengrants Fund, which

provides small grants to community-based water projects worldwide. \$12, aveda.com

SPARITUAL All through the spring of 2012, 20 percent of proceeds from the company's Water Collection polishes will be given to Surge, a non-profit that helps provide access to clean drinking water. \$10 each, beauty.com



A Cambodian community receives barrels of clean water thanks to the work of the nonprofit Surge.



COLOR PLAY
SPARITUAL'S NEWEST SHADES (CLOCKWISE FROM TOP): LUCID, UNDERCURRENT, HIDDEN REEF, EBB & FLOW, DEEP, AND RIPPLE EFFECT

NAIL IT
THE SIX POLISHES IN SPARITUAL'S WATER COLLECTION ARE FREE OF DBP, TOLUENE, AND FORMALDEHYDE.

NEW BEAUTIES ON THE BLOCK We're so loyal to some of our beauty basics that you'd have to pry them from our hands. But when a new, eco-friendly batch of comparable products landed on our desks, we had to give them a try.



AQUAPHOR ▶ PAULA'S CHOICE

LIP & BODY TREATMENT BALM (\$11, paulaschoice.com) is a little lighter and less rich than LIP REPAIR (\$4.50, amazon.com), but it softens splendidly.



VASELINE ▶ WAXELENE

WAXELENE (\$16, waxelene.com) works very much like PETROLEUM JELLY (\$3, drugstores nationwide), but is made with beeswax and smells like it.



CETAPHIL ▶ 365 EVERYDAY VALUE

365 DAILY FACIAL CLEANSER (\$6, Whole Foods stores) foams a bit more than CETAPHIL DAILY FACIAL CLEANSER (\$12, drug store.com), but has a similarly fresh scent.



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Freshness Guaranteed?

When our writer stumbled upon a new crop of creams with use-by dates, she began to question the whole idea of skin care that lasts forever BY CRISTINA MUELLER

I COME FROM a long line of savers—my grandfather would carefully collect old broom handles, and my mother still has every baby dress I ever wore, pressed and folded away. What do I stockpile? Skin care products. I've been amassing an army of creams, serums, and oils for years. Every now and then, when my complexion looks especially lackluster, I attempt to revitalize it by reaching into my stash. On a recent blotchy day, I unscrewed a long-neglected jar and saw that the lotion inside wore a thin, oily film. It smelled stale and caused me to wonder whether, unlike broom handles and baby clothes, skin care products can actually go bad. Before purging my medicine chest of its beauty arsenal, I decided to find out just how fresh these products really need to be.

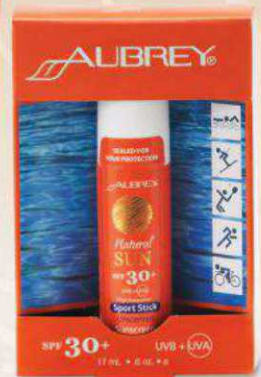
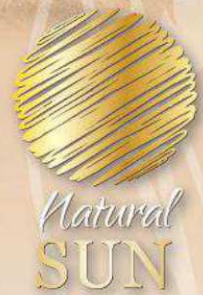
According to some of the experts I spoke with, the longer you keep a lotion or face cream, the less active its ingredients become. And the more synthetic preservatives that have been pumped in to artificially extend those ingredients' lives, the worse the stuff probably is for your skin. "Think about how it feels to eat fast food for lunch," says New York City holistic aesthetician Joanna Vargas. "Right after, you feel sluggish, bloated, and tired. Now think about what it feels like to eat a salad of field

Back to Basics

body+soul omnimedia

At Aubrey, our all-natural ingredients are the heart of our simple philosophy.

Show off your soft, healthy skin without any greasy residue with Natural Sun! Jojoba oil and shea butter combine with UVA and UVB protection in our Natural Sun sunscreens to make enjoying the outdoors a moisturizing experience. Shea butter is ideal for replenishing dry skin, while jojoba oil seals in the moisture—keeping your skin nourished and protected.



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www.Aubrey-Organics.com



greens or fruit—you feel energized, right? It works the same way for your skin.” A dull, lifeless complexion, says Vargas, is a sign that your skin is being deprived. “When you feed it a healthy dose of fresh nutrients, its circulation increases and it can better rid itself of waste. It brightens.”

What my skin needed, apparently, was a facial smoothie. It turns out that a new generation of skin care products offers pretty much the equivalent of that; made with organic ingredients, they are synthetic- and preservative-free and customized to your skin’s specific needs. Rather than turning to my blender, I opted to give one of these custom lines a try.

When I first called the headquarters of Odacité, a Los Angeles-based skin care line with a freshness-is-all philosophy, I was told that someone would e-mail me shortly for a personal skin care consultation. Ten minutes later, a friendly message from a “senior skincoach” popped up in my inbox: “What is your skin type? How young are you? On a scale of 1 to 10, how healthy is your diet? What is the main thing you would like to improve about your skin?” I answered all the questions eagerly, and two days later, my newly minted skin regimen arrived on my doorstep in a neat priority-mail package. I unpacked a day lotion, a night serum, an eye cream and an exfoliator, each with a set of instructions created just for me.

Reading the ingredients list, I first saw aloe, jojoba oil, and vegetable wax. The rest read like a juice-bar menu, including olive and carrot oils. A few days later, after having carefully followed the instructions, I thought I saw a faint glow to my skin for the first time in ages. Three months into my “ready-to-eat” skin care experiment, my fickle skin didn’t seem so fickle anymore! It still looked good, radiant even. Had the preservatives in my old stuff been making my skin dull all these years?

“Preservative-free products are only really necessary if a person is allergic to preservatives, which the majority of people are not,” says New York City dermatologist Amy Wechsler, M.D. But Vargas believes that if there are strong chemicals in a product, they can trigger the body’s defense mechanism each time the product is used, tiring the skin and putting it in an irritated, reactive state. The greater concern is product integrity, says Ni’Kita Wilson, a cosmetic chemist at the New Jersey-based Englewood Labs, which develops skin care products. “I wouldn’t keep anything more than six months, and usually I toss them after three,” she says. Water evaporates from a jar even in just a few months, says Wilson, which changes the composition of the formula and vastly decreases the effectiveness of those anti-aging powerhouses that are sensitive to light and air—particularly vitamins C and A.



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Support your digestive health*...delicious Chewable Acidophilus from American Health®. It's good health made simple™.

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Available at health, natural food and vitamin specialty stores.

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[†]At time of manufacture. | © 2012 American Health Inc.



www.AmericanHealthUS.com

For Valérie Grandury, the founder of Odacité, fresh and synthetic-free became essential after her breast cancer diagnosis in 2004. "It was a big wake-up call," she says. "I really felt I had to totally change my lifestyle." Grandury began an across-the-board detoxification, but when she investigated organic skin care options, she was surprised to see that none of them bore a manufacturing date. "In the store, I was told they had a three-year shelf life." This was a sure sign that the bottles and jars contained preservatives, something Grandury no longer wanted on her face. She began experimenting with her own blends of plant extracts and oils, using a base of organic aloe vera juice. Her resulting skin care line is preservative-free, and on each item you'll see prominently displayed the date on which it was made—and the date it will lose potency.

When my six-month supply of Odacité runs out, I will undoubtedly send in for a refill—my skin continues to look great, and I'm inclined to think that it has to do with the lack of preservatives in my routine. Maybe some faces can handle synthetics better than others, but mine seems incredibly happy without them. In any case, most of us are using our skin care products for far, far too long, and now this particular world-class saver has to run. She has a date to clean out her bathroom cabinets, immediately. +

GET FRESH WITH YOUR SKIN CARE



1 ODACITÉ NIGHT TIME REPAIR SERUM is surprisingly lightweight and potent. Organic calendula, white tea, and rooibos tea extracts are powerful antioxidants, and vitamin E provides further protection. There's enough for five to six months. \$120, odacite.com

2 An ultra-light jelly substance, **THE BODY DELI SEA CUCUMBER GEELE** regenerates with a trio of extracts from sea vegetables; organic aloe vera and cucumber help moisturize. Stored in the refrigerator, it will keep for six months. \$45, thebodydeli.com

3 TRUTH ART BEAUTY BODY SALVE is a pure blend of organic oils. The three-month supply is best used within six months. \$28, truthartbeauty.com

4 Kiwi seed oil in **MARIE VERONIQUE ORGANICS ANTI-AGING OIL+** provides essential fatty acids that help rebuild the skin barrier. Smoothed on alone or under sunscreen, a few drops will make skin glow. It's most potent within six months. \$80, mvorganics.com

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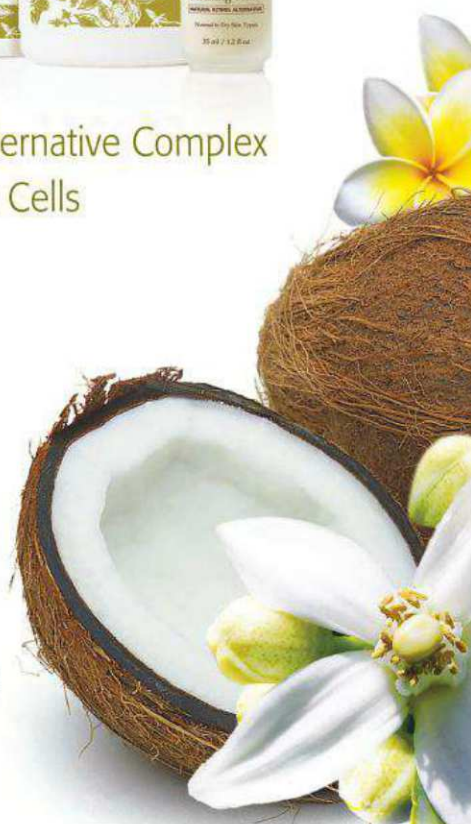


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FOOD

KEY INGREDIENT

Salt

BY SARI LEHRER

SALT IS TRANSFORMATIVE, its commonness, deceiving. Unlike most ingredients, it doesn't just add its own flavor, making something saltier; it changes the very flavor profile of the thing itself, raising the volume on sweet and sour notes and shushing up the bitter. Salt harvested by hand in shallow waters forms complex structures: flat, lacy flakes. They are like doilies next to the diamond-shape crystals dragged from the depths of the sea. Large crystals bring bite and texture to a dish, while fine flakes dissolve with more subtlety. There are differences in taste, too. Gray crystals are brinier, speaking of the ocean; whiter salt tastes brighter. Few, if any, foods offer greater variety; none offer more universality.

KEY INGREDIENT

THE WHITE STUFF

Civilization was built on salt: Man followed beast to the salt licks, the paths they trod became roads, and communities rose up alongside the licks. Its value went well beyond an ability to cure and preserve; salt was used as currency and antiseptic, as well as for tanning hides and dyeing cloth.

LIKE A VIRGIN

> Celibate Egyptian priests abstained from salt because it was thought to excite sexual desire.

IN THE DRINK

> The oceans contain an average of just 2.7 percent salt, by weight.

"WHEN IT RAINS IT POURS"



The motto was introduced in 1914 to signal to consumers that Morton Salt was free-flowing even in humid, rainy weather; the company had just begun adding magnesium carbonate, which keeps the grains from clumping.

MOVERS AND SHAKERS

Who knew that China produced so much salt? Or that we were right behind it? Together, the two countries currently account for 40 percent of global output.

CHINA:
65 METRIC TONS

U.S.:
44 METRIC TONS

GERMANY:
20 METRIC TONS

INDIA:
18 METRIC TONS

AUSTRALIA:
13 METRIC TONS

CANADA:
11 METRIC TONS

PAKISTAN:
11 METRIC TONS



SAL·A·RY

(sal-rē, 'sa-lə-rē)

The word *salary* comes from the Latin *salarium*, which referred to the money paid to Roman Army soldiers for purchasing salt.

THE MARTIAN CHRONICLES

> Scientists have found signs of salt on Mars, which may indicate extraterrestrial life.

STEALING BEAUTY

> During World War II, the Nazis regularly hid their plundered European artworks in the region's salt mines.

175 PERCENT OF SALT PRODUCED WORLDWIDE ENDS UP IN FOOD.

Most goes into such industrial uses as MAKING PAPER, SETTING DYES IN TEXTILES, and PRODUCING SOAPS.

THE SCENE OF THE SLIME

Dreamed up in 2004 by the United Kingdom's Food Standards Agency as part of a campaign to fight excessive salt consumption, Sid the Slug infuriated the Salt Manufacturers Association, which complained that he was offensive. We actually think he's kind of cute.



ALL IN THE FAMILY

TABLE Mined from salt deposits, table salt has had most of its minerals removed. It is harvested by forcing water into mines to create brine, which is then evaporated.

VS.

KOSHER This salt results from the manufacture of larger crystals, traditionally done by raking the salt during evaporation. Its craggy crystals are ideal for curing meat, as in the koshering process.

VS.

SEA Made from evaporating ocean or seawater, sea salt contains some trace minerals not present in mined salts. (The process tends to be more expensive than mining.)

KNOW YOUR SALTS



MALDON

From: England

In the Kitchen: Flaky and fresh tasting, it's ideal sprinkled over green salads and raw vegetables.



FLEUR DE SEL

From: France

In the Kitchen: Its irregular crystals lend a lovely crunch to soft-textured foods, from eggs to caramels.



HIMALAYAN PINK

From: Pakistan

In the Kitchen: These pretty, pebble-like grains are the perfect complement to sashimi and gravlax.



CYPRUS BLACK FLAKE

From: Cyprus

In the Kitchen: We love these bright, charcoal-hued crystals on potatoes and on anything with goat cheese in it.



White Quinoa



*Eden Quinoa - Red or White
from a few of 80,000 vital
acres of GEO free farmland
nurtured by our customers.*

American's oldest staple grain. Organically grown on family plots at over 12,000 feet in the Andes, preserving native culture. Eden has worked with these growers since the early 1980's helping them convert their land, growing methods, and cleaning facility to an Eden standard of organic production. Quinoa provides complete protein and the best amino acid profile of any grain.

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the *Real Way*
to do *Sweet!*



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Agave Scones

- | | |
|-------------------------------|--|
| 3 1/4 cups all-purpose flour | 1/2 cup Domino® Organic Light Agave Nectar |
| 5 teaspoons baking powder | 1 cup milk |
| 1/2 teaspoon salt | 1 cup dried cranberries or raisins |
| 3/4 cup unsalted butter, cold | |
| 1 egg | |

Preheat oven to 400°F. Lightly grease a baking sheet and set aside.

In a large bowl, combine flour, baking powder and salt. Cut in butter until mixture resembles coarse crumbs. In a smaller bowl, mix egg, Agave Nectar and milk; stir into flour mixture until moistened. Do not over mix.

