# EAT WHAT YOU SOW: DINNER IN 8 SQUARE FEET

PLUS: THE MOST DELICIOUS EGG DISHES FOR ANY TIME OF DAY pg.84



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# SPRING-CLEAN YOUR LIFE

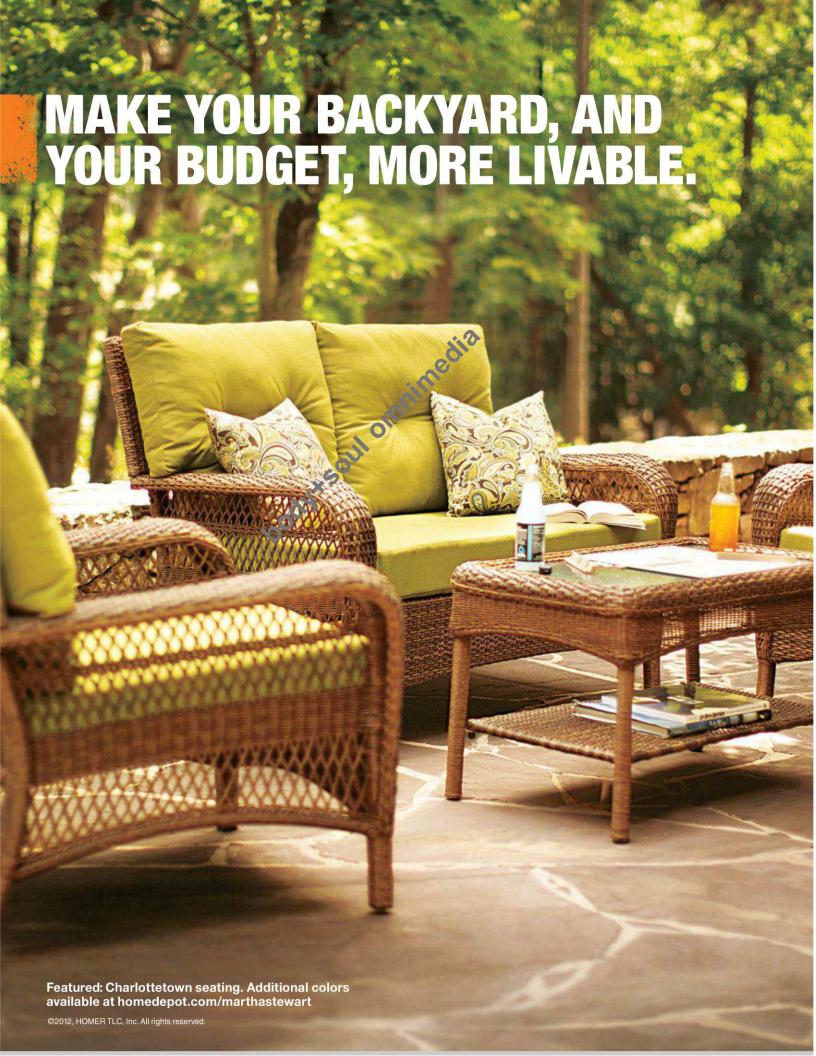
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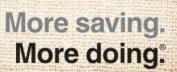








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MAY 2012

THIS MONTH



#### MIND

Let it go. It was Ralph Waldo Emerson who said, "For every minute you are angry you lose sixty seconds of happiness." According to recent research, all that umbrage and clinging to resentments can also negatively impact metabolism and immune response, and can interfere with organ function. Highdudgeon episodes have their place in life, but let's try to make it a small one.

#### BODY

Check your daily schlep. The American Chiropractic Association reports that hauling a bag or briefcase that tips the scales at more than 10 percent of your body weight can negatively affect balance and spinal health. Unload items that are pulling you down; by the time you notice your back has stopped aching, you'll probably realize you didn't need all that baggage in the first place.

#### SOUL

Pass it on. After finishing your spring cleaning, give unwanted treasures a fresh start at a nonprofit thrift store. Donating provides affordable clothes and household items—often jobs, too—to those who might not be able to get them otherwise. And when you consider that donation centers annually divert more than two billion pounds from landfills, it's easy to feel the good will.







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#### **FEATURES**

#### 84

#### GOOD EGGS

Who ever came up with the idea that they were only right for breakfast? Our egg dishes-featuring the protein powerhouses baked into tomatoes, whipped into an elegant soufflé, and much, much more—would be as welcome at the dinner table as they would at breakfast or lunch.

**RECIPES BY SHIRA BOCAR** 

92

#### THE WILD BUNCH

Put down the blow-dryer and leave the curling iron behind—at this time of year, it's best to go unplugged. Whether you want beach tousled waves or soft cose curls, our simple, aurosturel styles will keep y u looking breezy all sum ber long. BY OLESSA P NDAK

96

#### PEAK ENERGY

Over the centuries, people have gone to extraordinary lengths to get the vim and rigor they crave. But actually chooting up? That was a new one on us. We got the skinny on this bizarre trend, as well as the dope from our experts on what it really takes to feel the way we long to feel.

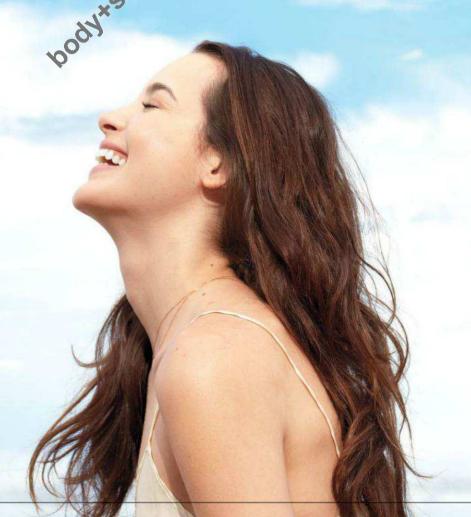
BY NANCY GOTTESMAN

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#### **GROW A FEAST** INJUST 8 SQUARE FEET

We challenged our favorite Brooklyn gardeners to plant what they could in the tiniest of plots. The result? A fine array of vegetables, fruits, and herbs showcased in a handful of killer recipes. We bet the (mini) farm you'll be inspired to sow some seeds of your own.

BY SARAH ENGLER



FOOD STYLING BY Alison Attenborough

COVER PHOTOGRAPH BY

Raymond Hom

PROP STYLING BY

Lucy Attwater





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Is it possible that everything we thought we knew about fevers could turn out to be wrong?

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After decades of letting things pile up, one self-proclaimed pack rat discovered that it's OK to let go.

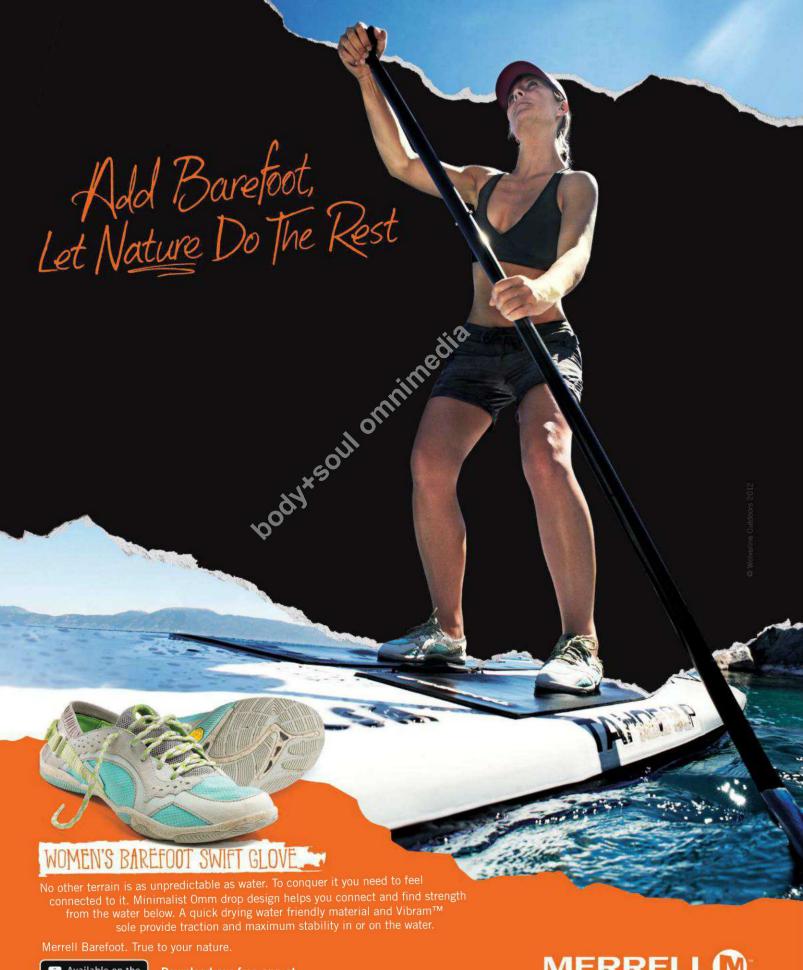
#### 77 HANDBOOK

Everything you ever wanted to know about recycling.

#### WORTH KNOWING

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How to choose good olive oil, meditate on the go, and more.





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#### 100+ SEASONAL RECIPES

#### **SPRING-CLEAN YOUR EATS**

We've got heaps of delicious ideas for your local market finds this month. Lightened ragout and risotto recipes make the most of all those greens, and a quick sauté of shiitakes, shallots, peas, and asparagus captures the season's bounty in a single bowl. (You've forgotten about kale already, haven't you?)

#### **INDULGE IN DESSERT!**

Get the skinny on a trimmed-down dulce de leche sauce for drizzling over caramelized stone fruits.

#### **CELEBRATE STRAWBERRY SEASON**

A member of the rose family, the strawberry rivals citrus fruits for its punch of vitamin C, so use these berries in everything from salads to shortcakes. Our strawberry recipe stash will get you started.

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

### COMMUNITY BLOGGER



Name: Tiffany Britton

Age: 34

Hometown: Atlanta, GA

WHAT SPARKED YOUR HEALTHY OVERHAUL?

My dad's struggle with type 2 diabetes and his recent passing caused a drastic change in the way I eat and live. All at once I signed up for a CSA, cut processed foods out of my diet, and committed to exercising regularly. My husband is a great supporter; we both feel so much better that we haven't looked back.

#### WHAT'S YOUR GO-TO MEAL?

Vegetarian lasagna gives us a light, clean boost of energy with its blend of carbs, protein from beans, and a bright sauce I make with the best tomatoes I can find. I throw in whatever greens and veggies come in our CSA box for seasonal flavor and nutrients.

Start your own blog at wholeliving.com /community











I'VE ALWAYS FOUND it odd that the calendar doesn't begin in May. If you ask me, no other time of year is more about beginnings. of year is more about beginnings. Sure, I get that we all need a reason to feel forward motion wen we're stuck in the dead of winter. And I the official New Year serves that purpose. But in New York, where I live, May is when everything really gets started. Branches leaf out. Flowers flaunt. Grass feels thick underfoot. And at the farmers' markets, the gnarled root vegetables we've been eating all winter finally give way to a riot of delicate greens. It's nothing short of a universal reset.

No wonder so many of us feel the need to make our own fresh start right about now. Of course, ushering in the new requires getting rid of the old. Which is why we've dedicated this issue to spring cleaning. Whether you need to spruce up your home (see "Green Your Cleaning Kit," page 24, for the best eco-friendly products), your body (check out "Kick-Starter," page 56, for a delicious way to detox from the inside out), your brain (turn to "Clutter: The Long Goodbye," page 74, for an account of how liberating it can be to empty out the attic), or all three of them, this issue is blooming with bright ideas and information you can really use.