Turn dough onto lightly floured surface and knead until smooth. Knead in cranberries or raisins until just combined. Roll dough into a 1/2-inch disk and cut into 8 wedges. Place on prepared baking sheet. Bake approximately 15 minutes or until golden brown and a toothpick inserted into center comes out clean. Remove from oven. Place scones on wire rack to cool.

Makes 8 scones.

For the Agave Apple Butter recipe, and more information, visit
dominoagave.com



It's 3 O'Clock Somewhere

You don't need to justify your late-afternoon urges. Just satisfy them with something smart.

RECIPES AND TEXT BY SHIRA BOCAR

YOU'RE PROBABLY NO STRANGER to the mid-afternoon slump. Sometimes simply drinking a tall glass of water can provide the energy boost you need (hydration is half the battle). But when you crave something more, the best way to avoid the urge to reach for a brownie or a bag of chips is to keep smart snack options at the ready: whole-grain crackers, hard-cooked eggs, sharp cheese, and fresh fruits, vegetables, and nuts. Snacks should be easy—nibbles that can be made well in advance to have on hand or to be quickly assembled. When you start to feel yourself fade, whether running errands or plugging away at the computer, reach for one of these creative pick-me-ups to fuel you through the day.

HEALTHY APPETITES

THROW IT TOGETHER Elevate everyday staples with these three quick fixes, all using just a handful of ingredients



Hard-Cooked Egg with Mustard

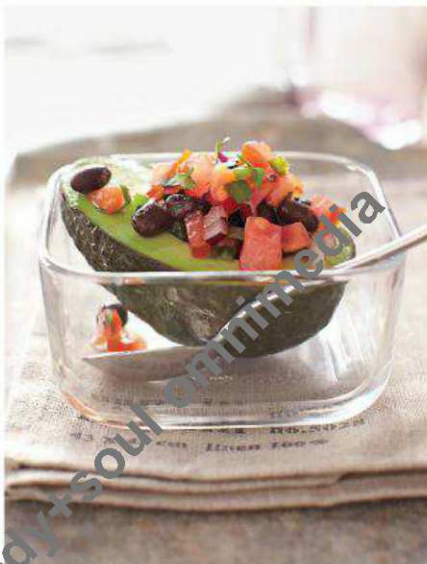
SERVES 1 V

Whole-grain mustard provides a salty-tangy hit. Topping the egg with fresh herbs makes this instantly more satisfying. Use whatever you've got on hand: chives, basil, tarragon, thyme, even mint.

- 1 hard-cooked egg, halved**
- 1 tsp whole-grain mustard**
- 2 fresh parsley leaves**

Dollop mustard on egg halves and top with parsley.

PER SERVING: 68 cal; 5 g fat (1 g sat fat); 187 mg chol; 0 g carbs; 120 mg sodium; 6 g protein; 0 g fiber*



Avocado with Black Bean Salsa

SERVES 2 V U S

Inspired by the fixings at a taco bar, this stuffed avocado delivers an added fiber-protein boost from black beans.

- 1 avocado, pitted**
- Coarse salt**
- 2 lime wedges**
- 2 Tbsp salsa**
- 2 Tbsp black beans, drained**

Season avocado halves with salt and squeeze with lime. In a bowl, combine salsa and beans. Divide mixture between avocado halves.

PER SERVING: 166 cal; 13 g fat (2 g sat fat); 0 mg chol; 12 g carbs; 251 mg sodium; 3 g protein; 7 g fiber



Sharp Cheddar, Hummus, and Sprouts

SERVES 1 V

Add sliced pickle for a ploughman's variation. (Beer optional.)

- 2 Tbsp hummus**
- 1 large whole-grain cracker**
- 1 slice sharp cheddar**
- 1 Tbsp radish or alfalfa sprouts**
- Freshly ground black pepper**

Spread hummus over cracker and top with cheddar and sprouts. Season with pepper.

PER SERVING: 130 cal; 6 g fat (2 g sat fat); 10 mg chol; 13 g carbs; 277 mg sodium; 6 g protein; 4 g fiber

V **vegetarian** no meat products

V **vegan** no animal derivatives

S **special diet** no dairy, wheat, soy, fish, shellfish, eggs, peanuts, or tree nuts

*ALL NUTRITIONAL INFO IS APPROXIMATE

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HEALTHY APPETITES

TAKE IT TO GO Avoid a trip to the office vending machine by toting along one of these clever, travel-friendly options



Kale Dip with Snap Peas

SERVES 4 (MAKES 1 CUP) 

Go beyond the usual salads, stir-fries, and smoothies, and try this super-charged leafy green blended into a dip.



- 1 Tbsp extra-virgin olive oil
- 1 garlic clove, thinly sliced
- 3 cups thinly sliced kale leaves
- Coarse salt
- 1 cup low-fat cottage cheese
- Pinch red pepper flakes
- 1 Tbsp fresh lemon juice
- 2 cups sugar snap peas, trimmed

1. Heat oil in a pan over medium heat. Add garlic and kale and season with salt. Cook, covered, stirring occasionally, until tender, 3 to 4 minutes. Let cool. 2. Transfer to a food processor. Add cottage cheese and purée until smooth. Season with pepper flakes and lemon juice. Refrigerate for up to 3 days. 3. Bring a pot of well-salted water to a boil and cook peas until bright green and tender, 1 to 2 minutes. Transfer to an ice-water bath; drain. Serve with dip.

PER SERVING (¼ CUP): 114 cal; 4 g fat (1 g sat fat); 2 mg chol; 10 g carbs; 300 mg sodium; 9 g protein; 2 g fiber



Dry-Roasted Edamame with Cranberries

SERVES 4 (MAKES 1 CUP)  

A nice break from nuts, edamame give this unconventional trail mix a satisfying crunch. For a shortcut, substitute ¾ cup store-bought roasted edamame for the homemade.

- 1 cup frozen shelled edamame, thawed
- 1 tsp extra-virgin olive oil
- Coarse salt
- ¼ cup dried cranberries

1. Heat oven to 425°. Arrange edamame on a baking sheet and drizzle with oil. Season with salt. Roast, stirring occasionally, until crisp and golden, 20 to 22 minutes. Let cool. 2. Toss with cranberries. Store in an airtight container for up to 5 days.

PER SERVING (¼ CUP): 83 cal; 3 g fat (0 g sat fat); 0 mg chol; 10 g carbs; 47 mg sodium; 5 g protein; 3 g fiber



Peanut Butter–Stuffed Apple

SERVES 1  

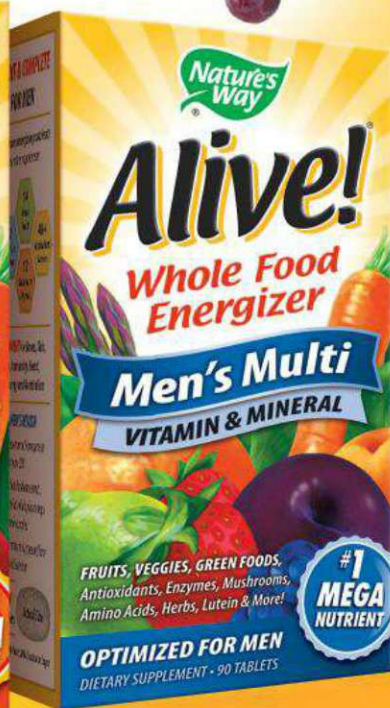
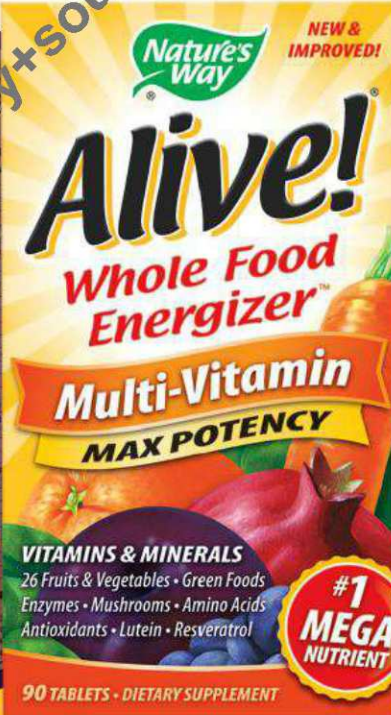
When you're on the move, sandwich the stuffed apple halves together and wait to slice them into wedges at your destination; this will help keep the peanut butter on the apple—rather than all over your storage container.

- 1 apple, halved and cored with a teaspoon
- 2 tsp all-natural crunchy peanut butter
- 1 tsp old-fashioned rolled oats

Stuff cored apple halves with peanut butter and sprinkle with oats.

PER SERVING: 145 cal; 6 g fat (1 g sat fat); 0 mg chol; 23 g carbs; 41 mg sodium; 3 g protein; 4 g fiber

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MAKE IT AHEAD Spend a little extra time in the kitchen on Sunday, and you'll be good to go for the week



Frozen Grapes and Kiwi

SERVES 1 **V V S**

Freezing brings out the sweetness of the fruit, and the cool temperature reminds you to slow down while eating.

1 cup grapes

1 kiwi, peeled and cut into 1-inch pieces

Freeze grapes and kiwi on a parchment-lined baking sheet. Transfer to an airtight container to store.

PER SERVING: 144 cal; 1 g fat (0 g sat fat); 0 mg chol; 37 g carbs; 5 mg sodium; 2 g protein; 4 g fiber



Chocolate-Apricot Nut Bars

MAKES 6 **V**

Making your own bars is surprisingly easy; this version requires less than 10 minutes of prep. Experiment with your favorite dried fruits and nuts. For snacking on the run, wrap bars individually in parchment.

1½ cups dried apricots

½ cup raw almonds, toasted

2 Tbsp unsweetened shredded coconut, toasted

Coarse salt

½ oz dark chocolate, melted

1. Pulse apricots, almonds, 1 Tbsp coconut, and a pinch salt in a food processor until finely ground. 2. Line a 9-by-5-inch loaf pan with parchment, leaving an inch overhang on all sides. Transfer mixture to pan and press firmly to form a rectangle. 3. Use parchment overhang to remove from pan. Drizzle mixture with chocolate and sprinkle with remaining coconut. 4. Transfer to the refrigerator and leave until firm, about 15 minutes. Slice into six bars. Store in an airtight container for up to 5 days.

PER SERVING (1 BAR): 176 cal; 8 g fat (2 g sat fat); 0 mg chol; 25 g carbs; 56 mg sodium; 4 g protein; 4 g fiber



Date Shake Popsicles

SERVES 10 **V**

Stow these creamy, cinnamon-spiced yogurt pops in your freezer for those times that you crave something sweet. Dates provide a natural sugar hit—no added sweeteners necessary.

2 cups low-fat plain Greek yogurt

12 pitted dates, chopped

¼ tsp ground cinnamon

¾ cup low-fat milk

Combine ingredients in a blender and blend until smooth. Fill popsicle molds and freeze.

PER SERVING (1 POP): 117 cal; 1 g fat (1 g sat fat); 4 mg chol; 24 g carbs; 21 mg sodium; 5 g protein; 2 g fiber

GET COOKIN' THIS SPRING

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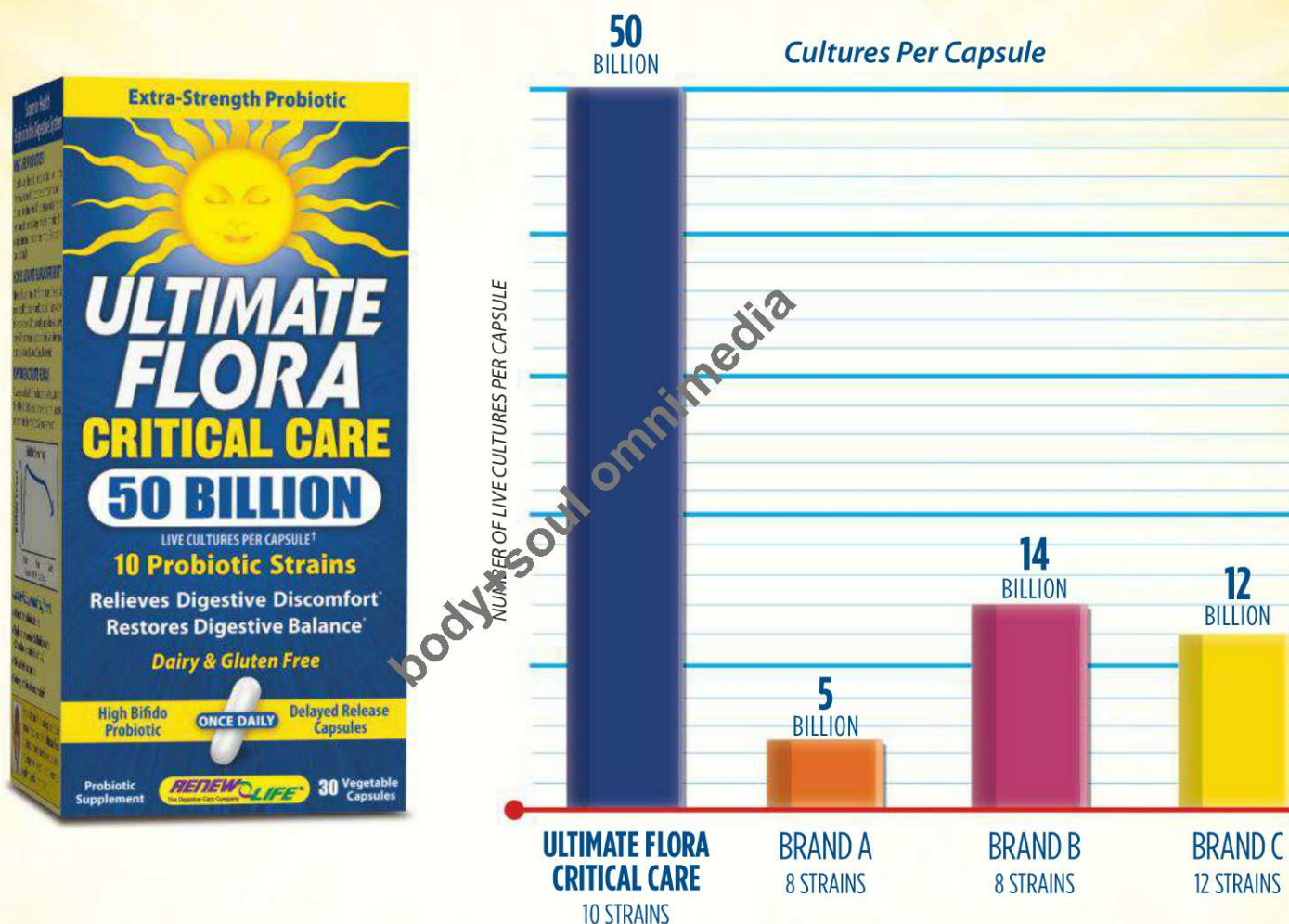


Emeril's Table

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Lucinda Scala Quinn


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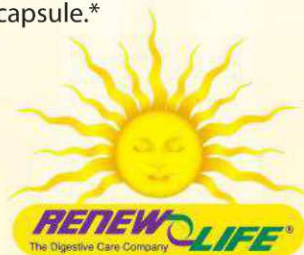
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HEALTH



ROOT AWAKENING

We've long known that ginger has strong anti-inflammatory properties. Now, researchers at the University of Michigan Medical School have found that it may also reduce the risk of cancer. People who consumed 2 grams of dried ginger powder extract daily for a month, they say, experienced a significant reduction in colon inflammation. (Chronic inflammation of the organ has been shown to increase the risk for the disease.) Although you'd need to eat 2 or 3 tablespoons of fresh chopped ginger root a day to achieve these benefits, smaller amounts may also be helpful for those with conditions like irritable bowel syndrome or arthritis.

Ask the Pet Experts

Q: It's so hard to brush my pet's teeth. Is there a better way?

A: Without proper dental care, 70% of dogs and cats start to show signs of oral disease by age 3. If left untreated, oral disease can lead to a shorter life. So, you're right to make your pet's oral care a priority.

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HEALTH NEWS

BODY LANGUAGE

What's Best: Exercise or Rest?

There's often nothing more energizing than a workout, but on some days you're better off taking it easy. Your body usually knows best—just pay attention to what it's trying to tell you. —JANET LEE

YOUR STATUS

"I HAVE A TWINGE IN MY BACK."

With mild cases, you'll usually feel better after gentle exercise, says Jason Glowney, M.D., the medical director of the Boulder Center for Sports Medicine in Colorado. It gets more blood flowing to the area, which can reduce tightness.

"MY ALLERGIES ARE KICKING IN."

If you're not having trouble breathing, it's fine to work out, but you might want to do it indoors or later in the day," says Sara Thyr, a naturopath based in Petaluma, California. Pollen counts are usually highest before 10 a.m.

"JUST HAD ACUPUNCTURE."

If you're seeing an acupuncturist for health maintenance, it's fine to work up a sweat post-treatment, says Catherine Austin, an acupuncturist in La Jolla, California. "Wait a few hours and eat a little something first."

"I'M COMING DOWN WITH A COLD."

As long as you don't have a fever, and the symptoms are above the neck, such as a runny nose and sore throat, working out won't make your cold worse—just don't overdo it. Stick with moderate activity, such as walking.

WHEN TO GET INTO GEAR

WHEN TO LIE LOW

See your health care practitioner first if you have severe pain or pain that radiates into your legs or glutes; numbness or weakness; or if you've recently been in an accident, says Glowney. Exercising could cause more damage.

If you have exercise-induced asthma and your symptoms aren't under control, or if you're simultaneously battling a cold or respiratory infection, skip your workout—it could trigger an attack.

Wait until the next day (or longer) if you're being treated for a condition that involves fever or a chronic problem that has left you feeling fatigued. "You want the strength you have to go toward the healing process," says Austin.

Chest congestion, fever, and body aches are signs that you should take a few days off. Research has shown that if you have the flu, exercise can make it worse. Once you begin to recover, ease back into your regimen gradually.

FAIR WARNING

SMART D-FENSE Attention, fair folks: The steps you take to safeguard your skin may be coming at a cost. The body produces vitamin D, which plays an important role in bone health and immune function, with help from the sun's rays. But a recent British study found that pale-complected people may be unable to produce a sufficient amount of vitamin D without getting sunburned. Regardless of your skin tone, it's important to get the nutrient from foods like salmon (370 IU per 3 ounces) and fortified milk (120 per cup), or from 1,000-IU supplements, like vitamin D3 softgels (solgar.com). As for the fairest of them all? Consider giving your infant 400 IU of vitamin D in liquid form if she's breast-fed or getting less than 32 ounces of fortified formula a day. —RACHEL MELTZER WARREN, R.D.



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RADICCHIO

WHY It sharpens your brain.

These slightly bitter leaves owe their hue in part to anthocyanins—antioxidants that may improve memory.

HOW Toss sliced radicchio with cannellini beans, parsley, Pecorino, lemon juice, and olive oil.

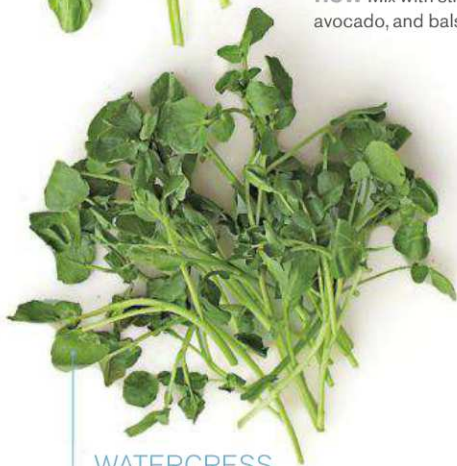


SPINACH

WHY It reduces inflammation.

Tufts University researchers have shown that the vitamin K in these leaves can decrease the kind of inflammation associated with osteoporosis and heart disease.

HOW Mix with strawberries, radishes, avocado, and balsamic vinaigrette.

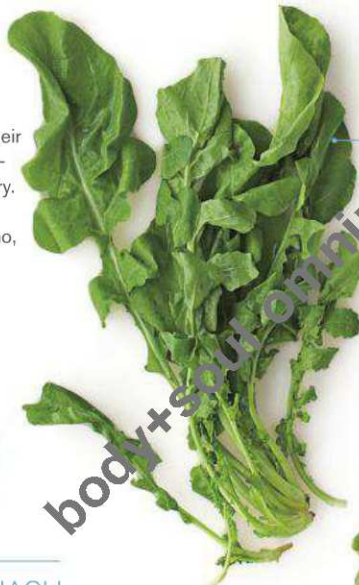


WATERCRESS

WHY It helps prevent breast cancer.

Research in the *British Journal of Nutrition* shows that this delicate green contains a compound that may tell the body to starve cancerous cells of blood and oxygen, suppressing their growth.

HOW Combine with quinoa, almonds, avocado, and lemon juice.



ARUGULA

WHY It strengthens your bones.

This peppery favorite packs more calcium—125 mg per cup—than most other leafy greens. It's also lower in the mineral oxalate, which can block the absorption of the skeleton-strengthening mineral, than are many other greens.

HOW Top with roasted beets, lentils, and goat cheese.



ROMAINE

WHY It protects your heart.

Don't overlook this crunchy staple: Just one cup meets nearly the entire daily requirement of vitamin A, which works with vitamin C to prevent high cholesterol.

HOW Go Greek by tossing the chopped lettuce with red onion, Kalamata olives, cucumber, and a torn and toasted whole-wheat pita.

body+spirit+media



LABEL DECODER

FAIR TRADE

Meant to protect laborers in developing countries, the Fair Trade Certified label can also signify a health bonus. The label's core premise is that it guarantees the products that bear it have been produced by well-compensated farmers in a sustainable environment, and that worker safety, community development, and eco-friendly production have been upheld. Over time, enjoying Fair Trade foods can boost nutritional value because practices that can compromise well-being—the use of chemical pesticides and artificial fertilizers, for example—are restricted.

—CYNTHIA SASS, R.D.

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QUIET YOUR NERVES

Keep Calm and Smile On

Nearly 75 percent of adults admit that they don't take the right steps to prevent themselves from feeling stressed out, according to a recent survey conducted by the American Psychological Association. Luckily for us all, studies suggest that lifting our spirits may be as easy as adopting a few simple habits. —CE OGLETHORPE

1. STICK WITH A ROUTINE. A review from Tel Aviv University found that performing everyday tasks in a ritual-like way may create a sense of calm. Why? The researchers believe that doing actions in your own specific and comfortable manner (always checking your reflection from the front, side, and back before walking out the door, for example) helps you feel a sense of control in an unpredictable world.

2. SCAN INGREDIENT LABELS. Trans fats aren't just bad for your waistline and heart; they may also be affecting your mental well-being, according to a recent report out of Spain. This harmful fat, found in many processed foods, can trigger inflammatory changes that have been linked to depression, say the researchers. Steer clear of the stuff altogether, or limit your intake to 2 grams a day (the maximum for a 2,000-calorie-a-day diet under the American Heart Association's guidelines). But sticking to that quota can be tricky, since products labeled "zero trans fats" can contain up to 0.5 grams of the stuff per serving. To be sure, avoid any foods made with partially hydrogenated oil, otherwise known as...trans fats.

3. TAKE A HAPPY PILL. People who took omega-3 supplements daily were 20 percent less anxious during a stressful period than those not taking omega-3, according to recent research out of Ohio State University. Experts believe that the healthy fat may buffer against stress-related inflammation.

4. WAIT TO EXHALE. Breathing deeply and listening to soft music can be as relaxing as getting a massage, a paper in the journal *Depression and Anxiety* reports. "If your breath is shallow and fast, you're going to feel stressed and anxious," agrees Yogi Charu, an instructor at Pure Yoga in New York City. "Slow your breathing, and your mind will calm, too." He recommends an alternate-nostril breathing exercise like the one shown at right.

5. PUMP UP YOUR PROBIOTICS. Preliminary research in the *Proceedings of the National Academy of Sciences* shows that healthy bacteria can lower levels of a stress hormone called corticosterone. The Canadian and Irish researchers behind the report believe that nerves transmit messages from microorganisms in the gut to the mind, influencing brain chemistry.

HOW TO: ALTERNATE- NOSTRIL BREATHING



STEP 1

Sit comfortably, cross-legged on the floor or in a chair. Place your right hand's index and middle fingers on your forehead. Keeping your mouth sealed, close your right nostril with your thumb and inhale deeply.



STEP 2

Close the left nostril with your ring finger while releasing the right, and exhale. Then inhale, close the right nostril again, open up the left, and exhale completely. Continue slowly, alternating nostrils, for 3 minutes.



THAT LOVING FEELING

Another reason it's cool to be kind: Supporting a loved one can help you, too. A recent University of California–Los Angeles study found that when women in long-term relationships soothed partners who were in pain, they experienced greater reward responses in their brains than those who couldn't come to their partners' aid. "They also had less activity in the amygdala, a region that's connected with elevated blood pressure and the production of the stress hormone cortisol," says study author Naomi Eisenberger, Ph.D. This may help explain why people with strong social networks tend to be happier and healthier. And you wondered why giving a hug always felt so good. —A.O.

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A What Steam?

Is this ancient practice an effective way to deep clean your lady parts or just a bunch of hot air? One writer squats for herself. BY KRISTINA GRISH

“MY REPRODUCTIVE SYSTEM has always been a bit screwy—unpredictable periods, stubborn cramps, the occasional painful cyst—which hardly makes my pelvis a center of calm. So for years, I’ve leaned on holistic treatments to help ease my symptoms. (And as someone who owns a moxa stick and regularly drinks muddy tea, I assure you that few of them give me pause anymore.) Still, when my acupuncturist at YinOva Center, an alternative

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medical practice in Manhattan, suggested a vaginal steam in the name of relaxation and good health down there, I raised an eyebrow and quickly crossed my legs. She said it would cleanse, tone, and nourish my cervix, uterus, and vaginal tissues, and to think of it as a soothing detox for the female anatomy. But it wasn't until she described the therapy as "a facial for your vagina" that I began to warm to the idea. *Pamper my patchouli? Well, I thought, there's no denying she's been through a lot...*

Known in Central and South America as *bajos* (ba-hoes), and in Korea as *chai-yok*, the vaginal steam is a centuries-old technique that's been gaining popularity in holistic practices, physical therapy centers, and spas in the United States. Most of these "uterine lavages" use water steeped with medicinal herbs to address a slew of ailments including bladder and yeast infections, hemorrhoids, infertility, and irregular and painful periods. The technique is also thought to help heal uterine fibroids, perineal tears, and scarring from C-sections, hysterectomies, and laparoscopies. V-steaming boosts circulation to the pelvis—which means increased oxygenation, dilation of blood vessels, and a relaxing of the pelvic floor muscles that tend to cramp or spasm before or during menstruation.

And though steams aren't exactly controversial, they're not yet conventional either. Some of the doctors I spoke with seemed to find the idea downright silly, but when I mentioned the technique to Charles J. Ascher-Walsh, M.D.,

director of gynecology at Mount Sinai School of Medicine in New York City, he said he could see its value. "It's reasonable to think that steam could soften the cervix and cervical mucus to make fertility-related procedures easier," he said. "And the herbs may even have an aromatherapy-like effect."

Just as the Korean and Central and South American women tend to do, I scheduled my "vagacial" for the last day of my period. I hoped it would soothe my pelvis, which, after a particularly crampy cycle, can tend to feel like it's been through boot camp. A week before my visit, I consulted with Nicole Kruck, YinOva's resident steamer. She asked me about my overall health and whether I had any allergies to herbs, since she concocts her brews to address individual clients' needs. For instance, she explained, basil stimulates menstrual flow and has antibacterial qualities. Oregano is known for antispasmodic, antiviral, and antiseptic properties, and rosemary helps inhibit yeast growth.

On the day of my steam, Kruck led me to a small room devoted to the ancient technique. I removed my panties and wrapped a blanket around my waist so that it draped to the floor and created a tent. Then I squatted on a low seat that had a hole cut out of the middle. (That would be the vagi-stool.) I spread my knees wide to help open myself up, and centered my body on the surprisingly comfortable perch. She slid a large, steaming bowl of water

underneath me, explaining that it had been brewed using calendula, an antibacterial, anti-inflammatory, immuno-stimulating herb. It smelled very much like chamomile tea, which lent a certain coziness to the otherwise somewhat awkward situation.

It felt like I was hovering over a humidifier, but I did have the sense of a pleasant steam traveling into my body. I imagined it relaxing and opening the pores of my internal tissues. Kruck massaged my shoulders and hands, and when the vapors had cooled,

I REMOVED MY PANTIES AND WRAPPED A BLANKET AROUND MY WAIST. THEN I SQUATTED ON A LOW SEAT THAT HAD A HOLE CUT OUT OF THE MIDDLE. (THAT WOULD BE THE VAGI-STOOL.)

we refilled the bowl for a second go in order to give the herbs more time to work and for me to relax into the process. As a finale, Kruck had me dry off, put my panties back on, and move to her massage table. Though the type of Maya abdominal massage she proceeded to give me isn't an integral part of the steam, a lot of practitioners offer the two procedures together, since they can work nicely in tandem—the steam relaxes the tissues and activates the healing process, and the massage helps bring the body back to its natural balance.