It's also full of recipes that make the most of this season's spectacular bounty. Who can resist the fleeting pleasure of fava beans, ramps, and those curious, curly ferns known as fiddleheads? Not me. When these verdant stars turn up at the farmers' market every year, I invariably overload my basket

and end up using them in everything from breakfast omelets to dinner stir-fries until my family can no longer stand the sight of them. If you suffer from a similar gotta-have-'em syndrome, "Spring Awakening" (page 52)—featuring recipes like Creamy Ramp and Barley Soup and Roast Chicken with Fava Beans—is for you.

In "Good Eggs" (page 84), we pay homage to the virtue and versatility of the season's most symbolic food, with seven fantastic recipes (just wait until you try them poached with polenta and artichokes...) that work just as well for dinner as they do for breakfast or lunch.

And finally, there's the lush, leafy "Grow a Feast in Just 8 Square Feet" (page 102), which we photographed last summer expressly so that we could bring it to you this spring. Our logic? We knew you'd be so inspired by these enterprising urban farmers and the bright, healthful meals created from their homegrown produce that you'd want to get right out there and start planting a gardenin however many square feet you can manage—of your own. Here's to tender green shoots, and many new beginnings.

Alanna Stang, Editor-in-Chief



NOW ON THE IPAD! Our pages come alive in our first digital edition, out this month. With cooking tutorials, swipeable step-bystep recipes, and animation that the whole family will love (don't miss the cracking shells in "Good Eggs"), it's a whole new way to experience Whole Living. The iPad edition is free with your current print subscription, so download it at iTunes today.



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#### READER TO READER

#### How do you stay calm in difficult situations?

#### This month's winner

I practice the act of giving. Not necessarily large monetary gifts, but small kindnesses that can make another person's day a little easier or make her feel a little better. Sometimes I'll even impart a small gift to help raise someone's spirits. I have found that doing this makes me appreciate what I have (though it may not be a lot financially) and remember the kindnesses that have been given to me. GLORIA M., Atlanta, GA

#### The Quell Jar

Instead of worrying over or dwelling on the situation, I take a few deep breaths and do what I can to solve it. If it's something that is really bothering me, I write it down on a piece of paper and put it in a jar. I've recognized and acknowledged it, but I feel as if I can move on from it.

#### **Taking the Long View**

I imagine how my reaction will affect me in an hour, a week, a year, or even 10 years. It helps me to put into perspective the current crisis—whether it's a run in my stockings or my cell phone falling into a puddle. Most daily stresses tend to be irreleval, and won't even matter in the end.

CYNTHIA S., Woodbarn, OR

#### Clear the Air

At work, I have a pocket-size speak bottle that's filled with water and five drops of lavenuer essential oil. When I start to feel overtaxed, I spritz the air in front of me and breathe deeply. The combination of lavender and deep breathing gives me a much-welcome moment of calm.

JENNIFER T., Rockwood, MI





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#### RECENTLY TWEETED

Made a delicious and simple cauliflower soup tonight from @WholeLiving. Thx for the recipe! -ATLCELIACGIRL

#### RECENTLY TWEETED

I love my @WholeLiving mag. Every article is great and every pic is beautiful.

-@YOGAGRL

#### FACEBOOK

LYNNE C. Made a scrub the other day with sesame seeds, almond oil, and honey... sooo yummy for dry skin!

#### FACEBOOK

#### MY VEGAN JOURNAL

Happy to be vegan veepin' my heart healthy and my tummy very har by! :D



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# ON OUR WISH LIST THE HAPPY HOME

Talk about spring cleaning! Check out our favorite ways to refresh the nest, from place mats to Post-its and everything (neatly) in between. ▶▶



- 1 BEAUTY REST Falling asleep on this organic cotton Willow Weave sham is the stuff of dreams. \$45, coyuchi.com
- 2 LINEAR THINKING
  Attach the base of the PID clothesline to one wall and the docking plate to another, then string the retractable wire between them for easy indoor drying. \$130, uncommongoods.com
- 3 ON DISPLAY Topped with acacia stoppers, these stackable canisters are perfect for whatever needs containing. \$17−\$25, crateandbarrel.com
- 4 A FINE CARRIAGE Say bye-bye to milk-stained seats and muddy wheels with BuggyLove's organic stroller-cleaning kit. \$50, buybuy baby.com
- 5 PRIDE OF PLACE Meals become an event with these shabby-chic recycled silk place mats. \$12 each, anthropologie.com
- 6 TRIPLE PLAY CleanSypria's wool dryer balls soften clothing, absorb moisture, and cut down on static. \$36 for six, etsy.com
- 7 COAL, CUBED A natural air purifier, Kuro Cube white charcoal absorbs ethylene gas, keeping refrigerator goods fresher longer. \$20, sortofcoal.com
- 8 BOWLED OVER These hand-thrown Simon Pearce Brookfield nesting bowls (9, 11, and 13 inches in diameter) are sturdy and stunning. \$310, shopterrain.com

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Spring Footwear Collection clarksusa.com

Clarks

## SPREAD THE NEWS

From the bottled-water ban at the Grand Canyon to a garden in the middle of O'Hare to the launch of a long-awaited bike-sharing program in the Big Apple, green gains are being made all across the country BY SARAH ENGLER



#### CENTENNIAL VALLEY, WY HOME ON THE ECO-RANGE

The Bureau of Land Man, gement is con Cering ranch owes. Richard Wilson's proposal to turn his 4,000 acres into the nation's first wild horse eco-sanctuary. Some 250 horses removed from overpopulated Western rangelands could eventually live and be cared for on this land.



The latest National Survey of American Public Opinion on Climate Change found that 62 percent of people believe the Earth is getting warmer—up 10 percent since the spring of 2010.



#### GOOD WEED

A Bio Architecture Lab (BAL) team has found a way to turn sugars from seaweed into renewable fuel. According to BAL, seaweed from about 3 percent of our global coastal waters could potentially replace more than 60 billion gallons of fossil fuel.



#### CHICAGO, IL FLIGHT OF FANCY

Between Terminals 2 and 3 at O'Hare International Airport, you'll now find an aeroponic vertical garden, equipped with grow lights and a water-recycling system. The produce (more than 40 types) is served at some airport restaurants.

POWER PLAY California Governor Jerry Brown plans to add 12,000 megawatts of renewable energy (including solar, wind, and biomass) by 2020.





2,000 megawatts of clean energy = 24 coal-fired plants' output



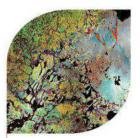
#### GRAND CANYON NATIONAL PARK, AZ SEE YA LATER, PLASTIC BOTTLES

Because disposable plastic bottles account for about 20 percent of the park's total waste, the National Park Service recently banned the sale of bottled water within its limits. Visitors are encouraged to buy or bring reusable bottles instead, to be filled at spring water stations located along the North and South Rims.



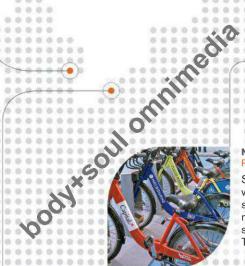
#### DETROIT, MI STICKERS ROCK

Chevrolet has announced that it will post Ecologic labels—listing manufacturing, driving, and end-of-life environmental details—on each of its models. Easy for them to say? That's what we thought, but all claims will be verified by the independent international sustainability agency Two Tomorrows.



#### NEW HAVEN, CT WEIRD SCIENCE

Yale students brought back fungi from an expedition to Ecuador that "eats" some polyurethanes. The even better news? It can do so in an oxygen-free environment like the bottom of a landfill.



#### NEW YORK, NY ROLLING WITH IT

Starting this summer, thousands of bicycles will be available at self-service docking stations throughout New York City. Annual membership will cost less than a monthly subway pass, and the city's Department of Transportation will distribute free helmets.



NUMBER OF FATAL CYCLING ACCIDENTS REPORTED BY THE DEPART-MENT OF TRANS-PORTATION

0000

g<sup>w</sup>



By September,
Akron-based
FirstEnergy Corp.
will retire six coalfired plants in Ohio,
Pennsylvania, and
Maryland. The company is among the
first of many U.S.
utilities that will be
forced to shut
down aging plants
due to stricter federal antipollution
regulations.

SEED MONEY

%

Amount of increase in grant money awarded this year by the USDA to farmers and ranchers to support locally produced food, as compared with 2010.

# Spring Cleaning Kit Planet-friendly products to keep your home naturally fresh



#### TRY A CONCENTRATED DETERGENT

One 64-oz jug of dye-free Common Good laundry detergent will last you for 96 loads. \$24, abchome.com



These automatic dishwasher packs fight stuck on food without phosphates or a orine. \$8, mrsmeyers.com



#### SANITIZE SUSTAINABLY

Lactic acid in this antibacterial toilet cleaner lets you deodorize and decalcify without the usual bleach. \$5, methodhome.com



#### **GET A SCRUB TO SUIT ALL**

Use the mild blend of limestone and coconut oil in Bon Ami's powder cleanser on any hard surface. From \$1.25, amazon.com



#### **BUY A BETTER BRUSH**

Dirty grout and tile don't have a chance in the face of Full Circle's bamboohandled brush. \$6, fullcirclehome.com



#### **USE A JUST-ADD-WATER WINDOW WASH**

Bio+Green Crystals glass cleaner means a streak-free surface with no harsh chemicals. \$6 per sachet, biogreencrystals.com



#### PROLONG THE LIFE OF ACTIVEWEAR

Plant-derived surfactants in this wash are gentle on sports fabrics, while veggie extracts remove odor. \$10, caldrea.com



#### **DITCH THE PAPER TOWELS**

MÜkitchen's reusable cloth, with a built-in scrubber, dries quickly to reduce bacteria buildup. \$5, mukitchen.com for stores



#### PRESERVE YOUR FLOORS

Vegetable oils and mineral agents are the secret ingredients in this wood floor cleaner. \$8, marthastewartclean.com

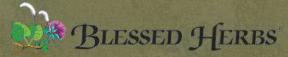
# CLEANSE AND REVITALIZE WITH NATURAL HERBS

We make choices each day towards cleaner & healthier lifestyles but we can't avoid 100% of the chemicals & pollutants in our environment. Let Blessed Herbs help. With more than 20 botanical ongredients blended by our expert herbalists, our cleansing kits can help eliminate excess waste & toxins, restore energy, and support the body's natural balance.



## \$10 OFF ALL CLEANSING KITS!

For a limited time, Whole Living customers can receive \$10 off any Blessed Herbs cleansing kit with promo code WL12.



Visit www.BlessedHerbs.com/WL12 or call (800) 837-4021 to order

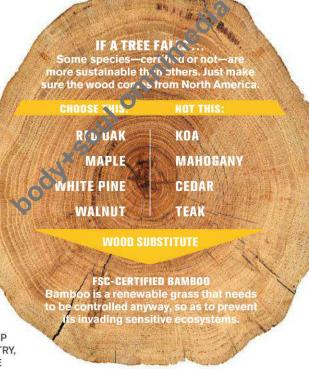
#### SOURCING GOOD WOOD

Our forests shelter most of Earth's species and absorb a significant amount of greenhouse gases, so saving them is about a whole lot more than nostalgia. Fortunately, sustainably sourced wood is increasingly easy to come by. Whether you're looking to buy cutting boards, two-by-fours, or a dining room set, here's what you need to know. BY MINDY PENNYBACKER

Even if you don't see any labels on the lumber or furniture you're thinking of buying, ask the manufacturer for more information about where the wood came from. So long as consumers continue to push the issue, change will happen.

99

-RICHARD DONOVAN, VP OF SUSTAINABLE FORESTRY. RAINFOREST ALLIANCE



#### THE FACE OF GREEN

To know if a product is truly sustainable, look for accreditation from one of the following independent organizations.