As Kruck's hands swept across my pelvis, I wondered aloud whether using an over-the-counter douche, a hand-held shower, or even a hot herbal bath might yield the same results as steaming.



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“Douching and showerheads are more intense lavages,” she said, “and drugstore douches can throw off your pH balance, which definitely doesn’t happen if you use the right herbs.” As for baths, she added, they warm only external tissues, whereas steams help the heat, moisture, and herbs penetrate deep into the body.

While some of the physicians I spoke with said they doubted that medicinal mists travel much beyond the cervix (in a reversal of the phenomenon that sees mucus

Just how much will one of these dewy sessions run you? It depends on your needs and on what kinds of massages, if any, you add, but prices generally range from \$75 to \$330. If steaming is done right, there shouldn’t be any drawbacks—the gynecologists I spoke with said that steams are unlikely to change your pH, or to cause bladder or yeast infections. But just as you would when stepping into a sauna or a hot tub, be fussy when choosing a facility that administers heat and moisture treatments to your private parts. Kruck recommends finding one that uses organic herbs, as she believes that only the purest of ingredients should

BEST OF ALL, MY STOMACH FELT FLAT, CALM, AND SUPPLE, A MAJOR IMPROVEMENT OVER ITS USUAL POST-PERIOD BLOAT AND TIGHTNESS.

blocking outside “hazards” from entering), the integrative experts tended to disagree. “The steam thins the mucus, in much the same way that it clears a congested nasal passage, so the herbs can then do their job,” said Isa Herrera, the author of *Ending Female Pain* and a clinical director at Manhattan’s Renew Physical Therapy Healing Center, which has been offering this type of treatment for years. Vaginal tissue is epithelial and mucosal, she explained, so it’s very muscular and stretchy, but also absorbent and porous, like skin. “Healthy vaginal tissue is used as an effective vehicle for the administration of medications like antibiotics, anti-fungal creams, and hormones, so I suspect the herbs in the steam can be easily absorbed this way, too,” noted Katherine A. Thurer, M.D., a gynecologist at the Raby Institute for Integrative Medicine at Northwestern University, in Chicago.

treat this region. The best times for the procedure are before or after your period. Never steam at the height of menstruation, or if you’re pregnant or think you may be.

After a steam, Kruck says, slight cramping and discharge are “very positive.” Mild uterine contractions help the body cleanse itself, she explains, and discharge naturally occurs when something in the pelvis (like old blood) needs to come out. I experienced what felt like mild menstrual cramps for a day afterward, and hardly minded, since they apparently indicated a positive result. Best of all, my stomach felt flat, calm, and supple—a major improvement over its usual post-period bloat and tightness. A belly that feels and looks this good? Those ancient squatting women were definitely on to something. Who knows? I may just go full steam ahead and schedule another visit.

STEAM THYSELF

Ancient healing in the modern privacy of your bathroom.

FIRST: Consult an M.D., herbalist, or certified abdominal massage practitioner before using and combining herbs. (Do not use essential oils, as quality is hard to regulate, few are pure, and they are generally too concentrated and strong for internal use.)

THEN: Boil 8 cups of water, add a handful of fresh herbs or ¼ cup of dry ones, and steep for about 10 minutes.

If you don’t have a vaginal stool, pour half the water into a bowl (leave the rest of the water on the stovetop, covered, so you’ll be ready for a second round) and place the bowl in your toilet. Let the water cool for a bit to be sure the steam is warm and not scalding. Tent yourself with a towel or blanket and sit down on the toilet. Stay there for about 10 minutes, until all of the steam has evaporated. Dump the water; if you still want more, replace it with the hotter stuff from the stove. For more instructions, visit yinovacenter.com.



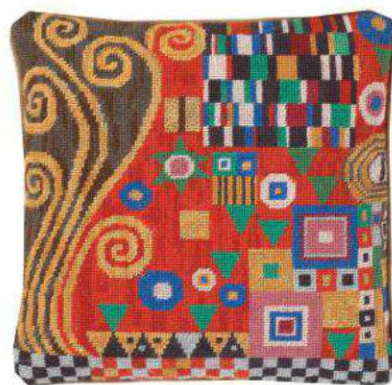
Gustav Klimt needlepoint kits

The backgrounds in Gustav Klimt's paintings have fascinated decorative artists for over a hundred years. They seem as intoxicating now as they must have seemed to Fin-de-Siecle Vienna in the 1890's. Rich and sparkling they merge mosaic like blocks of color with swirling oriental pattern and they make magnificent needlepoint pillows.

The kits include a 100% cotton canvas printed in full color, all the yarns required (100% pure new wool and gold lurex), a needle and an easy to follow guide to get you underway.



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Above: **KLIMT SCARLET** Candace Bahouth
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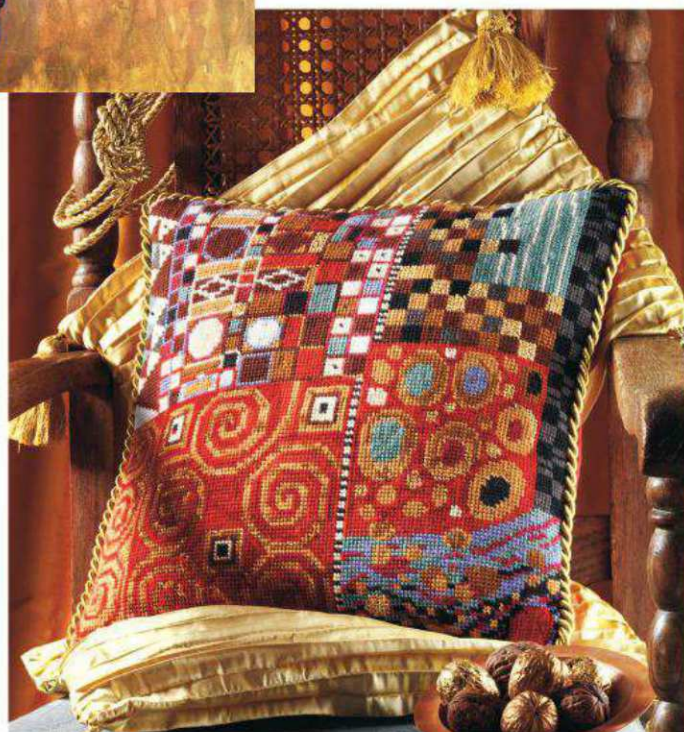
Above: **KLIMT RUST** Candace Bahouth
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*Emilie Floege by
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Back It Up

Strengthen and stretch the too-often neglected muscles sitting just over your shoulder **BY JANET LEE**

MOST OF US WORK HARD to get a flat belly and toned arms, but your back deserves just as much attention, maybe more. "A healthy back enables you to carry groceries and your kids, do a tough workout, and even have great sex," says Nadya Swedan, M.D., a physical medicine and rehabilitation specialist in New York City. After all, strength and stamina are just as important in the bedroom as they are in the gym. In most of our daily activities, the lower back does the bulk of the work, says Swedan. But the middle and upper muscles are equally important.

Pilates, with its focus on stabilizing the spine, is an excellent way to increase the strength and endurance of all these muscles. "Most of the time, back problems result from one of three things," says New York City trainer James Darling. "Your core is weak, you're stressed out and holding the tension in your lumbar area or shoulders, or you have a tight lower body." To help strengthen your lower, middle, and upper back as well as your core, Darling has created a 10-minute workout with Pilates-inspired moves from the Hardcore N More class he teaches at Equinox fitness clubs. Do them a few times a week, and within a month you'll be standing taller and feeling head-to-toe strong.

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THE PLAN: Do 6 to 10 reps of the moves on the following pages, in the order shown, two or three days a week. You'll need a mat; 3-pound hand weights are optional. Total time: 10 minutes.



PLEATING

WHAT IT DOES Strengthens the core

HOW TO DO IT Hold a dumbbell in each hand and lie faceup with legs straight, arms at your sides, and palms turned up. Lift your head, arms, shoulder blades, and legs several inches off the floor. Hold for 1 or 2 counts, trying to lengthen your arms toward your toes, then lower to within an inch of the floor and repeat.

KEEP IN MIND Engage your core so that you maintain the natural curve of the spine. Flattening or overarching it can contribute to back pain.



FLUTTER

WHAT IT DOES Strengthens the upper, middle, and lower back, and the shoulders and glutes

HOW TO DO IT Hold a dumbbell in each hand and lie facedown with your arms extended in front of you, palms facing down. With the tops of your feet glued to the floor, lift your arms, head, and chest and draw your elbows out to the sides until your hands are even with your chin. Keep your head in line with your spine and bring your shoulder blades together. Without pausing, slowly lower your upper body all the way to the floor and repeat.

KEEP IN MIND Keep your glutes relaxed as you raise your upper body off the mat; contracting them can increase tension in your lower back.



TOE POINTER

WHAT IT DOES Strengthens the core, legs, glutes, and shoulders

HOW TO DO IT Hold a dumbbell in each hand and get on all fours with wrists aligned under shoulders and knees under hips. Tighten abs and lift knees off the floor. Keeping right knee up, slowly extend right arm forward and left leg back. Hold for 3 to 5 counts, then slowly switch sides and repeat to complete 1 rep. (Knees stay raised the entire time.)

KEEP IN MIND Elongate your neck, keeping your head in line with your spine, as you reach forward and back. Dropping your head can strain your neck.



DIAMOND DOG

WHAT IT DOES Stretches hamstrings and strengthens arms, shoulders, abdominals, and upper back

HOW TO DO IT Start in Downward Facing Dog position with hands and feet shoulder-width apart, hips up, and head aligned between arms. Bend elbows and lower head toward the floor between your hands so that your shoulder blades come together (your body will shift forward slightly). Without pausing, slowly straighten arms and repeat.

KEEP IN MIND Focus on pulling your shoulder blades down your back so that your shoulders don't creep toward your ears. This helps you better target the muscles in your back.



TUCK AND ROLL

WHAT IT DOES Strengthens the core, legs, and glutes; stretches the back

HOW TO DO IT Stand with feet hip-width apart and lower into a squat so that knees are aligned over ankles. Place hands on knees and make sure your back is straight. Stay in the squat, draw in your belly button as far as you can as you tuck your hips under, and draw your ribs and pelvis toward each other; your spine will round. Don't let your shoulders hunch. Hold the tuck for 1 or 2 counts, then return to the flat-back position and repeat.

KEEP IN MIND Use your deep abdominal muscles to draw your belly button to your spine; don't suck in your breath and hold it. Activating them strengthens your core and helps flatten your abs.



T-V SQUAT

WHAT IT DOES Strengthens the legs, glutes, shoulders, core, and upper back

HOW TO DO IT Stand with feet shoulder-width apart and hold a dumbbell in each hand at your sides, palms facing thighs. Lower into a squat as you lift arms out to the sides in a "T" position, palms facing forward, and bring your shoulder blades together. Straighten legs and lower arms to return to starting position, then lower into the squat again and raise arms overhead in a "V," palms facing each other so that they're slightly wider than shoulders (try not to hunch), to complete 1 rep. Repeat from the beginning.

KEEP IN MIND Push through your heels as you rise out of the squat and engage your rear end at the top of the movement. This helps you really target your glutes.

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APRIL 2012

CHAT

READER TO READER

What is your favorite water-saving tip?

This month's winner

My husband, my 6-year-old, and I all use a four-minute hourglass shower timer. It sticks to the wall with a suction cup and is a reminder of all the water we use, and the time we spend in the shower. It's amazing how this little device keeps us focused and efficient. **ERICA B., Olympia, WA**

The Glass Half Full

Our family has a tendency to leave half-empty glasses of water around the house. Instead of being dumped down the drain, the water goes to our many houseplants. None of it goes to waste, and I rarely have to set aside time just to water the plants!

MEREDITH F., Chicago, IL

A Sprinkle in Time

My husband and I installed a dual showerhead with low-flow valves. Every morning we share our shower so that we can catch up on our schedules and spend some quality time together before rushing off for the day. We use half the amount of water we'd normally use.

ELLEN R., Boulder, CO

Rerouting the Flow

We collect the gray water from our washing machine in a steel trough and then use it for watering the garden, washing outdoor tools, and doing whatever other tasks would usually fall to the garden hose. We use all-natural laundry soap, so the water is safe for plants.

KATE G., Starksboro, VT



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MICHELLE A.