New or reclaimed wood can earn the Rainforest Alliance seal if grown and harvested in a way that respects the environment and workers.



#### STEWARDSHIP COUNCIL

A label from the FSC ensures that the health of the environment, workers, and wildlife has been protected.



#### **CERTIFICATION SYSTEMS**

This label indicates that materials like veneers and plywoods have been made with glues that are free of toxic VOCs like formaldehyde.

#### **SEEING THE FOREST**

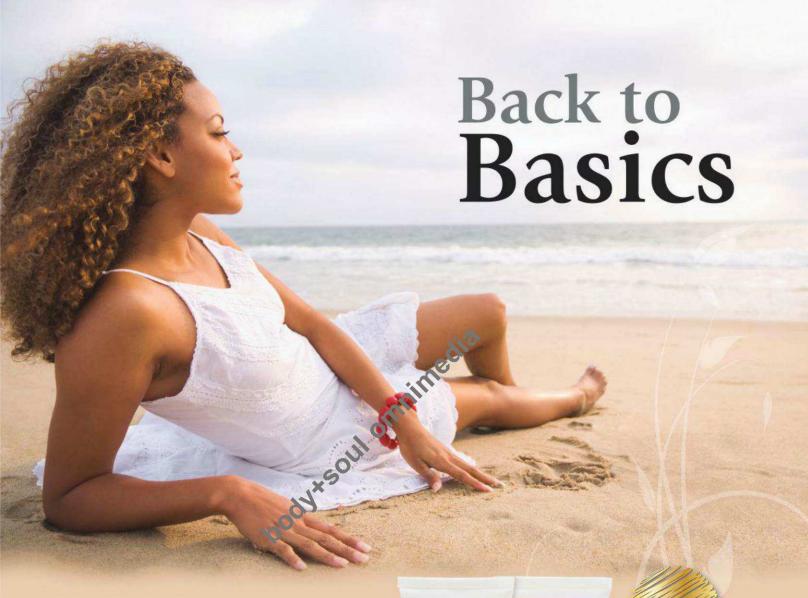
The number of acres certified sustainable by the Rainforest Alliance using FSC standards is growing exponentially.



#### GOING, GOING ...

Extinctions are often directly related to deforestation. Leaving more trees standing is one way to help save threatened animals like these.

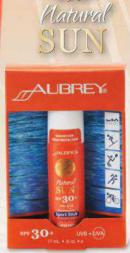




At Aubrey, our all-natural ingredients are the heart of our simple philosophy.

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.





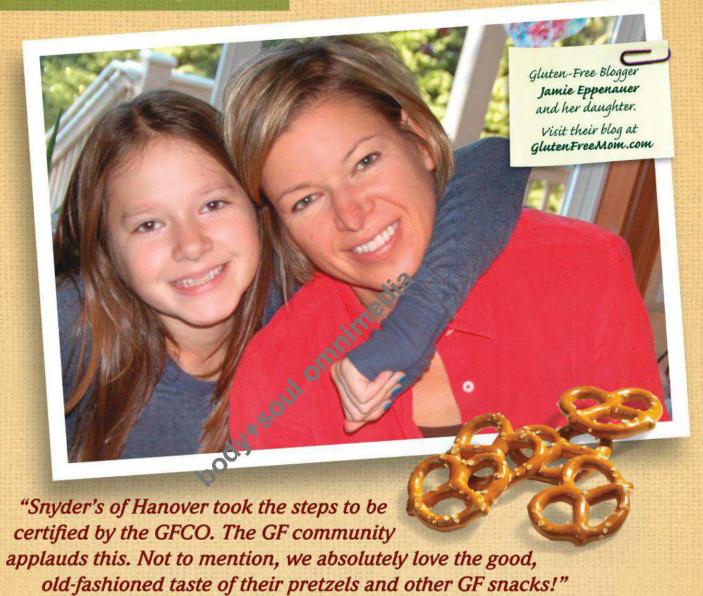






photographs by Johnny Miller





Our pretzels have been America's favorite since 1909. Today, we are proud to bring a mouthwatering array of certified Gluten-Free snacks to the millions of people living a GF lifestyle. Try all the delicious GF products from Snyder's of Hanover and eatsmart naturals!



These products are certified gluten-free by the Gluten-Free Certification Organization. For more information, visit GFCO.org.







An English countryside setting, an ever-twisting plot, and gorgeously precise writing add up to one delightful novel BY CARMELA CIURARU

A TRAIN WRECK, figurative and literal, is at the center of Sadie Jones's The Uninvited Guests (Harper), an enthralling novel that overturns just about every assumption you might have about its characters and plot along the way. Set in 1912, it opens as a comedy of manners, featuring the oddball Torrington family: self-absorbed Charlotte; her children, Emerald, Clovis, and Smudge; and her genial second husband, Edward, who lost his left arm years earlier in an accident. On the evening of a party for Emerald's 20th hirthday, as the family grapples with dire financial straits and the possibility of losing their loved country house, a train accident nearby brings a group of survivors to their do ostep. By the end of the night, upper- and lower-class decorum have been upended, luchas bred confusion, secrets have spilled out, and the living have encountered the deal lones, an award-winning English writer, displays a dark sense of humor and great affection for her motley cast.

Peter Carey
The Cherostry

#### THE MAN WHO **PLANTED TREES**

JIM ROBBINS (SPIEGEL & GRAU)

Arboreal obsession is the subject of this fascinating true story. The charismatic hero at its center is David Milarch, a tree farmer and recovering alcoholic on a quixotic mission to save the world's trees-protecting and restoring them to "help the planet heal itself." Aside from chronicling Milarch's reforestation efforts, Robbins delves into the science and history of trees, "these living beings ... whose fruit we eat, whose limbs we climb, whose roots we water, to whom most of us rarely give a second thought."

#### BIRDSEYE

MARK KURLANSKY (DOUBLEDAY)

By the time of his death, in 1956, Clarence Birdseve had become a household name, the "father of frozen food," now a multibilliondollar industry. An optimist and a naturalist, Birdseye believed that the technology and mass distribution of frozen food might help eliminate world hunger. Kurlansky (author of Salt) recounts how his hero drew upon lessons he learned from the Inuit on trips to the Arctic as he experimented relentlessly with the science of freezing. Birdseve was determined to create food that was tasty and fresh (rather than mushy) when thawed, with texture and nutrients preserved. Thank or blame him for fish fingers and other freezer-kept meals; his innovations transformed the way we eat.

#### THE CHEMISTRY **OF TEARS**

PETER CAREY (KNOPF) In the Booker Prize winner's latest novel, London museum conservator Catherine Gehrig-mourning the death of her (married) lover and former colleague-immerses herself in restoring a 19thcentury automaton, a mechanical duck. As her narrative alternates with that of the bird's eccentric inventor, unexpected connections emerge between the two souls, and the novel reveals itself as an elegy to lost love.

#### STORIES OF MOTHERHOOD

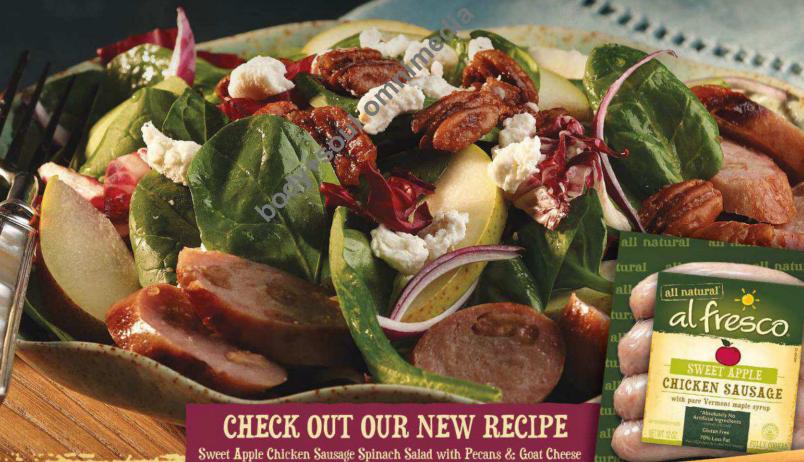
There is no relationship more profound than the one we have (or don't have) with our mothers. In 17 stories, through misunderstandings, forgiveness, loss, and humor, such masters as Alice Munro, Barbara Kingsolver, and Lorrie Moore explore this complex bond. Don't miss "What You Learn About the Baby," by the always wry Lydia Davis.

WHO PLANTED TREES

CHAMPION TREES



# Health Kick, Meet Happy Dance!



All natural chicken sausage and meatballs, Find them fresh in the refrigerated section.



GET THIS RECIPE AND A \$1 COUPON!





alfrescoallnatural.com

#### **INGREDIENTS**

1-12 oz pkg al fresco Sweet Apple Chicken Sausage

2 tsp extra virgin olive oil

1/2 cup pecan halves

1/2 tsp sugar

1/8 tsp cinnamon

1/2 red onion, thinly sliced

2 cups radicchio, thinly sliced

1/4 lemon, zest

1/2 pear, thinly sliced

7 oz baby spinach 1/2 cup blush wine vinaigrette

2 oz goat cheese crumbles 1 tsp black pepper, freshly grated

#### INSTRUCTIONS

Coat sauté pan with olive oil over med-high heat, Sauté pecans 2-3 mins. Add sugar & cinnamon. & toss to coat, Remove from heat, Prepare skillet with cooking spray. Brown Chicken Sausages over med-high heat & then cut on bias 1/4" thick, Place spinach, red onion, radicchio & pear slices in large mixing bowl. Toss with vinaigrette. Top with Chicken Sausage, pecans, goat cheese, black pepper. & lemon zest.







#### KITCHEN SHELF Q&A

#### **HOW GREEN IS MY POT ROAST**

She's not a rancher or a butcher. But former vegetarian Lynne Curry does love her meat. In *Pure Beef*, she pleads the case for the responsible carnivore.

#### ON ELK, THE GATEWAY MEAT

After too many Sunday steak dinners at my grandparents' place, I went vegetarian at age 16. Years later, I was on a backpacking trip where elk was served. As a forager (albeit of blueberries, not of meat), I was curious about this wild gam and was blown away by how energizing I found it. From there, I became more interested in local meat, which meant grass-fed.

#### ON WHY THE GRASS-FED SIDE TRULY 19 GREENER

It tanks to be a much more sustainable system for the cows, for the amilies who raise them, and for the land. Grass-fed beef has less fat, plus all the nutrients from the grass itself.

#### ON BEING PRO-VEGETABLE

Beef is just one component of my whole-foods diet. I generally don't start with meat. If I'm making a chickpea stew, for example, I might add a little sausage at the end.

#### ON CUTS THAT MAKE THE CUT

I go in on a meat share with nearby families (it's the most affordable way to do grass-fed), and we always have interesting parts of the animal that we need to cook. I hope to teach people about the cuts that might be less expensive but maybe more versatile—like the tough but flavorful muscles and the undervalued top round, which is delicious in stir-fries.

—INTERVIEW BY LINDSAY FUNSTON



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running... and you're
not even wearing sneakers.
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with Rescue Remedy.®
Trusted for over 70 years,
people all over the world
take it to help them stress less,
stay calm and in control.

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Hear from our editor and a contributor.