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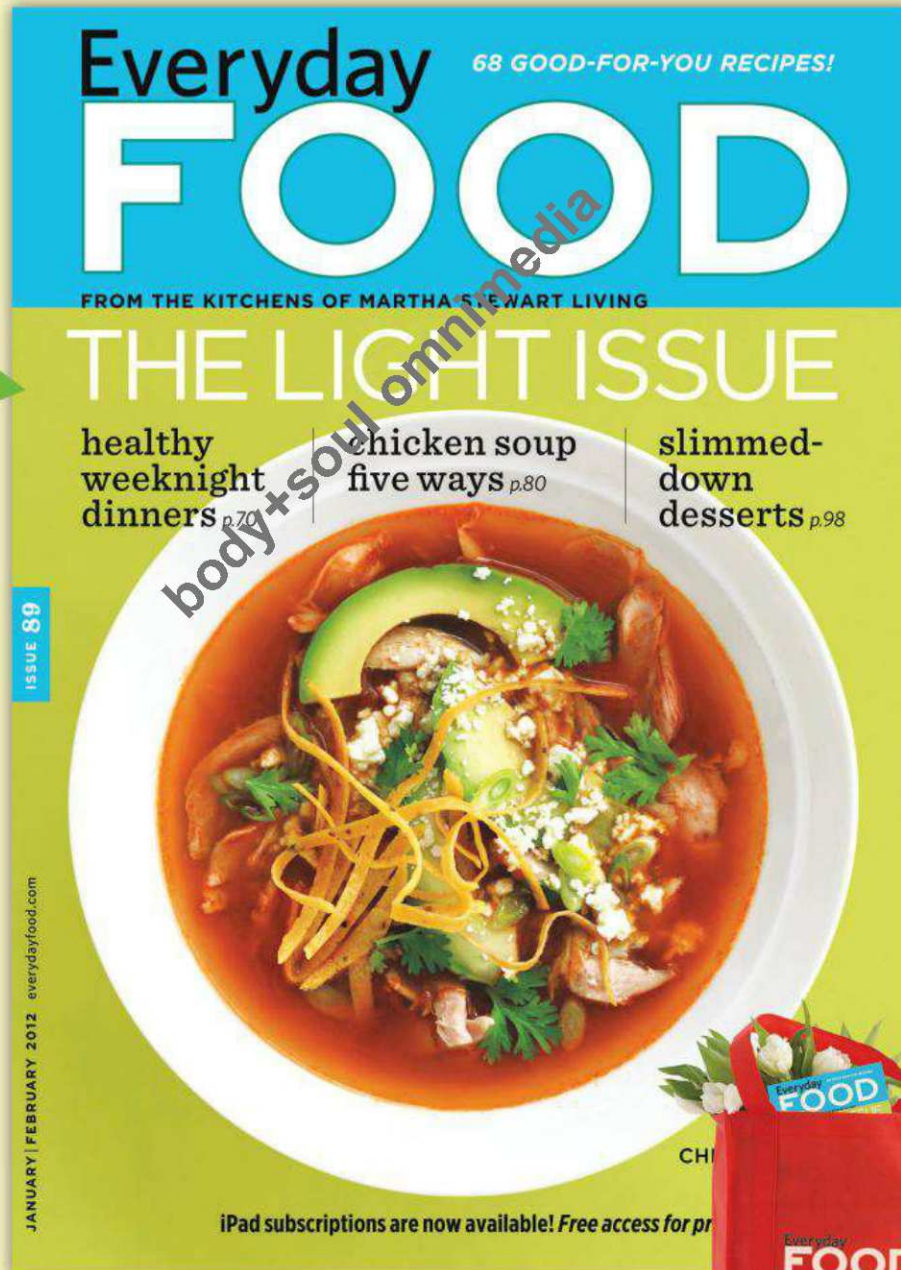
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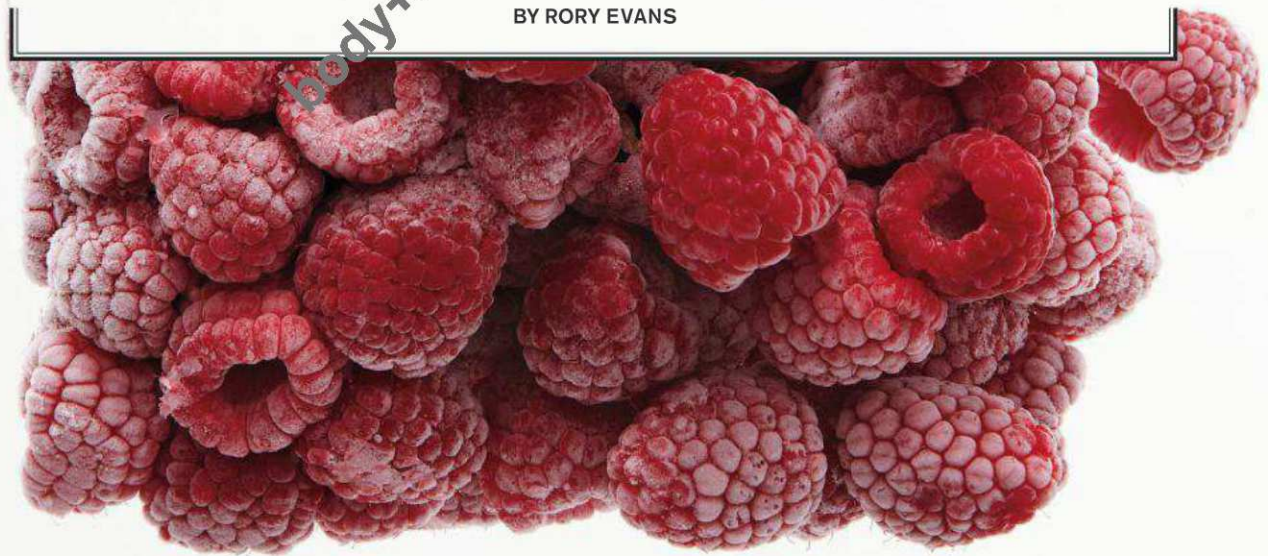
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ICEBOX CONFIDENTIAL

Yes, it's good for making ice cubes and harboring half-eaten lasagna, but the truth is, your freezer is capable of a whole lot more—like making healthy meals as easy as opening the door. Our tips for prepping, packing, and thawing are just the beginning.

BY RORY EVANS



AS ANY CONVERT to the locavore movement will tell you, CSA stands for “community-supported agriculture,” those farm-to-back-door programs that entail regular deliveries of whatever happens to be ripe at the moment. But after cooking, chomping, and soldiering your way through a box of rutabaga, you wouldn’t be blamed for wondering whether a more apt translation might be “Can’t. Stand. Another!” Such is the peril of eating seasonally: Windows of opportunity are brief, and the palate gets fatigued. But it doesn’t have to be that way. The solution to CSA syndrome, and to a host of other food-related dilemmas, is right there in your kitchen. Too often used as a kind of gustatory purgatory, the freezer has a whole array of talents it’s eager to put to work. By freezing fresh fruits and vegetables, as well as things like cheese (yes, cheese) and bread, you’ll not only save money and waste less, in many cases you’ll preserve more nutrients. Here, then, the cold, hard facts about how to make the most of that under-utilized appliance. As for CSA? We like to think of it as “Coolly Socked Away.”

LESSON | 1

PREP SCHOOL

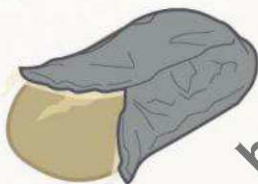
Your freezer is a molecular science lab in action. As it's doing its thing on your fruits, vegetables, and meats, it may also be affecting their size, taste, and texture. Follow these steps to keep their virtues intact.

"Fast-freezing creates small ice crystals, while slower freezing produces large crystals," explains Lynne McLandsborough, Ph.D., an associate professor of food science at the University of Massachusetts–Amherst. In general, the smaller the ice crystal, the better the quality of the frozen food in terms of texture and water loss. The best way to freeze things quickly is to ensure you do it in a very cold (0°F) freezer that isn't overpacked so that the frosty air can circulate, and in containers that

have been packed to the brim. (Think of this as the home version of the food industry's flash-freezing, which exposes foods to seconds of cryogenic—or crazy-low—temperatures.) The larger the crystals, the more dehydration that's apt to occur, since a larger amount of water would need to migrate from the inside cells to create them. The thawed food, having dripped off more of its moisture, will be drier and may also have been affected in terms of its sweetness and saltiness.

BABY, IT'S COLD INSIDE

Dressing appropriately for a chill holds true for your food as much as it does for you. The best way to avoid freezer burn, which isn't dangerous but does cause cell-structure breakdown, thus affecting flavor and texture, is proper prepping.



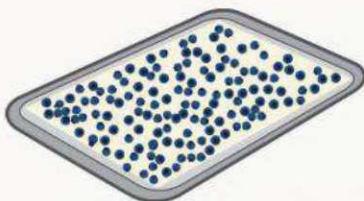
1. WRAP

Meat, poultry, bread, hard cheese, and fish can be tightly swaddled in butcher paper (waxy side in) and then in plastic wrap or aluminum foil. "This will ensure you don't get freezer burn by exposing the food to air," says H. Douglas Goff, Ph.D., professor of food science at the University of Guelph in Ontario, Canada. Small fish such as smelts can be frozen in water, which will help prevent dehydration.



2. BLANCH

Briefly boiling or steaming produce kills surface bacteria and deactivates the plant enzymes that can cause changes in flavor, texture, and color, explains McLandsborough. Limiting enzyme activity and deterioration also helps with vitamin retention. (For specific blanching times—which vary vastly by vegetable—visit the National Center for Home Food Preservation at nchfp.uga.edu.)



3. SEPARATE

To freeze berries and other fruits, place them on a cookie sheet in a single layer and freeze until hard, then transfer to a container. A little sprinkling of sugar (raw, brown, or white) or of honey can help the water freeze in the tissue without causing too much cellular damage, says Goff. Berries are best frozen right away; other fruits should be left to ripen first.



4. ASSEMBLE

When freezing prepared foods like lasagna or chili, layer, spoon, or pour them in right up to the top of the container. Leaving very little space, or "headroom," as it's known, prevents dehydration and oxidation, Goff says. If you freeze the food in the container it's going to be cooked in, it can often go right from the freezer to the oven.

QUALITY CONTROL

Cool prepared foods before placing them in the freezer, since still-warm dishes can raise freezer temperatures and tend not to freeze uniformly. For fast cooling, add a few ice cubes to soups and stews, or place hot leftovers in a vessel set in a bowl filled with ice water. Divvying food into smaller containers can also help.

LESSON | 2 PACKING IT IN

If you can easily scoop your ice cream, chances are your freezer is too warm to put microbes to sleep. Set the thermostat at 0°F (-15° to -20°C) to keep those bugs at bay. And seal your containers tight.

5 TOOLS FOR FREEZING

1. GLASS CONTAINERS Mad scientists have been holding glass containers to white-hot flames for decades. And you're worried about what your oven or stove might do to your leftovers? Don't be. Just use products that are specifically marked "freezer safe" (such as some Ball jars) or "freezer-to-oven safe" (such as Pyrex and Anchor Hocking). And use them only as directed—no broiling or placing directly on an open flame. Look for pieces that have been made with borosilicate, as opposed to with soda lime glass, which was linked to a much-publicized rash of "exploding Pyrex" incidents. Two to try: Anchor Hocking Bake 'N' Store Glass Dish and Lid and 10-Piece TrueSeal Glass Container (\$12 and \$25, target.com).

2. PLASTIC CONTAINERS Look for freezer- and microwave-safe versions such as Tellfresh Square Food Storage (\$4.50, containerstore.com) that are free of bisphenol A (BPA), an endocrine disruptor that can affect hormonal function. If you plan to reuse take-out containers, check their recycling codes first: Numbers 3 and 7 aren't recommended for food storage.

3. ICE CUBE TRAYS The tiny compartments are ideal for small portions of sauces, juices, purées, and fruits. Again, look for BPA-free ones like Good Grips Ice Cube Tray (\$5, oxo.com).

4. HEAVY-DUTY FREEZER PAPER AND ALUMINUM FOIL These are great for wrapping around dry, solid foods. Try Bagcraft Papercon EcoCraft Regular Weight Natural Freezer Paper Roll (\$50, webrestaurantstore.com) and If You Care aluminum foil (\$6, shoporganic.com).

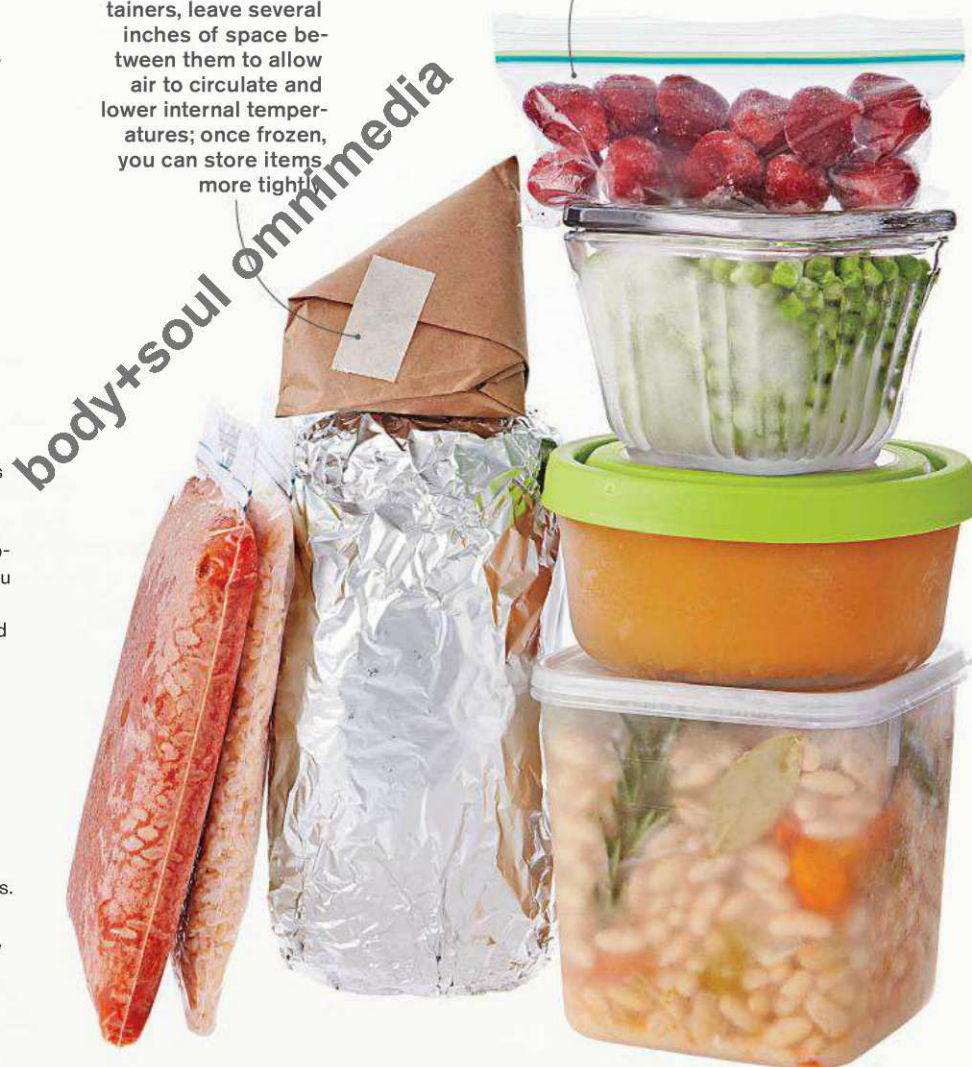
5. ZIP-TOP BAGS You gotta love an affordable container that lets you keep batches of Bolognese sauce, rice, and soup as if they were books on a shelf. (Fill them when food is warm, cool in the fridge, lay flat in the freezer, and, once they're frozen, turn on sides. To thaw, place in a bowl of cool water.) Look for those made by 365 Everyday Value, Ziploc, or Glad—they don't contain BPA.

LET 'EM BREATHE

When adding new packages or containers, leave several inches of space between them to allow air to circulate and lower internal temperatures; once frozen, you can store items more tightly.

KEEP IT MOVING

Place newest things in the back, and pull older foods to the front.



Woolly mammoths lay frozen in the Russian permafrost for almost 10,000 years. Don't let that happen to last week's leftovers: Using a waterproof pen like a Sharpie and strips of butcher tape, identify and date everything.

LESSON | 3

GOING FROM FREEZER TO FORK

Freezing doesn't kill microbes, it simply stops them from multiplying. But just like zombies, they can reanimate once defrosted. Thus the importance of bringing your temperatures back up with care.

Every time you refreeze a thawed dish, the quality of the food goes down. There's more damage to the cell structure, and increased water loss can lead to softer vegetables and tougher meat.

EXTRA HERBS?
Remove stems from leafy herbs or coarsely chop before freezing.

**TOSS 'EM IN**

To use, add frozen cubes directly to soups and stews, or let them defrost at room temperature.