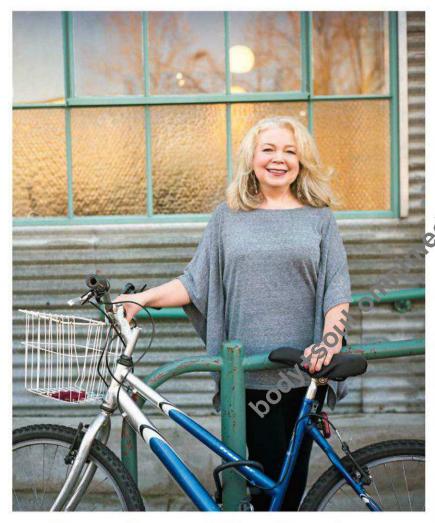
Follow step-by-step recipes from the experts in our kitchen.



Browse additional photo galleries and cooking techniques.

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#### **Beauty and the Beaker**

Former chemistry teacher Marie Veronique is living proof of her hypothesis: that fusing science with natural ingredients will yield younger-looking skin by Sarah Engler

MARIE VERONIQUE'S beauty line had its genesis in her kitchen, about a decade ago. She'd been battling rosacea and was desperate to find a sunscreen that wouldn't inflame her skin. "I've always been a skin care junkie, and I tried everything that came out," she says. "But I couldn't find anything free of synthetics that was really working. Because I'd taught middle and high school chemistry and was familiar with the science behind the ingredients, I figured I could come up with something safer and more effective myself. I knew zinc oxide was antiinflammatory and protective across the UV range, so I started there."

After about a year of research and experimentation (plus a few consultations with her daughter, a physicist at McGill University, in Montreal), Veronique created a sunscreen free of harmful chemicalssomething practically unheard of in the natural-beauty realm at the time. "Its base was a water-beeswax emulsification with some jojoba, avocado, and apricot seed oil to give it emolliency," she says. "It was

VITALS

**AGE 63** LOCATION Berkeley, CA

OCCUPATION Creator of Marie Veronique a natural skin care line

**FACTS ABOUT** VERONIQUE

1 SHE ALWAYS **BIKES TO WORK** "I don't own a car and enjoy pedaling the one and a half miles from my home to

the office."

2 SHE WEARS SUNSCREEN 365 DAYS A YEAR "Even if you're sitting inside and it's raining. you should wear it. You don't need SPF gazillion. A fifteen or twenty is fine, as long as it's UVA and UVB protective."

3 SHE TELLS TERRIBLE JOKES "My granddaughter and I have this in common. But she's only five, so there's still hope for her." very effective—perhaps the first sunscreen with just bulk zinc oxide as its active ingredient that still had enough cosmetic appeal for people to want to put it on their skin every day." She was so excited about her creation that she started giving it away, until one day a friend insisted on paying her \$20 for a bottle.

Around the same time, Veronique was laid off from her job, so she took advantage of the sunscreen's success to start a new career. She earned her esthetician's license and began pondering new products. "I was thinking-selfishlyabout the larger issue of delaying the aging process. There wasn't much out there for us baby boomers. But I didn't want my products to be just organic; they needed to give results. For example, helichrysum essential oil smells lovely and regenerates skin cells."

Buoyed by a growing local following, she started selling her products in small neighborhood boutiques. It was in one of these that Veronique's future CEO, Hillary Peterson, discovered the line. In 2008, the pair launched Marie Veronique Organics nationally, and the company (which now also makes acne-relief items) has doubled its volume every year since; the products are sold in spas across the globe.

Ever the teacher, Veronique has a website, mvorganics.com, that dedicates as much space to educating as it does to selling. An entire section is devoted to skin care research, with copious definitions, guides, and references to the latest studies.

"Our faces are our identities," says Veronique. "Knowing that I'm making people feel better about themselves without harming them helps me sleep at nightwhich is also great for the skin!"+ "IT REALLY GETS THE **STAINS OUT** AND IS good for the environment."

DeeAnna, on mrsmeyers.com

"Washing clothes with LAVENDER DETERGENT... HEAVENLY."

Shar, on Facebook

"I use this stuff in EVERY SINGLE LOAD OF LAUNDRY I WASH AND

Randi, on m s. neyers.com

#### WE'RE BLUSHING

Comments like these **inspire us** to keep at it.

Our hard-working household cleaning products are made with **PLANT-DERIVED** ingredients and **ESSENTIAL OILS** that are **POWERFUL** against **dirt** and **grime**. Garden-fresh scents create an **UPLIFTING CLEAN** you can **feel good** about.





Scents include Lavender, Lemon Verbena, Basil, Geranium and many others





#### ATLANTA'S GREEN ACRE

THIS SPRAWLING SOUTHERN CITY is embracit. It was one of the first places in the country to claim a "zero-wiste zone" downtown, accomplished through boosting recycling and composting rates, and turning restaurant grease into biofuel. Mayor Kasim Reed has also implemented measures to replace swaths of abandoned homes with green space and to help fund community farms. More than one-third of the proposed 33-mile BeltLine, a network of rail lines and trails being transformed into paths and parks, has been completed. And Atlantan chefs are honoring their agrarian heritage by opening farm-to-table restaurants. But not to worry: You can still find plenty of (organic, stone-ground) grits and (local, heirloom) peach cobbler. So rent a bike or a Zipcar and check out our favorite spots in this corner of the new Old South. BY LOLLY MERRELL



ON THE MAP
Many of
our picks
are near
Piedmont
Park, which
is situated
just about
two miles
northeast of
downtown.



At Piedmont Park, you can job pike, and wim, but the real draw is the birding. More than 175 species have been spotted in the 211-acre ex-

panse. Piedmont

Avenue and 12th

Street, piedmont

park.org

2 WANDER The 30-acre Atlanta Botanical Garden includes a livingroof visitor center and an edible

ter and an edible garden and outdoor kitchen. 1345 Piedmont Ave. NE, atlantabotanical garden.org

3 WORK IT OFF The four-hour Progressive Dinner Bicycle Tour includes history lessons and tasting menus. 659 Auburn Ave., biketoursatl.com

#### SHOP

4 ART COOL
An emporium
of (mostly) locally
crafted goods,
The Beehive
has everything
from handstitched kids'
clothes to handthrown vases.
1250 Caroline
St., Suite C120,
thebeehiveatl.com



5 FASHION-FORWARD
Evolve Boutique is full of unique accessories: recycledsari bracelets, salvaged-wood frames, and fluttery summer frocks. 1581
N. Decatur
Road, evolve boutique.com





6 FRESH AND
FABULOUS Chef
Kevin Gillespie's
Woodfire Grill
is known for
seasonal, artful
takes on Southern staples (like
free-range pork
belly with pickled
radish). 1782
Cheshire Bridge
Road, woodfire
grill.com

7 COFFEE FIX Grab a seat on the patio and order a stack of real buttermilk pancakes, country-fried tempeh, or biscuits with homemade jam to go with your fair-trade joe at Ria's Bluebird. 421 Memorial Drive, riasblue bird.com

8 DRINK TO IT
The juiceteria
Arden's Garden
blends up dozens
of refreshing
cups—from its
crisp tangerine
elixir to the
flavor- and nutrient-packed
Salad in a Glass.
985 Monroe
Drive, ardens
garden.com

#### STA

9 SLEEP EASY
A restored
19th-century
manor, Stonehurst Place
boasts graywater recycling,
solar energy,
and certified
wildlife gardens.
From \$159 a
night, 923 Piedmont Ave. NE,
stonehurst
place.com



## Fresh Maturally Sweet. CRYSTAL





- 1 lb. fresh strawberries
- 4 fresh apricots OR 2 large peaches
- 1 1/2 cups fresh, chopped pineapple
- 1 1/2 cups fresh blueberries
- 1 1/2 TBSP fresh lime juice
- cup Florida Crystals® Organic Light Agave Nectar OR 1/2 cup Florida Crystals® Organic Sugar
  - TBSP chili powder
    - tsp finely chopped fresh cilantro
  - 1/2 tsp finely chopped fresh mint

Dice strawberries, apricots and pineapple into 1/2-inch pieces. In a large bowl, combine all fruit and set aside. In a small bowl, combine lime juice and Agave Nectar. Add 1 tablespoon of chili powder (increase by teaspoonfuls to reach desired flavor); mix well. Add agave mixture, cilantro and mint to the fruit, tossing until combined. Serve immediately.

#### Sugar 'N Spice Chips

- 1 bag (8.5 to 10.5 oz) corn tortilla chips
- 1/2 cup unsalted butter, melted (1 stick)
- 1/2 cup Florida Crystals® Organic Sugar
- tsp ground cinnamon
- 1/4-1/2 tsp chili powder

Preheat oven to 425°F. Grease two cookie sheets or line with parchment paper. Dip tortilla chips into melted butter. Using a pastry brush, remove excess butter to give each chip a thin, even layer of butter on both sides. Place chips on prepared cookie sheet. In a small bowl, combine sugar, cinnamon and chili powder to taste. Sprinkle over buttered chips, and bake for approximately 5 minutes, or just until golden. Remove from oven and cool for 5 minutes before serving.

Enjoy our Fruit Salsa with a little kick and made with the natural sweetness of Florida Crystals.

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

Also enjoy Florida Crystals®, Organic and Natural Sugars – the first, and still only, organic sugar grown and harvested in the U.S.



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#### 'tis the sneezing

You and your family love Spring and the great outdoors, but not the pollen and other allergens that come with them. Quercetin & Bromelain from NOW® can help ease your seasonal transition by helping to support healthy histamine levels, a key factor in the body's immune and healthy inflammatory response to outdoor allergens. This bioflavonoid/enzyme combination is a healthy and natural alternative you can feel good about giving your family.\*

NOW® is the #1 selling brand of Quercetin & Bromelain in the natural products market.†

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1 SPINSscan Natural, 52 week period ending 12:24:11

Mesoul official

#### A PLACE IN THE SUN

BY OLESSA PINDAK

First we baked, slicked with baby oil to further encourage the rays. Then we slathered on gobs of sunscreen and tried to avoid the outdoors as much as possible. Let's make this the summer that we call a truce with the sun. To find a healthy balance, "stay in the shade at peak hours, wear light coverups, don a hat, and use sunscreen daily as insurance," says Alan M. Dattner, M.D., founder of the website holisticdermatology.com.





oxidants that help boost the effectiveness of sunscreens. \$68, coola suncare.com 2 Clarins UV Plus HP SPF 40 Day Screen Tint protects skin while smoothing tone. \$38, clarinsusa.com



and olive oil. \$16, badger balm.com 4 Soleil
Organique Daily Environmental Defense Moisturizer SPF 20 is a luxe balm that doubles as your daily lotion. \$55, soleilorganique.com



Aloe Vera comes close. Made with organic aloe, this alcohol-free formula is the perfect antidote for sun-exposed skin. Keep it in the fridge to make it especially cooling. \$8, aubrey-organics.com

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Products Containing Organic Ingredients. We're proud to strengthen our original pledge to safety, efficacy, organic agriculture and sustainability. Look for the NSF seal on our recyclable packaging. We welcome you to join us on facebook.com/avalonorganics.

ORGANICS

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LAVENDER

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DEALER: To redeem this coupon, mail to: CMS Dept. #23254, The Hain Celestial Group, Inc., 1 Fawcett Drive, Del Rio, TX 78840. We will reimburse you the face value of this coupon plus & handling provided it is redeemed by a consumer at the time of purchase on the brand specified. Coupons not properly redeemed will be void and held. Reproduction of this coupon is expressly prohibited. (Any other use constitutes fraud.) Cash value .001¢. VOID WHERE TAXED OR RESTRICTED. LIMIT ONE COUPON PER ITEM PURCHASED. NOT VALID ON TRAVEL SIZE OR LIP BALMS. NOT TO BE DOUBLED.



1

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#### **Master Cleansers**

"People don't realize they should change their cleanser with the seasons," says Michele Green, a dermatologist based in New York City. "But skin produces more oil as it warms up, so you'll want a stronger cleanser in the summer months." If you've been using a cream formula, look for a gel;

if you already use a gel, try one that foams.



BIORÉ 4-IN-1 DETOXIFYING CLEANSER is a foaming wash that removes stubborn makeup as it cleanses. \$7.50, ulta.com





For a sun-kissed look, apply bronzer where the sun naturally hits, says Jessa Blades, a New York Citybased organic beauty expert. Swipe it on cheeks, forehead, nose, and chin. and then blend. Seek out a light matte brown that mimics the way you look when you've gotten a touch of natural color.

- 1 EVERYDAY MINERALS FACE **HAPPINESS BRONZER \$9.** everydayminerals.com
- 2 PHYSICIAN'S FORMULA PH MATCHMAKER BRONZER \$15, physiciansformula.com
- 3 BAREMINERALS READY **BRONZER IN THE HIGH DIVE** \$24, bareminerals.com
- **4 HOURGLASS ILLUME** CRÈME-TO-POWDER **BRONZER DUO IN SUNSET** \$40, hourglasscosmetics.com



YES TO CUCUM-

MILK CLEANSER

combines cream-

BERS GENTLE

KIDDING AROUND Type the name of your state and "goat's milk soap" into a Google search, and chances are it will turn up a spot in your area where soap gets made the old-fashioned way. Why go for goat's milk? It's higher than cow's milk in some nutrients, explains Lauren Johanson, who, along with her mother, Donna, runs Southern California's Chivas Skin Care, which features goat's milk products. It also boasts exfoliating lactic acid and vitamins A, B, C, D, and E. Plus, soap produced on a farm is more likely to be made with fresh, local ingredients.

SIMPLE REFRESHING

features pro-vitamin

**FACIAL WASH GEL** 

B5 and is good for

all skin types, espe-

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\$7, target.com





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ON SOME FRESH DILL,
A LONG-USED
HERBAL REMEDY.

A GREEN ROUTINE The milk and dill in this everyday wash rid the skin of dead cells, says Janice Cox, author of *Natural Beauty at Home*. It's good for all skin types.

STEP 1 Cut fresh aloe lengthwise down the middle and scoop out 1 tsp gel (or use storebought pure gel). STEP 2 In a small bowl, combine aloe with ½ cup milk and 1 tsp freshly chopped dill. Stir until smooth.

STEP 3 Massage mixture on damp skin for a full minute and rinse with warm, then cold, water. Pat dry.

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\*This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# photographs of lemons and limoncello by Biyan Gardner; istockphotoc.com; Betelte ad used with permission of Volkswagen Group of America, Inc., Liz Lemon courtesy of NBC Universal Photo Bank; Lemony Snicket courtesy of Harper Collins Publishers; Jack Lemmon courtesy of mptivinages.com; The Lemonheads courtesy of Atlantic Records; pie photograph by John Kernick; martini photograph by istockphoto.com; Lemonheads courtesy of Ferrara Pan Candy Company; definition. New Partridge Dictionary of Slang and Unconventional English

#### **MELLOW YELLOW**

The fruit of the Citrus medica tree, lemons are indigenous to India and China and reached the Mediterranean in the first century A.D., when Romans discovered a direct sea route between the Red Sea and India. Cultivated extensively in the Mediterranean basin since the fourth century A.D., the fruit arrived in the New World with Columbus.

#### **SOUR POWER**

>The tangy ascorbic acid in lemon juice starts to break down as soon as it meets light and air.

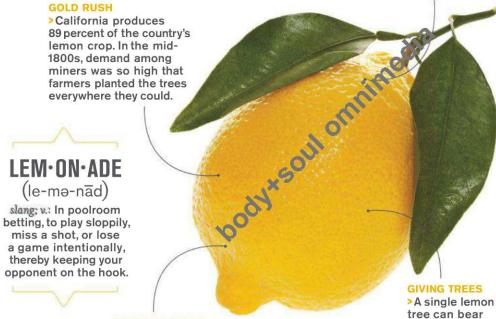


#### "LEMON"

With its revolutionary 1960 ad for the Volkswagen® Beetle®, the advertising agency Doyle Dane Bernbach quickly built an American fan base for a German icon.

#### THE ONE PERCENT

Lemons have a sugar content of just 1 percent, the lowest of any fruit. Perhaps it's that contrastbetween its sunny, innocent appearance and the astringent, no-holds-barred taste-that makes the word lemon a near epithet in so many languages. In Russian, slimonit' means to steal. In Chile, something unpleasant is "uglier than the devil sucking a lemon." In Italy, limonare means to flirt shamelessly...and we all know about the lemons at the used-car dealership.



**SQUEAKY CLEAN** 

> Ancient Romans used lemons for mouthwash, not for cooking.

#### DIY LIMONCELLO

up to 2,000

fruits a year.

Remove the neel from several lemons (he careful not to cut away the white pith), and add to a liter bottle of vodka. Chill for two weeks, then strain the infused vodka and mix it with simple syrup (equal parts sugar and water simmered until the sugar dissolves) to taste.

















THE LEMONHEADS

scourge known as scurvy that they were willing to pay any price to avoid it. **KNOW YOUR LEMONS** 

#### **MEYER**

From: California by way of China

In the kitchen: Sweet and floral, it's the secret behind

many a cocktail.



PRICE (ADJUSTED

OF A SINGLE LEMON

FOR INFLATION)

IN THE 1890s.

People were so panicked over the

From: California by way of Italy

In the kitchen: Its high acidity makes it the perfect foil for salads and grilled fish.



#### SORRENTO

From: Italy In the kitchen: This geographically

protected organic beauty makes a fragrant marmalade.

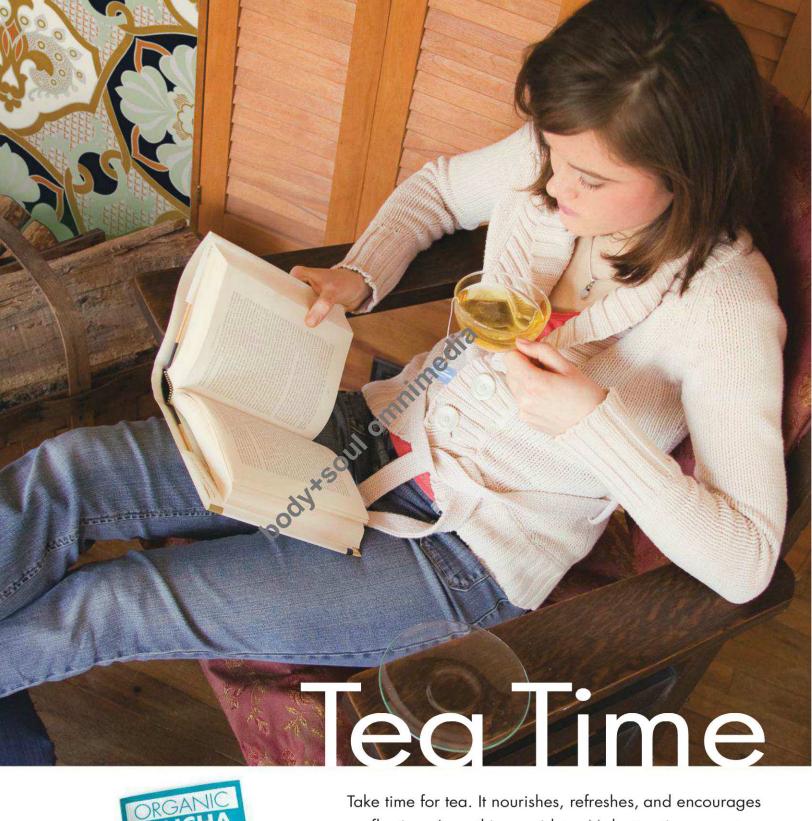


#### **VARIEGATED PINK-FLESHED EUREKA**

From: California

#### In the kitchen:

Rosy and refreshingly tart, this has lemonade written all over it.









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#### HEALTHY APPETITES





SERVES 4 0

Enjoy this crisp, refreshing slaw on its own or pair with a hearty main course. The mellow flavor of the raw fennel balances beautifully with the radishes' spicy bite. Nutty Parmesan brings it all together.

- 2 Tbsp extra-virgin olive oil
- 1 Tbsp fresh lemon juice
- 2 tsp whole-grain mustard

Coarse salt and ground black pepper

- 1 bulb fennel, cored and thinly sliced, plus ¼ cup fronds
- 5 radishes, thinly sliced
- 3 Tbsp freshly shaved Parmesan
- 1. Whisk together oil, lemon juice, and mustard and season with salt and pepper.
  2. Toss dressing with fennel and radishes and adjust seasoning if necessary. 3. Top with Parmesan and fennel fronds.

PER SERVING: 99 cals; 8 g fat (2 g sat fat); 3 mg chol; 5g carb; 185 mg sodium; 2 g protein; 2 g fiber\*



Asparagus with Breadcrumbs and Lemon Zest

SERVES 4 0

Fresh spears don't need much beyond a hit of acid and a toasty crunch. (Simply snap off the stalks to trim.)

- 1 bunch asparagus, trimmed (about 1 lb)
- 1 Tbsp extra-virgin olive oil

Coarse salt and ground black pepper

- 1 Tbsp unsalted butter
- 1/2 cup coarse breadcrumbs (from 2 slices whole-wheat bread pulsed in a food processor)

#### Grated zest of 1 lemon

agus with breadcrumbs.

1. Preheat oven to 425°. On a rimmed baking sheet, drizzle asparagus with oil, turning to coat, and season with salt and pepper. Roast, shaking sheet once, until asparagus is crisp-tender and tips are golden, 12 to 14 minutes.

2. Meanwhile, warm butter in a skillet over medium heat. Add breadcrumbs and stir until toasted. Season with salt and stir in lemon zest. 3. Top aspar-

PER SERVING: 121 cals; 7g fat (2g sat fat); 8 mg chol; 12 g carb; 59 mg sodium; 4 g protein; 4 g fiber



#### Creamy Ramp and Barley Soup SERVES 4

SERVES 4

Barley lends a nice body to the chicken stock. Giving half the soup a quick purée makes it extra creamy.

- 4 cups low-sodium chicken stock
- ½ cup hulled barley, rinsed
- 1/2 lb ramps, whites and greens separated and sliced
- 1 stalk celery, thinly sliced Coarse salt and ground black pepper

1. In a medium saucepan, bring stock, 3 cups water, barley, ramp whites, and celery to a boil. Reduce heat and simmer until barley is tender, about 45 minutes. 2. Stir in ramp greens. 3. Transfer half of soup to a blender and purée until smooth. Return to pot, stir to combine, and season with salt and pepper.

PER SERVING: 127 cals; 1g fat (1g sat fat); 5 mg chol; 23 g carb; 215 mg sodium; 8 g protein; 6 g fiber

- vegetarian no meat products
- vegan no animal derivatives
- Special diet no dairy, wheat, soy, fish, shellfish, eggs, peanuts, or tree nuts \*ALL NUTRITIONAL INFO IS APPROXIMATE.



#### **IPAD EXCLUSIVE**

See step-by-step tips on how to prepare fresh fava beans on our iPad edition. Download it now from the iTunes Store.





Fiddlehead Fern and Potato Har

SERVES 4 0 0 6



A fine source of vitamins A and C, chewy fiddleheads are like a cross between asparagus and green beans. For a stand-alone meal, top each serving with a poached egg.

Coarse salt and ground black pepper

- 11/2 lb small potatoes, scrubbed and halved
- 1/2 lb fiddlehead ferns, cleaned and trimmed
- 2 Tbsp extra-virgin olive oil
- 1 shallot, thinly sliced
- 1. In a medium pot of salted water, bring potatoes to a boil and cook until knife-tender, about 8 minutes. Add fiddleheads and cook until bright green, about 1 minute. Drain and set aside.
- 2. Heat oil in a medium skillet over medium-high heat and cook shallot until golden, about 2 minutes. Add potatoes and fiddleheads and cook, stirring, until golden brown, about 4 minutes. Season with salt and pepper.