THE GREAT MELT

"You want to keep foods out of that danger zone of 40° to 140°F, where bacteria can grow," says McLandsborough. Rather than thawing frozen items on the counter, use these preferred methods:

1 FRIDGE

Slow thawing is your best bet for meats and dairy, since it allows much of the moisture to reabsorb, which prevents dryness. Place wrapped meats on a plate or in a tray to catch any juicy drippings. Smaller items might thaw as quickly as overnight, but most will require more time—give them a day or two. Be sure that your refrigerator is kept at about 36°F.

2 COLD WATER

If you forgot to take your meal out of the freezer the night before, or if you have unexpected guests arriving and you need to thaw more quickly—say, in an hour as opposed to over a whole day—there's a method to defrost speedily. Just submerge the container or freezer bag completely in a big bowl of cold water and refresh every 30 minutes.

3 OVEN

Meats, poultry, and casseroles—whether raw or cooked—can go directly from freezer to oven provided you've packed them in oven-safe dishware, but be prepared to wait a while for dinner. The rule of thumb is that in order for the food to heat all the way through, it needs to be in the oven one-and-a-half times as long as it would if it were going in at room temperature.

4 MICROWAVE

Defrosting with a microwave may be the fastest approach, but it's also the most inconsistent. Some parts may get cooked while others merely thaw, for example. Microwaving is best for casseroles and soups, as opposed to for solid things like raw meats. Check the defrosting instructions for your model; you'll generally want to zap at about 30 percent power, for several minutes, per pound of food.

HOW LONG WILL THIS LAST?

In theory, frozen food will keep pretty much indefinitely... but that would defeat our purpose. To get the best flavor from your food, borrow a phrase from an Italian grandmother: "Eat, already!"










12 MONTHS	MEATS VEGETABLES AND FRUITS HARD CHEESES TOMATO SAUCES
4 MONTHS	GROUND MEAT
3 MONTHS	SOUPS STEWES CASSEROLES COOKED GRAINS AND LEGUMES BREADS

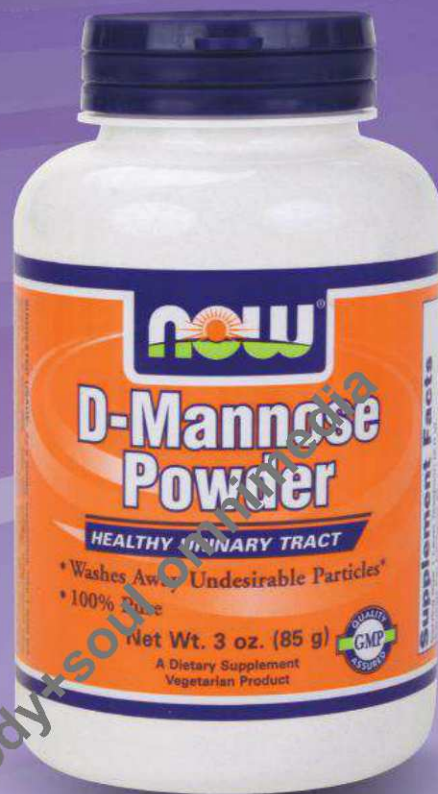
UP TO

LESSON | 4

KNOWING YOUR FREEZER-FRIENDLY FOODS

Yes, you can freeze cheese. And peanut butter sandwiches. Anything with little or no water will emerge from icy isolation beautifully. Proteins, carbohydrates, and fats, for example, withstand low temperatures with very little change. Check out some of our other freezing favorites:

TYPE OF FOOD	HOW TO FREEZE IT	HOW TO THAW IT	GOOD TO KNOW
 BERRIES	Wash and thoroughly dry. Spread the berries in one layer on a cookie sheet, leaving space between them. When frozen, transfer to a container or bag.	Place the frozen treats right in the blender for smoothies, or let them thaw at room temperature and use to top off oatmeal or granola.	When thawed, berries taste great, but they won't look as plump and pretty as they did fresh.
 RAW VEGETABLES	Sauté or blanch veggies before freezing to lock in nutrients. To freeze, spread on a cookie sheet in a single layer. Once frozen, transfer to a container or bag.	Defrost frozen greens and cooked vegetables right into soups and stews, or let defrost slightly and sauté with olive oil.	If you don't cook your veggies before freezing them, their cellular structure breaks down during thawing, making them mushy.
 HARD CHEESES	Wrap chunks tightly in freezer paper and seal the package with aluminum foil or plastic wrap.	You can grate dry, crumbly cheeses like Parmesan straight from the freezer, or thaw them all the way in the refrigerator.	If you buy big wheels of cheese, cut them into smaller sections and freeze separately.
 COOKED GRAINS AND LEGUMES	Place cooked grains in zip-top bag or portion-appropriate containers filled to the brim.	Microwave until hot in a glass bowl, or warm in a pot with a tablespoon of water. Add to stir-fries or use as a side to protein.	Long-cooking whole grains like brown rice will defrost in just minutes, turning them into a quick and easy staple.
 LEAN PROTEINS	Freeze raw meats, roasted or grilled chicken, or cooked meatballs in freezer paper with foil or plastic wrap around them, or in a zip-top bag with all the air removed.	Thaw cooked meats in the refrigerator or microwave. For uncooked meats, thaw in the refrigerator. They're perfect for stir-fries.	Cut protein into smaller pieces before freezing to make defrosting fast.
 BREADS	Wrap in a double layer of freezer paper and plastic or place in a zip-top bag with the air removed.	Breads can sit out to thaw or go right into the toaster oven to defrost as they toast.	Preslice breads before freezing so that you can pull out just the amount you need.
 TOMATO AND OTHER SAUCES	Pour sauce into zip-top bag and let it cool in the fridge. Place bags flat in the freezer.	Place bag in cold water. Use sauce on pasta or in casseroles and lasagnas.	Once the sauce is frozen, turn bag vertically (like a book standing on a shelf) for easy storage.
 CASSEROLES AND LASAGNAS	Prepare the recipe up to the point that it should go into the oven, and then freeze.	Allow it to thaw at least overnight in the refrigerator, then follow the cooking instructions for the recipe.	If you don't have time to thaw a casserole first, add 10–15 minutes to the cooking time called for in the recipe.
 SOUPS, STEWS, AND STOCKS	Pour into preportioned containers (a one-pint bin for a single-serving lunch to go, say, or a four-cup bin for a family dinner).	Run under warm water until the soup loosens, then heat on the stovetop.	Freeze stock in a pint (two-cup) container, so that you know exactly how much you have when using in recipes.



weeeee!!!

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1 Action
is one of the
best remedies
FOR FEAR.

2 IF YOU WANT HAPPINESS
FOR A LIFETIME, HELP
THE NEXT GENERATION.

3 Worth asking:
Where in my work
is the opportunity to
improve the world,
EVEN IN THE
SMALLEST WAY?

4 Making waves may be
riskier than treading water—
but it's also more productive.

5 Going green is like
protecting your health; it
comes down to respecting
the place you inhabit.

6 Often it's not our
values that are faulty,
but our priorities.

7 It's impossible
to learn to swim
WITHOUT JUMPING
IN THE WATER.

8 FOLLOW WHAT MAKES
YOU NATURALLY CURIOUS;
**IT WILL LEAD YOU TO YOUR
PASSIONS AND PURPOSE.**

9 TRY NOT TO CONFUSE
ONE DEFEAT WITH
TOTAL DEFEAT.

10 EACH TIME YOU TURN
ON THE FAUCET, LET
IT BE A REMINDER TO
GO WITH THE FLOW.



OCEAN'S FIVE

It can sometimes feel like hooking your own fish would be easier than navigating the ever-growing list of seafood dos and don'ts. But chef and author Barton Seaver says you can eat fish that's good for you and good for the planet—it's just a matter of choosing your catch.

RECIPES BY BARTON SEAVER TEXT BY LINDSAY FUNSTON
PHOTOGRAPHY BY JOHN KERNICK

BARRAMUNDI WITH PECAN-RAISIN SALSA OVER BROCCOLI SERVES 4

This meaty but lean newcomer contains half the calories of salmon. And if you buy fish that has been farmed in this country, you don't have to worry about mercury. If you can't find it, try striped bass in this recipe instead.

½ cup pecans, coarsely chopped

¼ cup raisins

½ clove garlic, finely grated (using a zester)

Finely grated zest of 1 lemon

5 Tbsp extra-virgin olive oil, plus more for pan

Coarse salt

1 lb broccoli, stalks peeled and thinly sliced and florets cut into ½-inch pieces

4 5-oz skinless barramundi fillets

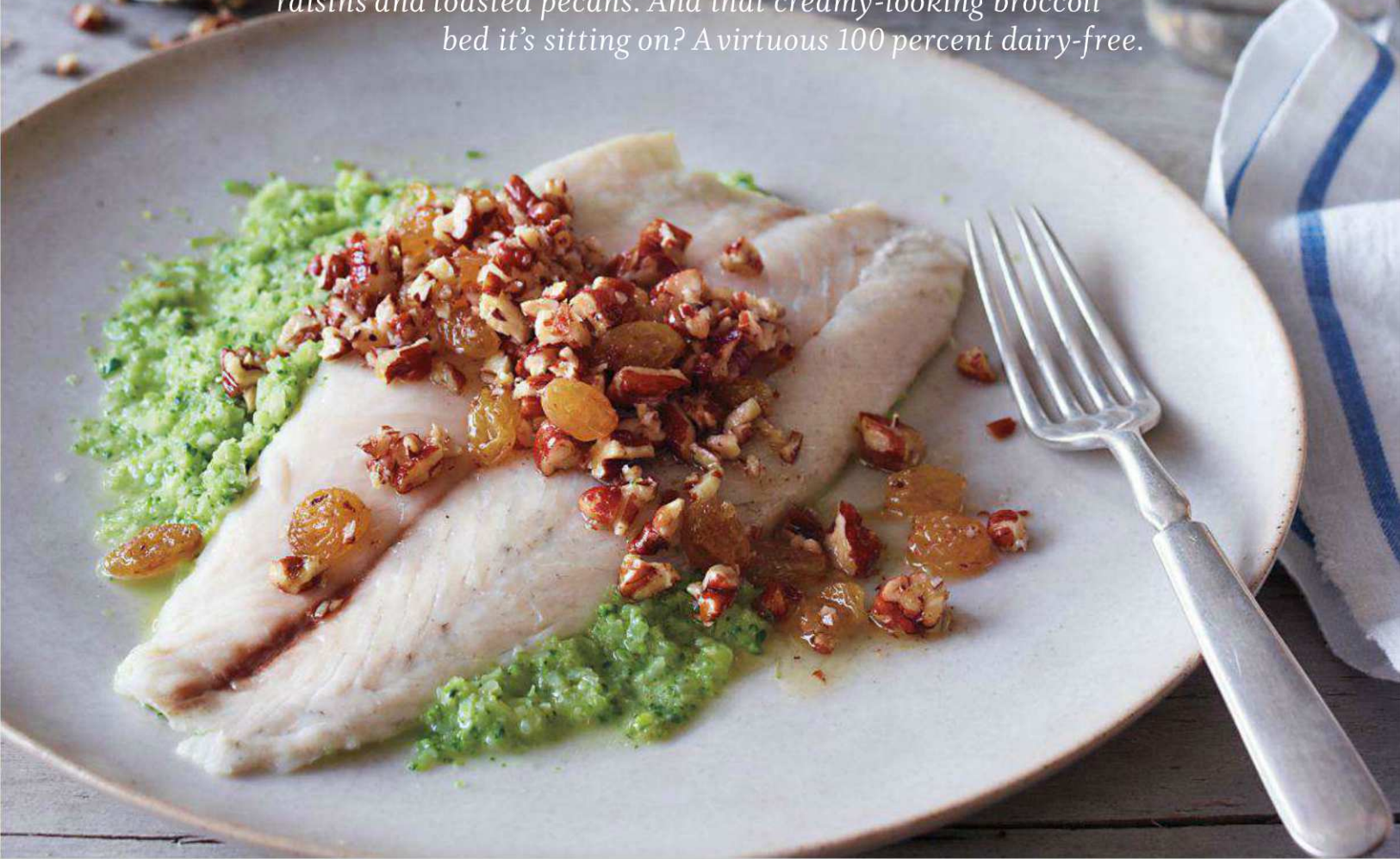
1. Heat oven to 375°. Spread pecans on a baking sheet and toast until golden brown, about 8 minutes. Immediately transfer to a medium bowl and stir in raisins, garlic, lemon zest, and 2 Tbsp oil. Season with salt and set aside. 2. Place broccoli in a pot just large enough to hold it and cover with cold water. Bring to a boil. Reduce heat to medium and cook until broccoli is falling apart and stalks are very tender, 8 to 10 minutes. Drain, reserving ¼ cup cooking liquid, and return to pot. Stir

in remaining 3 Tbsp oil. Gently mash broccoli with a wooden spoon, adding reserved water until creamy. Season with salt and keep warm. 3. Reduce oven to 275°. On a lightly oiled baking sheet, season fillets with salt and cook, depending on thickness, about 15 minutes (or until just opaque). 4. To serve, divide purée among plates, top with fillets, and garnish with salsa.

PER SERVING: 507 cal; 32 g fat (4 g sat fat); 75 mg chol; 18 g carbs; 207 mg sodium; 38 g protein; 5 g fiber*

*ALL NUTRITIONAL INFO IS APPROXIMATE.

Baked barramundi goes dinner-party fancy with a salsa of raisins and toasted pecans. And that creamy-looking broccoli bed it's sitting on? A virtuous 100 percent dairy-free.



Time was, we'd visit the fishmonger (or the fish counter at our local grocery store) and buy whatever was freshest and most affordable, usually from a selection of about three. "We didn't expect salmon or tuna steaks or striped bass to always be there," says Barton Seaver, a National Geographic Fellow and the author of the acclaimed cookbook *For Cod and Country*. But in the same way that consumers' desire to eat strawberries in the dead of winter has resulted in the fruit's being available year-round, so has the public's growing taste for new kinds of seafood led to a fishing industry that fills the void—to the serious detriment of our seas.

"The oceans have been depleted to the point where we need to sustain the green list," Seaver says of the Monterey Bay Aquarium's roster of "Best Choices"—fish species that can be eaten without threatening populations or harming ecosystems. "We also need to change the fate of the yellow and red species." (Fish tagged red have been caught or farmed using methods that negatively impact the ecosystem; yellow species have raised slightly less serious concerns.) "Right now, there isn't enough sustainable seafood to fill the case." As regulations increase, though, and more stores enforce strict sourcing and labeling standards, that could change. Ultimately, we'll all need to think harder about how often we eat seafood (or beef, or pork or chicken), but in the meantime we can read labels and talk to our fishmongers about the least-bad options. Seaver's quintet is a great place to start.