PER SERVING: 206 cals; 7g fat (1g sat fat); 0 mg chol; 31 g carb; 57 mg sodium; 6 g protein; 3g fiber

#### Roast Chicken with Fava Beans SERVES 4 6

Fresh, nutty fava beans brighten this comforting skillet dinner.

- 1 whole chicken (about 4 lb), left at room temperature for 30 minutes
- 1 Tbsp extra-virgin olive oil Coarse salt and ground black pepper
- 6 cloves garlic, skin on
- 3 lb fava beans, shelled (about 4 cups)
- 1/4 cup white wine
- 2 tsp fresh thyme
- 1. Preheat oven to 450°. In an ovenproof skillet, rub chicken with oil and season with salt and pepper. Surround with garlic. Tie legs with twine. 2. Roast, basting after 30 minutes, until a thermometer inserted into the thigh reaches 165°, about 1 hour. 3. Let chicken stand on a cutting board 15 minutes; reserve garlic and pan juices (skim fat). 4. Cook beans in boiling salted water until bright green, 2 minutes. Plunge into an ice bath; peel skins. 5. Warm wine in skillet, scraping up brown bits. Add beans, thyme, and garlic; heat through. Stir in pan juices.

PER SERVING: 387 cals; 7 g fat (1 g sat fat); 18 mg chol; 62 g carb; 147 mg sodium; 34 g protein; 1 g fiber

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#### BREAKFAST START YOUR MORNING WITH THIS ZINGY, ANTIOXIDANT-PACKED SMOOTHIE.

photographs by Bryan Gardner; food styling by Shira Bocar; prop styling by Liz Adler

#### KICK-STARTER

New Year's resolutions a distant memory? Whether you want to recommit to a healthier eating regimen or simply treat your body to some R&R, our threeday reboot is a delicious way to do it.

RECIPES BY LOUISA SHAFIA TEXT BY LINDSAY FUNSTON

#### 3 DAYS, 3 MEALS

The best part of this mini detox? We've prepared a streamlined menu of "big batch" meals so that you can frontload all of the work. Yes, you'll be having the same breakfast, lunch, and dinner during the cleanse (you can change it up with our six fun snacks), but three days of clean eating "will help your body focus on detoxing, rather than on breaking down complex foods," says Marcia Berry, a holistic health counselor based in New York City. Enlist a friend or two, block out a weekend, and take it easy. You deserve it!



#### SPRING (CLEANING) MENU Our back-to-basics recipes will invigorate you from the inside out.

In just 72 hours, you can jump-start your way to a healthier body. "When your liver is no longer overwhelmed with processing new toxins," Berry says, "it can start flushing out old wastes." These dishes give your digestive system a rest from processed foods and allergens like dairy and gluten.

Loading up on the season's fibrous fruits and vegetables helps remove toxins; they're eliminated by binding to fiber. Skip your morning coffee and evening glass of wine (both overwork the liver, the organ we're aiming to support); opt for water and herbal tea instead.

#### BREAKFAST -

#### STRAWBERRY-GRAPEFRUIT SMOOTHIE

#### MAKES THREE 13/4-CUP SERVINGS

After you've had your first serving, refrigerate the remainder in the blender jar, and when you're ready for more, simply re-pulse. (Alternatively, you can freeze the extra smoothie in popsicle molds for a breakfast pop.)

#### FOR THE BIG BATCH

- 1 grapefruit, peeled, seeded, and chopped
- 2 cups hulled fresh or frozen strawberries
- sweet apple (such as Honeycrisp or Pink Lady), cored and chopped
- 1 inch fresh ginger, peeled and chopped
- 1 cup water

Combine all ingredients in a blender and process until smooth.

PER SERVING: 84 cals; 1 g fat (0 g sat fat); 2 protein; 4g fiber\*

\*ALL RECIPES ARE VEGAN. ALL NUTRITIONAL INFO IS APPROXIMATE.

#### BEET, AVOCADO, AND ARUGULA SALAD WITH SUNFLOWER SEEDS

#### MAKES THREE 2-CUP SERVINGS

Prepare the beet slaw on the first day and refrigerate leftovers. Add greens, avocado, and seeds just before eating.

#### FOR THE BIG BATCH

- 2 beets, peeled and grate or thinly sliced
- 4 stalks celery, thinly sheed
- 1 English cucumber seeded, thinly sliced
- 2 scallions (green parts only), thinly sliced

#### FOR EACH SERVING

- 1 packed up baby arugula
- 2 The extra-virgin olive oil
- 2 Tesp lemon juice

Coarse salt and freshly ground black pepper 2 avocado, diced

#### 3 Tbsp sunflower seeds, toasted

1. In a large bowl, toss beets, celery, cucumber, and scallions. 2. To serve, toss 2 cups slaw with arugula, oil, and lemon juice. Season with salt and pepper. Top with avocado and seeds.

PER SERVING: 612 cals; 56 g fat (7g sat fat); 8 g protein; 12 g fiber

#### CARROT-SPINACH SOUP WITH DILL

#### MAKES THREE 3-CUP SERVINGS

Make the base and then simply add fresh greens and herbs each time you serve.

#### FOR THE BIG BATCH

- 3 Then extra-virgin olive oil
- 1 large onion, diced
- 7 carrots, diced (about 5 cups)
- 1/4 tsp turmeric
- 1 Thsp coarse salt
- 8 oz green beans, cut into 1/2-inch pieces

#### FOR EACH SERVING

- 1 packed cup baby spinach
- 3 Tbsp freshly chopped dill
- 2 Tbsp lemon juice

1. In a pot over medium heat, cook onion in oil until tender, about 6 minutes. Stir in carrots, turmeric, and salt. Add 10 cups water, bring to a boil, then simmer, 30 minutes. Add beans and cook until just tender, about 2 minutes. 2. To serve, fill a bowl with spinach and dill. Ladle 3 cups hot soup over greens, cover with a plate, and let steep 5 minutes. Add lemon juice.

PER SERVING: 312 cals; 17 g fat (2 g sat fat); 7g protein; 13g fiber

#### THE GO-BETWEENS Snacking is allowed! Choose two of these smart combos each day.



#### **AVOCADO ROLLS** MAKES 1 SERVING Toss 1 cup chopped watercress with 1 julienned carrot, 10 mint leaves. 1/2 mashed avocado, and salt. Roll in 1 halved cabbage leaf.

PER SERVING: 180 cals



COCONUT "GORP" **MAKES 4 SERVINGS** Combine 1/2 cup unsweetened banana chips, 1/4 cup raisins, 2 Tbsp unsweetened coconut flakes, and 2 Tbsp raw pumpkin seeds. PER SERVING: 230 cals



APPLE WITH TAHINI MAKES 1 SERVING Drizzle 1 Tbsp tahini over 1 cored and sliced sweet apple (such as Honeycrisp or Pink Lady). PER SERVING: 103 cals



BANANA "ICE CREAM" MAKES 1 SERVING Freeze 1 peeled and chopped ripe banana. Purée in a food processor. Top with 1 Tbsp sliced almonds. PER SERVING: 139 cals

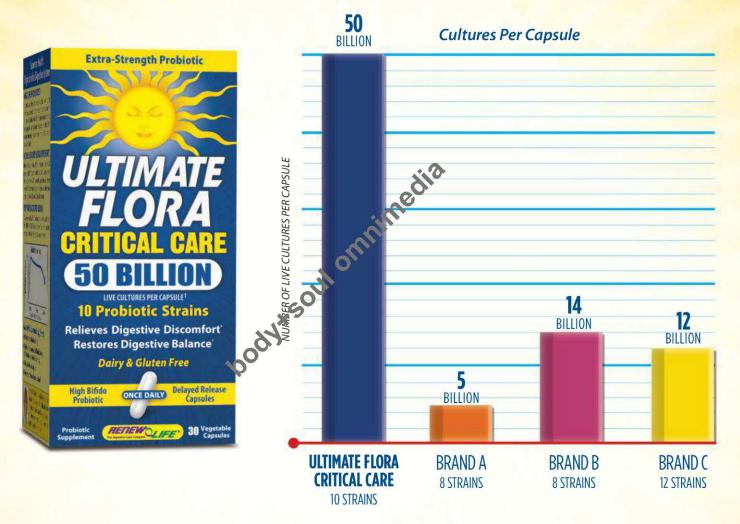


**RADISHES WITH OLIVE OIL MAKES 2 SERVINGS** Combine 2 Tbsp olive oil, 1 tsp chopped chives, and 1/4 tsp each salt, lemon juice, and zest. Serve with radishes. PER SERVING: 127 cals



COLLARD CHIPS MAKES 3 SERVINGS Drizzle 1 Tbsp olive oil over 6 collard leaves torn into 3-inch pieces; season with salt. Bake in a single layer at 300° until crisp, 15 minutes. PER SERVING: 46 cals

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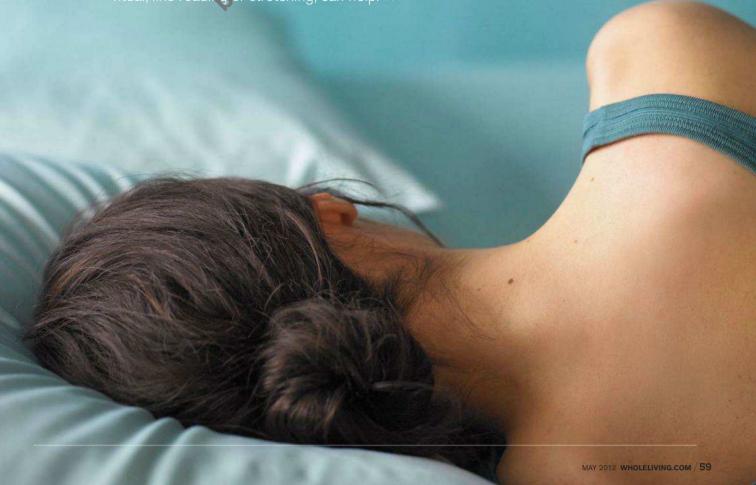
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#### HEALTH

#### TICKER

#### SLEEP ON IT

The next time you're wrestling with an issue, take a snooze. A new study from the University of California—Berkeley shows that the REM stage helps put problems and emotions into perspective. Brain scans revealed that people who slept between viewings of distribing images were less upset than those and stayed awake. "During slumber, measures are processed while stress neurochapicals are suppressed, which helps remove the sharp edges from emotional experiences," explains Els van der Helm, the study's lead author. She advises aiming for plenty of shut-eye during rough patches, creating a nighttime ritual, like reading or stretching, can help.





DROP AN F-BOMB The next time you stub your toe, feel free to react with some choice fourletter words. If you typically keep it clean, cursing might temporarily ease the pain, according nol of Pain. Experts suspect that system, helping to curb the sting.

a better job of stimulating the brain cells that help keep us awake and alert that do any other nutri-ents, a study published in the journal *Neuron* notes. Bonus: The neurons switched on by amino acids also tell your body to burn calories, suggesting that the right bite may actually kick up your metabolism.



Hit pause before you unwrap that 11 a.m. granola bar, Older dieters who noshed between breakfast and lunch lost fewer pounds over the course of a year-7 versus 11 percent of their body weight-than did those who held out for a meal. People may reach into the snack drawer mindlessly in the morning, researchers theorize.



#### WALK OFF CRAVINGS

Got a hankering for a Hershey bar? Employees who took a brisk 15-minute walk ate half as much chocolate afterward as those who rested at their desks. The theory? The natural boost from walking may prevent people from resorting to treats for a hit of energy, scientists at the University of Exeter explain. Step away from the candy jar and try one of the walking workouts on page 69 instead.

STRETCH THE PAIN AWAY When your back aches, resist the temptation to curl up on the couch. People with chronic lower-back issues who took weekly yoga or stretching classes showed a greater decrease in pain after a 12-week period than did those who just checked out a self-care book, a paper in the Archives of Internal Medicine shows. Move to see your aches improve.

#### BREW A (WHITE) CUPPA

The buds and young leaves from the tea plant make a healthy addition to your beverage rotation. They may block inflammation, in turn helping to ward off rheumatoid arthritis, some cancers, and even wrinkles, says a report out of Kingston University, in London.



#### KICK THE CAN

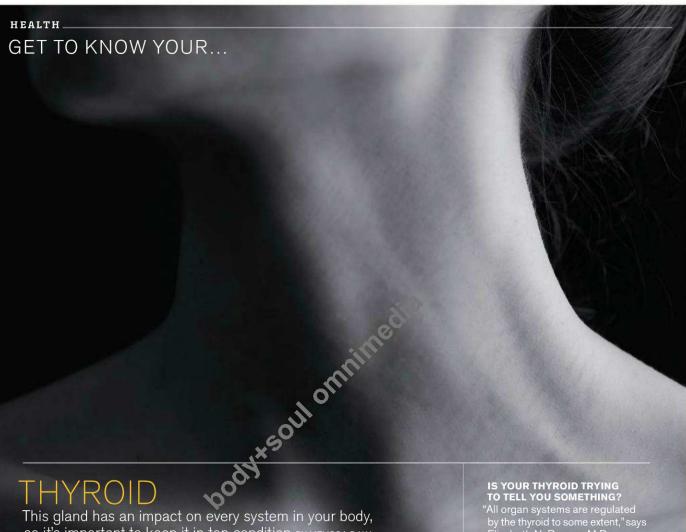
Eating just one 18.5-ounce serving of canned soup a day for five days raised diners' levels of BPA-a chemical linked to heart disease and some cancers-by more than 1,000 percent. Pick BPA-free brands, like Eden's Organics.

## Do More. Hurt Less.



For natural relief of bruises, sprains, strains and swelling, use **Arniflora® Arnica Gel**. It's a safe and effective delivery of *Arnica montana* 1X that helps the black & blue marks of bruises go away faster, and relieves muscle pain & stiffness caused by overexertion.





so it's important to keep it in top condition by Melissa Daly

WHAT IT IS A butterfly-shaped gland at the front of your neck, just below the voice box. WHAT IT DOES Produces the hormones

thyroxine (T4) and triiodothyronine (T3), which regulate the rate at which the body uses energy and burns calories.

WHY IT'S IMPORTANT An under- or overactive thyroid can result in hypothyroidism (too little thyroid hormone) or hyperthyroidism (too much). Untreated, these conditions can increase the risk of heart disease and, for pregnant women, the chance of birth defects.

#### **MILLION**

The estimated number of Americans who have a thyroid disorder and don't realize it.

-ARCHIVES OF INTERNAL MEDICINE

#### **3 WAYS TO TREAT IT KINDLY**

To keep your thyroid humming, we recommend:

This gland has an impact on every system in your body,

LEARNING YOUR FAMILY HISTORY Having a relative with any autoimmune disorder (such as type 1 diabetes or rheumatoid arthritis) puts you at higher risk, since a common cause of thyroid disorder is the immune system attacking the gland.

GETTING ENOUGH IODINE Found in milk, seaweed, and iodized salt (but not sea salt), this mineral is a building block of thyroid hormones. Most Americans consume plenty of it, but because even mild deficiency during pregnancy can affect delivery and the developing baby, pregnant and breast-feeding women should take a daily supplement with 150 mcg of potassium iodine.

**FINDING AN OUTLET** Stress may play a role in triggering the autoimmune processes that can contribute to thyroid disease. Whether it's spin class, mindfulness meditation, or just venting to your friends, find a way to process everyday anxiety.

#### IS YOUR THYROID TRYING TO TELL YOU SOMETHING?

All organ systems are regulated by the thyroid to some extent,"says Elizabeth N. Pearce, M.D., an associate professor at the Boston University School of Medicine. "So if it's not functioning properly, there can be a wide variety of symptoms." With an underactive thyroid, bodily processes like heat production, brain function, and digestion slow down; with an overactive thyroid, they speed up.

If you have been experiencing these symptoms (the first in each set is a sign of hypothyroidism; the second is a sign of hyperthyroidism) for more than a few weeks, talk to your doctor about taking a TSH (thyroid-stimulating hormone) test:

- Fatigue/anxiousness
- Heavier periods/lighter periods
- Weight gain/weight loss
- Constant coldness/ constant heat
- Constipation/frequent bowel movements

The American Thyroid Association recommends that you get a TSH test every five years or so beginning in your mid-30s, even if you don't have symptoms.

#### SEASONAL ALLERGIES

Battling itchy eyes and a runny nose? Whether it's a mild annoyance or a serious issue, there are steps you can take to go from achoo! to ahhh. BY KENRYA RANKIN



#### **SNACK ON SALADS**

Eating a range of fruits and vegetables may help calm allergies. During the allergic response, oxidants in your system team up with histamines to attack the body; carotenoids in produce defend against those oxidants.



#### SIP H<sub>2</sub>O

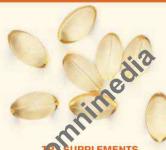
Drinking water thins mucus and hydrates dry nasal passages. Shoot for about nine cups of fluid daily, most of it water.



#### **BLOCK OUT TRIGGERS**

To keep allergens at bay, shut the windows when the lawn is being mowed, wear wraparound sunglasses, check your shoes and jacket at the door, turn your car's air conditioner to "recirculate," and avoid outdoor exercise in the morning and at midday, when pollen counts are highest.

#### **SEMI-REGULAR**



#### SUPPLEMENTS

Resea ch suggests 800 mg of vitamin Excay can help ease symptoms. h antioxidant quercetin (found in Sapples and onions) may block the release of histamine; consider taking 200 to 400 mg of it three times a day.



#### STRIKE A POSE

Stress may intensify your reaction to allergens by dampening your immune system, so keep up your yoga routine. Even three minutes of easy asanas in the morning will set a relaxed tone for the day.



#### **INVEST IN A NETI POT**

This teapot-like device uses saltwater to wash away allergens and mucus, reducing postnasal drip. Look for it at your local drugstore; if you're making your own saline solution, be sure to use sterilized water.

#### **CHRONIC**

Argh—you feel like you've been battling a nasty cold for weeks.



#### **GET TO THE POINT**

Acupuncture may boost your immune system by stimulating your body's natural "defensive energy." One study found that regular treatments significantly reduced allergy symptoms without side effects.



#### **GIVE MEDS A TRY**

A daily antihistamine can lessen sneezing, itchiness, and watery eyes, while a nasal steroid spray will help clear a stuffy nose. An allergist can assist you in finding the right balance of medications.



#### **CONSIDER IMMUNOTHERAPY**

If other treatments aren't working, you might look into allergy shots. The procedure involves one to three weekly injections of gradually increasing amounts of a trigger; after a few years, your body should build up a permanent tolerance.



#### **A Chemical Reaction**

Environmental toxins may be a fact of life, but when cancer got up close and personal with one woman's family, she vowed to banish them from her home BY DEANNA DUKE

"MA'AM, DID YOU want your receipt?" The cashier held out the slip of paper, and I imagined toxins dripping from it onto the counter. I froze. Even if I could manage to grab it with my sleeve pulled down over my fingers, I knew I would look like a crazy person doing it. A few months earlier, I had made the decision to rid my body of harmful chemicals altogether. And in the course of my research, I'd learned that most receipts are coated in a powdery

film of bisphenol A, or BPA, a chemical that's been shown to disrupt hormones and cause heart irregularities in women. The quest had turned even simple errands like this one into dangerous expeditions, with toxins lurking at every turn.

My journey had begun three years before that, on the day when my vibrant husband, then 37 years old, was diagnosed with blood cancer. After hearing yet another story from a friend or relative about yet another young, healthy loved one who had recently received a similar diagnosis, I began to wonder what might be triggering these devastating illnesses.

A dozen books and countless hours of Internet research later, I felt more disturbed than ever. Even though I didn't have any definitive proof of the cancer-chemical connection, the link seemed clear enough to me. I decided that my household could only benefit from a toxin-free environment, and so the mission crystallized: Within six months, I vowed, I would completely rid my body, my family, and my home of all dangerous chemicals.

I started by tracking down a lab that would perform a "toxic body burden" blood test, an expensive exam I'd read about that would quantify the amount of noxious chemicals in my body. I was shocked to learn that I had higher levels of parabens and phthalates—hormone disrupters found in foods, body care products, and cleaning supplies—than 95 percent of the American population. Apparently I had my work cut out for me.

I spent the following week tearing apart every closet, drawer, and cabinet in my home. I raked the offending cleaning products, snacks, cookware, and knickknacks into towering piles and then went through them one by one, checking their ingredient labels against the Environmental Working Group's chemical database (ewg.org/skindeep) for toxicity.

Bag after bag brimmed with discards bound for Goodwill or the dump—children's pajamas shrouded in toxic flame retardant, sparkly earrings spiked with cadmium or lead, tomatoes tainted by the steady leach of BPA from the lining in the can. Purging items more gradually would have been a more logical approach, obviously, but I was obsessed with ridding my home of toxins as quickly as possible.

My husband, then in the throes of chemotherapy, supported the purge with bemused humor, but my 10-year-old son, who is autistic, reacted severely

to the disruptions. A few changes sparked full-out tantrums; in particular, he was wildly offended by the houseplants I'd added to clear the air of toxic particles. I eventually learned to space out my more dramatic efforts over several weeks.

Meanwhile, my daughter, then 7, had become hypervigilant, inquiring worriedly, for example, whether this item or that might be harboring flame

BAG AFTER
BAG BRIMMED
WITH DISCARDS:
PAJAMAS, EARRINGS, CANNED
TOMATOES.

retardant. She began lecturing her fellow first graders, telling them that eating nonorganic apples would bring certain death. I realized that my project was frightening my childrenthey couldn't postibly understand the relative

understand the relative risks of the toxins I was attempting to remove— and so I made it a point to dial back the messages I was sending. I stressed that the drastic changes we were weathering were a part of my own effort, but that they didn't have to apply to everyone else. Gradually, after repeated assurances, the kids calmed down and decided to just let Mom do her thing. (It was less easy with my peers; when friends and coworkers politely asked how my project was going, I'd share whatever terrifying new research I'd just uncovered, only to watch several of them furrow their brows and turn a cold shoulder.)

With my closets emptied, I began the equally laborious process of tracking down safe alternatives. The replacements weren't always perfect. The first shampoos I tried made my long hair frizzy; I got so frustrated that I ended up just chopping it all off. And I still haven't won the battle against mold. Because of the chemotherapy, my husband's immune system is constantly compromised, and a moldy bathroom could present a serious health hazard for him. In Seattle, though, where we live, it's damp all the time, so the grime grows with impressive tenacity; I'd spend an hour scrubbing with borax and salt, sweat dripping into my eyes, only to rinse, sit back on my heels, and realize that the damn shower looked exactly the same as it had before I'd started. Defeated, I had to resort to occasionally wiping with diluted bleach, wondering which was worse for us: the dirt or the cleaner.