AT THE MARKET

BUY WHAT'S LOCAL AND IN SEASON Eating seafood caught near where you live means minimizing your carbon footprint and supporting local fishermen. Go for fillets that look shiny and are springy to the touch.

LOOK FOR THE ECO-LABEL Whether at a small fish market or a national chain supermarket, seafood stamped by the Marine Stewardship Council (MSC) is guaranteed to have come from a sustainable fishery.

ASK HOW IT GOT THERE If you don't see the MSC label, inquire about the suppliers your fishmonger uses. If the fish was farmed, that doesn't necessarily mean it's bad. Domestically farmed fish is typically safe (salmon being an exception; see right), in part because wastewater and pollution standards are more strict here than they are in some other countries. Open nets are a red flag: Disease and waste can pass through them and to wild species and the environment.

LEARN MORE Download the Monterey Bay Aquarium's free *Seafood Watch* app and you'll be armed to make smart decisions anywhere. montereybayaquarium.org



"My one piece of advice: Meet your fishmonger," says Barton Seaver, shown here at New York City's Sea Breeze Fish Market. "The conversation will become more transparent once you're on a first-name basis."

SMART CATCHES

Yes, the list changes often. But for now, you can choose from these five picks and feel good about it.

1 WILD ALASKAN SALMON

ECO CRED Strict monitoring by the Alaska Department of Fish and Game has fostered a robust, resilient population. **SHOPPING TIP** Pacific Northwest wild-caught salmon is the next-best alternative. Farmed salmon is notoriously wasteful and hazardous to ecosystems; the fish harvested in contained farms on land is a better bet. **LOOK FOR** Fresh around May through September; frozen year-round

2 PACIFIC HALIBUT

ECO CRED Most of these bottom-dwelling flatfish are caught in Alaska with fishing lines that float just above the ocean bottom, causing little damage or bycatch. Annual population assessments and catch limits make for an abundance of the fish. **SHOPPING TIP** Skip Atlantic (it's overfished) and California (it has high levels of mercury). **LOOK FOR** Fresh March through October; frozen year-round

3 MUSSELS

ECO CRED Seaver jokes that eating these mollusks is a "patriotic duty": They're farmed suspended in the water, causing no damage to the ocean floor. What's more, the shellfish filter water through their bodies, removing tiny bits of nutrients and helping to keep nearby waters clean. **SHOPPING TIP** Look for varieties farmed in high tidal flow areas, such as Maine or Prince Edward Island. Skip "on-bottom" farmed mussels—the dredging can damage the seafloor. **LOOK FOR** Fresh year-round

4 BARRAMUNDI

ECO CRED Barramundi farmers in the United States tend to use a recirculating aquaculture system, which generates zero wastewater and eliminates the risk of disease and pollution. The fish is new to the market; look for it in your local Chinatown. **SHOPPING TIP** If you can only find imported barramundi, that's a safe trade-off; the fish most likely will have come from a U.S.-controlled farm in Vietnam, where it's raised in a recirculating system to eliminate bycatch. **LOOK FOR** Frozen year-round

5 PACIFIC SARDINES

ECO CRED Their life span is short, so they accumulate fewer toxins, and their reproduction is rapid. Plus, sardine fisheries usually employ safe methods. **SHOPPING TIP** Say no to most Atlantic varieties, which come from the Mediterranean and face declining populations due to overfishing. Canned sardines are an affordable pantry staple. **LOOK FOR** Fresh in summer; canned and jarred year-round



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SMOKED-SARDINE BRANDADE SERVES 4

Packed with vitamin B12, this shiny superfood is great for those who don't eat red meat. Like salmon, sardines are among the few foods that naturally contain vitamin D.

½ lb russet potatoes, peeled and cut into 1-inch chunks

2 garlic cloves, peeled

Coarse salt

1 4.25-oz can smoked Pacific sardines, packed in olive oil

2 Tbsp extra-virgin olive oil, plus more for brushing

Finely grated zest of 1 lemon, plus 1 Tbsp lemon juice

Pinch cayenne pepper

1 small loaf crusty multigrain bread, sliced

1. In a medium saucepan, cover potatoes and garlic with water and season generously with salt. Bring to a boil, then reduce heat and simmer until potatoes are tender, 8 to 10 minutes. Drain, reserving 1 cup cooking water, and return to pan. 2. Add sardines and their oil. Whisk mixture until combined, then gradually whisk in oil.

Add reserved cooking liquid to adjust consistency. Stir in lemon zest and juice and season to taste with cayenne. 3. Preheat broiler. Brush bread with oil and toast until golden brown and crispy, 1 to 2 minutes. Serve warm with brandade.

PER SERVING: 264 cal; 11 g fat (1 g sat fat); 43 mg chol; 28 g carbs; 297 mg sodium; 13 g protein; 4 g fiber

A meal in Provence: Swapping out the salt cod for sardines turns this classic into a sea-friendly starter. Pair with a crisp rosé to ensure Frenchie cred.



Paper-thin slivers of radish and fennel tumble among ribbons of carrot in this colorful celebration of spring. Parsely, cilantro, and lemon add brightness, while nutmeg adds a twist all its own.

BROILED HALIBUT WITH SHAVED SPRING VEGETABLE SALAD SERVES 4

With its thick texture, halibut can dry out all too easily. Your best bet is to slow-roast, poach, or broil. The broiler is foolproof, as the ambient heat of the oven will slowly cook the fillet.

4 5-oz skinless halibut fillets

Coarse salt and freshly ground black pepper

1 bunch baby rainbow carrots (about 6 oz) or 3 medium carrots, trimmed and thinly peeled into ribbons

1 bunch radishes (about 5), thinly sliced

½ small red onion, thinly sliced

1 small bulb fennel, thinly sliced

½ cup fresh flat-leaf parsley leaves

½ cup fresh cilantro leaves

2 Tbsp fresh lemon juice

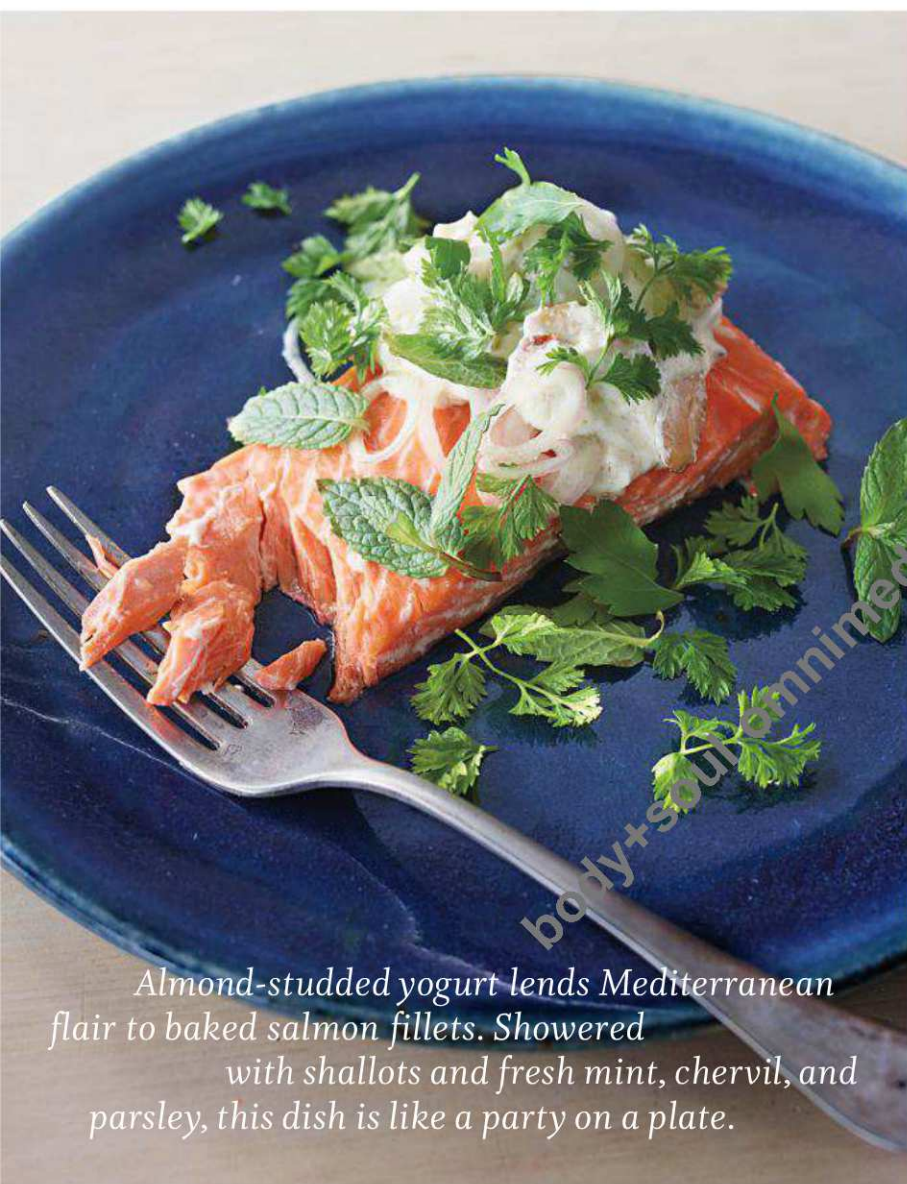
2 Tbsp extra-virgin olive oil, plus more for drizzling

1 whole seed nutmeg

1. Heat broiler, and on a lightly oiled baking sheet, season fillets with salt. Place tray directly under broiler, close oven door, and turn off broiler. Leave fish in oven until flaky, 15 to 20 minutes, depending on thickness. **2.** Meanwhile, combine vegetables and herbs in a large bowl and season with salt and pepper. Whisk lemon juice with oil and drizzle over salad, tossing to combine. **3.** Serve with halibut. Garnish salad with grated nutmeg and a drizzle of oil.

PER SERVING: 304 cal; 11 g fat (2 g sat fat); 58 mg chol; 10 g carbs; 214 mg sodium; 39 g protein; 4 g fiber

body+soul omnimedia



Almond-studded yogurt lends Mediterranean flair to baked salmon fillets. Showered with shallots and fresh mint, chervil, and parsley, this dish is like a party on a plate.

HOW TO FILLET LIKE A PRO



REMOVE THE SKIN
With the salmon flesh-side up and starting at the tail end, insert knife between skin and flesh, keeping the blade of the knife angled down. Wiggle the fillet back and forth as you slide the knife along the skin until it's fully removed.



CHECK FOR BONES
Even fillets from the store might still have pesky pinbones. First feel with your fingers, then gently remove any you find with a pair of tweezers or small needle-nose pliers.

MUSSELS WITH RED WINE AND ROASTED GARLIC

SERVES 4

Slurp these lean mollusks for an instant hit of protein, vitamin B12, and omega-3s.

- 1 head garlic
- Extra-virgin olive oil, for drizzling
- 4 Tbsp butter
- 4 sprigs fresh thyme
- 2 cups fruity red wine, such as Gamay or Barbera
- Coarse salt
- 4 lb fresh mussels, scrubbed thoroughly
- ½ cup fresh flat-leaf parsley leaves, chopped

1. Heat oven to 375°. On parchment-lined foil, drizzle garlic with oil and tightly seal. Bake until tender, about 1 hour. Once cool, remove cloves from papery skin and set aside. 2. In a large pot, heat 1 Tbsp butter over medium heat and add thyme and roasted garlic cloves. Cook, 1 to 2 minutes, then add wine and season with salt. Bring to a boil, add mussels, and reduce heat to medium. Cook, covered and undisturbed, until shells have opened, 6 to 8 minutes. 3. Stir mussels and, with a slotted spoon, transfer to a warm serving bowl. (Discard unopened shells.) Return broth to a boil and reduce by half. Whisk in remaining 3 Tbsp butter and parsley. Ladle sauce over mussels and serve immediately.

PER SERVING: 619 cal; 157 g fat (9 g sat fat); 157 mg chol; 24 g carbs; 1349 mg sodium; 55 g protein; 1 g fiber



BAKED WILD SALMON WITH ALMOND-LIME SAUCE

SERVES 4

Wild salmon delivers brain-boosting omega-3s. We like to pair the pink fish (its color comes from the antioxidant astaxanthin) with citrus and fresh herbs.

- 4 5-oz skinless wild Alaskan salmon fillets
- Coarse salt
- 2 Tbsp extra-virgin olive oil, plus more for pan
- ¼ cup slivered almonds
- 1 Tbsp fresh lime juice
- ¼ cup, plus 1 Tbsp low-fat plain Greek yogurt
- ½ small shallot, very thinly sliced
- 1 cup fresh herbs, such as mint, chervil, or parsley

1. Heat oven to 250° and on a lightly oiled baking sheet, season fillets with salt. Bake 15 minutes, then check for doneness. (The finished fillet will have exuded a small amount of liquid and be firm to the touch, flaking with gentle pressure.) Return to oven, checking for doneness every 2 minutes. 2. In a small sauté pan, heat oil over medium heat and add almonds, stirring until they become fragrant, 2 to 3 minutes. Transfer to a bowl to cool, then stir in lime juice and season with salt. Mix in yogurt until fully combined. Chill until ready to use. 3. To serve, dollop each fillet with yogurt sauce and sprinkle with shallot and herbs.

PER SERVING: 315 cal; 17 g fat (3 g sat fat); 79 mg chol; 3 g carbs; 91 mg sodium; 36 g protein; 1 g fiber



Mussels take on a lusty new accent when steamed in fruity red wine infused with roasted garlic and thyme. A green salad and hunks of crusty bread complete this postcard from summer.



body+soul omnimedia

THE GIRL'S GOT BLUE GENES

Sure, her **GRANDDAD'S NAME** is practically synonymous with **THE OCEAN**, but that doesn't mean **ALEXANDRA COUSTEAU** had to follow in his flippers. She just wanted it that way.

TEXT BY CHRISTINE LENNON PHOTOGRAPHY BY SARAH MAINGOT



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FAMILY MATTERS

Alexandra and her daughter, Clémentine, on the French Riviera; her grandfather Jacques often embarked from this area to conduct his aquatic research.

ALLING ALEXANDRA COUSTEAU “grounded” wouldn’t be quite right. Yes, the 36-year-old granddaughter of the legendary French underwater explorer Jacques Cousteau has her priorities in place. As the founder of Blue Legacy, an initiative based at Washington, D.C.’s Ocean Foundation and dedicated to raising awareness about global water issues, she’s a leading expert on the subject. She and her husband, a German architect, are devoted parents to their infant daughter, Clémentine, carting her along on business trips to the Middle East and South America with a suitcase of diapers in tow. But “fully submerged,” or maybe “lifting off,” would probably be more to the point. For Cousteau is constantly on the move, boarding one sea- or aircraft or another to reach some far-flung destination in order to learn more about the environment and the threats it faces.

In the eight months since Clémentine came along, for example, Cousteau has completed a 140-day expedition—speaking tour of North America; embarked on a 10-day scouting trip to Belize; overseen a photo shoot in the Yucatán; and enjoyed a brief Thanksgiving break at home in D.C. That was before she jetted off to Paris, Qatar, Berlin, and down to the South of France, where we took the photos for this story. “Next, I’m going to Atlanta,” she says, her deliberate voice betraying just a hint of French. “Then, hopefully, home for a couple of weeks, preparing for World Water Day and Earth Day.”

This summer, Cousteau will set off on a three-week trek through Belize to trace the country’s water system from its source deep in the Chiquibul forest to where it empties into the ocean, near a part of the Mesoamerican Reef that is so majestic it’s been named a UNESCO World Heritage site. “Belize is incredible,” she says. “It has virgin rain forests, rivers you can drink from, and amazing biodiversity. But the water system is fragile. We’re traveling across that watershed [the term used for an area drained by a river or other body of water] to show the threats people are facing—in the wake of deforestation, pollution, and agricultural development—for a television special and an interactive experience for the Blue Legacy website.”

Alexandra is Cousteau 3.0, the third generation of the French family to devote her life to raising awareness about what she calls our “water planet.” Specifically, she wants to help people understand how our communities depend on the streams and rivers that eventually feed into our oceans. As a young graduate of Georgetown University with a degree in international relations, Cousteau spent her twenties traveling the world and learning about environmental issues, on occasion partnering with organizations to study, say, sustainable alternatives to fishing in Panama, or dolphins in the Bahamas. In 2008, when she returned to the States from her then-home in Central America,

Cousteau founded Blue Legacy, with an aim toward focusing on the link between freshwater systems and the oceans. In the years since, she’s made numerous expeditions to study how our relationships to these systems are changing. Last year, she led a film crew to Mexico to document how the Colorado River has been diverted to the point where, at one particular stretch, all you’ll find of a once-vibrant agricultural community and wildlife habitat is a mucky, barren riverbed.

“This is really, in a lot of ways, where my grandfather was headed with his work, and my father, Philippe, as well,” says Cousteau, whose dad died in a small-plane crash when she was just 3. It was her early explorations with her parents, she says, dad leading the crew and mom handling logistics, that set the stage for a lifelong passion for conservation and a hunger for new experiences. Throughout her childhood, she says, her mom and grandfather continued to show her (and her younger brother, Philippe Jr.) places that most people had never seen. “They inspired me to continue to make others care about a part of the world they’d given little thought to.”

When Cousteau’s mother, Jan, a California native, met Philippe, she was a New York City model who had never heard the name Cousteau. It was the “quintessential story of a beautiful New York girl meeting a dashing adventurer,” says Alexandra, “and setting off on a life of exploration.” Jan moved to Paris and began embarking on treks to places like Uganda and Chile, eventually bringing Alexandra along for the ride.

“My job is to think and talk about how interconnected we are to these places that my father and grandfather explored,” says Cousteau, who in 2008 was named a National Geographic Emerging Explorer. She is also a young global leader with the Switzerland-based World Economic Forum, and a senior adviser to Oceana, an international organization working to protect the oceans. “We only now understand the impact of interrupting and degrading these fragile places that drive life on our planet. I’m trying to remind us all how those places are connected to our everyday lives.”

IT WAS BACK IN 1956 that an angular, charismatic young Frenchman named Jacques-Yves Cousteau began taking cameras down into the oceans to gather footage for what would eventually become *The Silent World*, the groundbreaking film that introduced the land-based population to its underseas counterpart. With his ship, the *Calypso*, as his base, Cousteau navigated nose-to-nose with seals, cavorted underwater with blowfish, and watched legions of dolphins jump in his wake. He would go on to win three Academy Awards, co-develop the AquaLung, and inspire a generation of SCUBA-suited amateur divers. By the time of his death, in 1997, Cousteau had become the world’s most recognized



GENERATIONS AT SEA

Clockwise from top left: Philippe helps Alexandra with binoculars in Uganda; Jacques readies for a dive in 1970; Jacques (right) with his colleague, Terry Young; Jacques' research was supported by 37 grants from the National Geographic Society; 1990 docking of the *Calypso*

in the Philippines; 8-year-old Alexandra chatting with Jacques in Paris; Jacques explores the Red Sea near his two-man submarine; Alexandra and her mother, Jan, with the Cousteau crew in the amphibian plane *Flying Calypso* during the filming of *The Nile* in 1978.



expert on marine life, his iconic pipe and red knit cap familiar to millions of eager viewers whom he'd encouraged repeatedly to become "stewards of the sea."

Though Alexandra spent much of her childhood in the United States, her summers were passed on the Mediterranean coast, and it is there that the senior Cousteau's memory is most alive for her. She was only 3 months old when she began to swim, and by the time she was 7, she'd taken her first dive. "He'd made this little mask and fins and a little tank on these rubber suspenders," she recalls of Jacques. "I was nervous about breathing underwater. I turned to ask if it would be OK, but before I could, he winked at me and sort of pushed me in. Before I knew it, I was enveloped in a school of small, silvery fish. They were shimmering in the sunlight and dancing around me in the clear blue water. I really fell in love that day."

Among the positions Jacques Cousteau held over the years was director of the Oceanographic Museum of Monaco. "We'd play this wonderful game as we walked down the steps to the aquarium," says Alexandra. "We'd pretend we were entering an underwater kingdom. He was the steward king, and I was a mermaid princess, of course. We'd go from one tank to the next, and he'd teach me about all the creatures—the bonnethead sharks and the arrow crabs, the electric eels, the clown fish, and the sea slugs. He'd tell me about what each one

needed to survive, about its habitat and ecosystem, and he would press upon me the importance of our role as stewards. We had a responsibility to take care of all these subjects, he said, so that they could live and thrive. I used to ask him so many questions that eventually he would say, 'Alexandra, one of these days, you'll just have to go and see for yourself.'"

She took those words to heart, and today Alexandra Cousteau is bent on engendering a similar passion for exploration and discovery in the next generation. Clémentine should feel exhilarated by, rather than afraid of, new places. "The greatest gift I can give my child is showing her the world—not just ecosystems and fragile places, but the people, and the wealth and diversity of cultures and perspectives."

AT THE MOMENT, the new mother's biggest challenge is figuring out how to keep her daughter on a decent nap schedule when every other day seems to begin in an airport. Fortunately, Alexandra's mom or husband is usually along to help out with the parenting. "It's certainly going to be challenging to get back up to speed with a baby, but I will not leave her behind. I'm committed to being a mom as much as I'm committed to fighting for all of these issues that matter to me. Blending these worlds is a challenge," she concedes. "I'm not doing it perfectly, but I'm doing it."

WHAT YOU CAN DO By Alexandra Cousteau

Yes, it's important to turn off the faucet when brushing your teeth, but there are other ways you can help protect your local water sources. Here are three easy steps to making a difference.

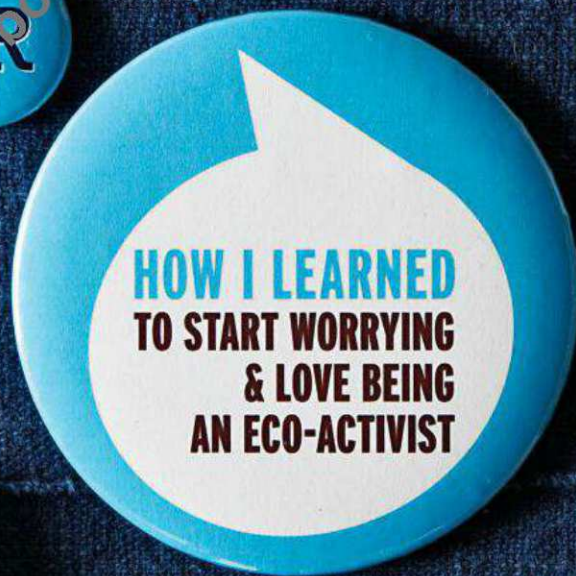
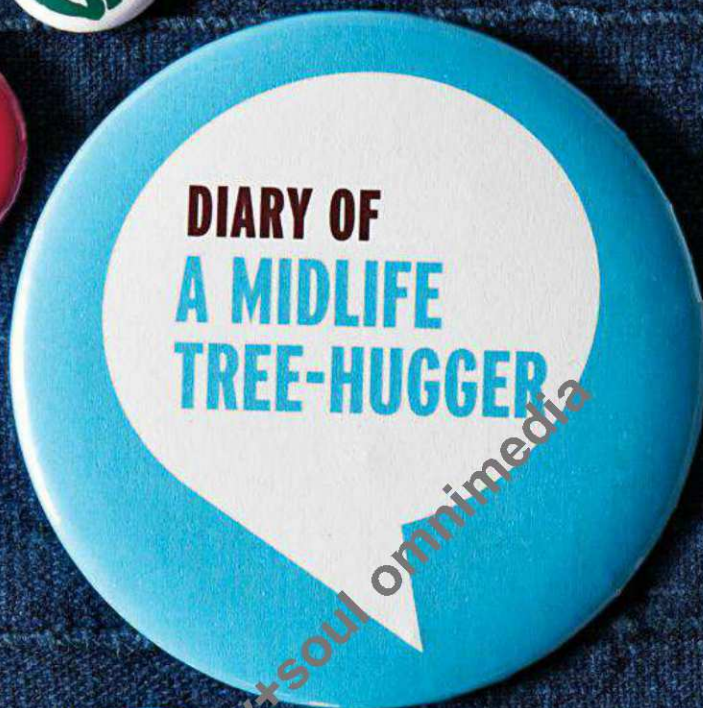
1 IDENTIFY YOUR WATERSHED.
Where does your water come from and where does it go? Each watershed is different, and half the battle is knowing the specific threats and political issues facing your own. At epa.gov/owow_keep, you can enter your zip code to find your watershed and see a list of citizen-based groups you can join that are associated with protecting it.

2 VISIT ONE WATER SOURCE IN THE NEXT SIX WEEKS.
If you already do this regularly, start taking someone with you. Walk along the banks or go swimming, fishing, or kayaking. If people don't have experiences or memories linked to these places, they have no connection and less reason to care. Explore it, know it, understand it, and show it to your children.

3 GET INVOLVED. Whether it's protecting our rivers or taking aim at climate change, we have to be both local actors and global citizens. Contact your local chapter of the Waterkeeper Alliance (waterkeeper.org) and try to get involved. Giving money to build a well in Africa is important, but it shouldn't be at the expense of water issues in your own backyard.



body+soul omnimedia



IN THE MIDDLE (I HOPE) OF MY LIFE, IN THE MIDDLE OF A DARK WOOD (THE UNEXPECTED AND ABRUPT END OF A LIFELONG CAREER AS A MAGAZINE EDITOR), I STARTED DOWN A NEW PATH: ENVIRONMENTAL ACTIVISM.

WHY, OF ALL THINGS, become an activist? Advocacy for any cause, particularly a large one where jobs, money, and lives are at stake, is frustrating, nerve-racking, difficult, occasionally depressing, and bewildering work. And it is the most satisfying work I have ever done.

It all started when I got a call from a higher-up at the Environmental Defense Fund (EDF)—one of those friend-of-a-friend connections that can change a life. Cynthia Hampton had been a reader of *House & Garden*, where I served as editor in chief for more than a decade.

“We’ve been thinking about how we need to reach people who don’t consider themselves environmentalists with the news of the work we’re doing,” Cynthia said to me. “We want to help people understand why they should care about the environment.”

“Great idea,” I said, not for a moment stopping to think about the fact that ocean acidification and smart grids, subjects about which I knew nothing, bore absolutely no resemblance to chintz and sinks. (Also subjects about which I once knew nothing—but they’re a little easier to understand, being closer to home, if you know what I mean.)

While editing the magazine, I’d been aware of environmental issues; you can’t spend too much time in a garden without becoming sensitive to major changes in the natural order of things. And I knew there had to have been a reason why the USDA Plant Hardiness Zone Map had been redrawn in 2003 (and again this January), to take into account warming temperature trends. But writing my column for EDF marked the

beginning in earnest of my education as an environmentalist. I had never really stopped to think about where, exactly, electricity came from—beyond the fuse box; now I was learning about coal power, sun, wind, and geothermal power. I learned about the changing chemistry of the oceans because of their absorption of CO₂. I began to understand the science underlying global warming....

Do your eyes glaze over? My friends’ started to, I noticed, as I went on and on about all the new things I was learning. And worrying about. My children began making honking, sad trombone noises whenever I butted into conversations about, say, whether the ice cream would melt on the way home from the supermarket, to go on about glacial melt and what might become of the polar bears—“Waa-waah... Debbie Downer Alert!”

And there you have it, the first sign of the political activist: obsession.

The more I learned, the more alarmed I became over the state of the planet.

Global warming—what I now refer to as “climate disruption,” that’s how severe it has become—is the issue that really gets to me. I would sit up late into the night, peering at my computer screen, trying to understand. We puny humans have poured so much pollution into our air that we are perverting our climate, melting icebergs and glaciers, thawing the permafrost, altering ocean currents, changing the patterns of floods, droughts, tornadoes, hurricanes.

How could we be so powerful as to be capable of creating such huge trouble—and be so small-minded when it comes to fixing it? As with so many issues, we

know what to do—cut carbon pollution—we just can’t muster the national, or global, willpower and clarity to do the right thing. Politics and polluters’ millions keep getting in the way. I began to feel overwhelmed. I wanted to do more than just write about the problem. But what? Mine was just one small voice.

I hadn’t counted on my kids to galvanize me—in spite of their bleating Debbie Downer trombones. Children, and the prospect of grandchildren, have a way of focusing the heart on the future. My children grew up and left my home to make their own homes. And that did it. At once, I realized that the only way I could continue to take care of them was to broaden my nest, so to speak—to take care of the planet we inhabit.

Hitting my fifties had something to do with it, too—that, and winning a battle with kidney cancer. Suddenly, I wasn’t thinking about my whole life ahead of me. I was thinking about the rest of my life. And I was thinking, hard, about what I would be leaving behind.

Before too long, I was leaving the detached, agnostic state of journalism behind, waving goodbye as it stood on the far shore of what now looked to me like a dear, but quaint, island. I was heading for another large land mass. A veritable continent of problems. I was crossing the longitude into activism.

As so often happens, I found the solution to my feelings of hopelessness about the planet while chatting with a couple of women friends: Cynthia, Hanne Grantham, and Sue Mandel, whom I’d met at EDF meetings. We were talking about the amazing, vibrant “mom energy”