But some of the trade-offs have actually made us happier. I tossed my petrochemical pillow, for instance, and now sleep peacefully on fluffy goose down. I abandoned a smelly old vacuum in exchange for a powerful model with a high-efficiency particulate air (HEPA) filter, and I dotted my home with plants (my son is used to them now), lending our indoors a leavely outdoors feel.

our indoors at very outdoors feel.

Best of all a follow-up toxic body burden test five months after the beginning of the purge revealed that a veriforts had not been in vain: The levels of parabens, phthalates, and other chemicals in my bood had dropped to almost nothing.

My husband is still on long-term chemotherapy, and I'll confess that I occasionally reach for a spritz of one of the few bleach-based cleaners or traditional antiperspirants that I've (guiltily) returned to our shelves. The detox hasn't eliminated all of our family's problems, and sometimes—like the other night, when my husband was rushed to the hospital with an infection—I'm reminded that our health is, to a large extent, outside of our control. But it's a relief not having to weigh the relative risks of an artificially colored cookie or a chemically scented dryer sheet anymore: I've just said no. Our lives may be filled with uncertainty, but I do sleep a little better at night knowing that our cupboards and our closets are as healthy as they can be.

DEANNA DUKE is the author of The Non-Toxic Avenger: What You Don't Know Can Hurt You.

#### DO TRY THIS AT HOME

Unable to stage a full-scale cleanse? Here are Duke's top to-dos for cutting down on toxins.

#### **LOSE THE SCENTS**

Avoid anything with "fragrance" or "parfum" on the label. An unexpected bonus: My sense of smell improved; now artificially scented candles smell cloying but real flowers smell incredible.

#### DITCH THE ANTI-BACTERIAL SOAPS

Studies show that proper hand washing is as effective at keeping you well, and that the germ-killer triclosan is linked to compromised endocrine functioning and cancer. I try to remember to carry a little bottle of natural soap with me at all times.

#### **BAN BPA**

Any can that doesn't say "BPA-free" probably contains the toxin. I buy dried beans in bulk and prep big batches in a pressure cooker—it may be time intensive, but it's worth it.

## photographs by Johnny Miller; hair and makeup styling by Sylvester Castellano

#### Step It Up

All you need to get fit and feel great is your own two feet by MICHELE STANTEN

IT'S SOMETHING YOU DO every day without thinking about itand that's precisely the problem. Most people don't give walking as a form of exercise the credit it deserves. But "with the right techniques, you can experience a cardio workout that's as effective as such high-impact exercises as running or aerobics," says Torontobased walking coach Lee Scott.

Science backs him up: Research indicates that striding regularly can help shrink your waistline, lower your blood pressure, protect against heart disease, and even reduce your risk of diabetes and some cancers. Plus, say experts, even a quick walk can boost your mood and energy levels.

Whether you're on a short break or a full lunch hour, there's always time for a workout. Scott has devised three plans to help you burn fat, relax, and tone up. Just put one foot in front of the other....

#### WALK THIS WAY >

Proper posture can help you walk faster and burn more calories while reducing your risk of injury. When you stand tall, your muscles move through a greater range of motion for a more powerful stride.



Whatever your time (or commitment level), we've got a "walkout" for you.

#### **15-MINUTE STRESS BUSTER**

Coordinate your breathing with your strides to feel more centered.

- 1 MINUTE Stand with hands on waist and slowly breathe in and out through your nose 12 times. Feel your belly expand and contract.
- 1 MINUTE Extend arms in front of you, parallel to the ground, with palms touching. As you inhale, pull arms out to sides and open your chest. Close your arms as you slowly exhale. Repeat for about 12 breaths.
- 3 MINUTES Begin walking slowly, inhaling for 2 steps and exhaling for 2 steps, swinging arms at sides. After a minute, increase to 4 steps per inhale and exhale. After another minute, bump it up to 6 steps each.
- 1 MINUTE Keep up the pace, but instead of swinging your arms while you walk, open and close them as you did during Minute 1. Inhale for 6 steps and exhale for 6 steps.
- 5 MINUTES Bend arms to 90 degrees and crank up the speed until you need to breathe out of your nose and mouth. Maintain this pace.
- 3 MINUTES Slow down so you can do nose-only breathing. Inhale for 4 steps and exhale for 4 steps, opening and closing arms as above.
- 1 MINUTE Stop, stand still, and breathe as you did at the beginning.

#### **30-MINUTE FAT BLASTER**

Short bursts of fast walking crank up your calorie burn.

- 4 MINUTES Walk at an easy pace.
- 4 MINUTES Increase to a brisk pace (as if you're late for an app cincrent). A good litmus test: You stold be breathing hard enough that it's difficult to talk in complete sentences.
- 6 MINUTES Do 23:60 intervals (you'll need a catch for this routine; one with an interval timer set to 30 seconds ideal): Walk as quickly as you an for 30 seconds and count the number of steps you take. Show to a brisk pace for 60 seconds to recover. Do 4 times, aiming to increase the number of steps you take during each "sprint." (Remember this number.)
- 6 MINUTES Do 30:30 intervals: Go as fast as you can for 30 seconds. Slow to a brisk pace for a 30-second recovery. Do 6 times, maintaining your highest step count from the previous intervals.
- 6 MINUTES Do 60:60 intervals: Alternate 60-second "sprints" with 60 seconds of recovery. Do 3 times, shooting to log double the number of steps in each fast interval that you did during 30:30 intervals.
- 4 MINUTES Cool down by walking at an easy pace.

#### **60-MINUTE BODY FIRMER**

Turn it into a total-body workout.

Add these drills to your walk.

- 3 MINUTES Warm up by walking at an easy pace.
- 3 MINUTES Increase to a brisk pace (as if you're hustling to an appointment). You should be breathing hard enough that you can't talk in complete sentences.
- 12 MINUTES Sculpt your butt: As each heel lands, squeeze your glutes to help pull your body forward. Do this for 2 minutes as you walk briskly, then relax for a minute, striding normally at an easy pace. Repeat this cycle 3 times (so you're working your glutes a total of 4 times).
- 12 MINUTES Tone your tummy: Pull your belly button back toward your spine and hold it there, engaging your abdominals. Then feel your core muscles pulling each hip back behind you as you step forward with the opposite leg. Keep this up for 2 minutes as you walk briskly, then relax your core for a minute, walking at an easy pace. Repeat this sequence 3 more times.
- 12 MINUTES Shape your back: Contract the muscles around your shoulder blades to pull your arms back as you swing them. Do this for 2 minutes as you walk briskly, then relax for a minute, striding at an easy pace. Repeat this cycle 3 more times.
- 12 MINUTES Put it all together: Do 2 minutes of butt sculpting, followed by 1 minute of easy walking; 2 minutes of tummy toning, followed by another minute of easy walking; and 2 minutes of back shaping, followed by a minute of easy walking. Then engage your butt, your stomach, and your back and try all the toners at once for 2 minutes, followed by 1 minute of easy walking.
- 3 MINUTES Walk briskly.
- 3 MINUTES Cool down by walking at an easy pace.

#### Be a Shoe-In

The wrong footwear can throw off alignment, raising your risk of injury. To find the right pair:

VISIT A SPECIALTY STORE You'll likely receive more expert advice here than at a big-chain sports retailer.

PICK WALKING OR RUNNING SHOES Unlike tennies and cross-trainers, they're designed for forward motion.

**LEAVE A LITTLE WIGGLE ROOM** Feet swell during workouts, so buy a pair with a half-inch of space between your toes and the front of the shoe.

## GET COOKIN' THIS SPRING

WEEKDAYS STARTING AT 11a/10c



**Emeril's Table** 

Mad Hungry with Lucinda Scala Quinn





#### THE HOT ZONE

Is it possible that everything we thought we knew about treating fevers could turn out to be wrong? BY HOLLY PEVZNER

WE'VE ALL BEEN THERE. It's the middle of the night. You hear a cry from your child's room. He's sweaty and scared. Your heart races as you grab the thermometer: 102 degrees. You reach for the pill bottle. It's what you do. It's what I did when that hot and teary baby was my own. And it's what my friend Reija Eden, 34, did when her 2-month-old son's temperature edged past the 101-degree mark a few years back. "I thought something was terribly wrong," says the Califor-

nia-based jewelry designer. She gave him Tylenol, as so many of us have done over the decades.

But that was one of the last times Eden treated her children's fevers with an over-the-counter medication. "When my second child had a fever at a year old, I didn't give her a thing," she says. "I watched her and breast-fed her to keep her hydrated. Eventually the fever broke." Unlike Eden, I had never hesitated to turn to my medicine cabinet in the face of a fever.



TREATING A FEVER WITH MEDI-CINE CAN INTERFERE WITH YOUR BODY'S ABILITY TO FIGHT THE VIRUS. BY SCALING BACK YOUR NATURAL DEFENSES, YOU PROLONG THE WAR ON BUGS.

> Until last winter, that is, when the journal *Pediatrics* reported that the use of acetaminophen, the active ingredient in Tylenol, could have contributed to a significant increase in childhood asthma cases worldwide. Even a oncea-month dosage, the report said, may set the stage for problems.

> As if I weren't spooked enough already, this news landed in my inbox the very same week that another report, from the Roswell Park Cancer Institute, in Buffalo, New York, found that a body at a heightened temperature actually fights off ills better and faster than does a body at normal temperature. Had I been hurting my children by medicating their fe-

vers away? And had I been doing the same thing to myself every time I got sick and swallowed a Tylenol for the sake of making it to nursery school pickup on time? I was determined to find out.

#### TEMPERATURE NSING

A human's oral gody temperature ranges from V to 99 degrees, and anything over 100.4 is technically a fever. After an infection, you produce chemicals called cytokines," explains Elizabeth A. Repasky, a coauthor of the Roswell Park study. "Those chemicals set off a reaction that tells your brain to increase your body's temperature set point." Voilà: Your metabolism quickens and produces a fever. The heat gives the immune system a leg up by activating its cells. In addition, the lie-aroundon-the-couch feeling you get with a fever lets your body funnel its energy into fighting off the invader.

"A fever itself is not dangerous," states Lawrence D. Rosen, M.D., chair of the American Academy of Pediatrics (AAP) Section on Complementary and Integrative Medicine. "It's what's behind the fever that could be a cause for concern."

#### THE FEAR FACTOR

Shivers, sweat, lack of energy—the hallmarks of fever certainly *feel* sinister. So it's no surprise that we respond to it with fear. In fact, a 2010 study in *Clinical Pediatrics* found that 73 percent of parents were "very concerned" about the potential danger of a fever. Their No. 1 worry: seizure, followed by fear of death. But according to the National Institute of Neurological Disorders and Stroke, there's no evidence that fever-lowering meds

will reduce your child's risk of febrile seizure anyway. The reaction is usually a young body's response to a sudden spike in temperature. Seizures occur in just 3 to 5 percent of children 6 months to 5 years old, and most aren't associated with long-term harm.

The Clinical Pediatrics study also found that parents hit the panic button when their child's temperature reaches 100 degrees. And even before the thermometer registers that number, two-thirds of parents dole out fever reducers. "True, anything over 100 degrees in a baby under three months old requires a call to the doctor," says the AAP's Rosen. "But in adults and children four months and older, a temperature increase of a few degrees over the baseline is unlikely to be dangerous."

#### JUST SAY NO?

Emergency room staff may reach for the pills as well. "Health care providers feel pressure to 'do something' to treat illnesses," Rosen says. "A fever is a symptom, not an illness, but we live in a symptom-treatment medical system, not a health-promoting one."

And drugs do treat the symptoms admirably: "They'll certainly help you feel more comfortable," says Jennifer Lowry, M.D., a specialist in pediatric pharmacology at Children's Mercy Hospitals and Clinics, in Kansas City, Missouri. Over-the-counter fever reducers bring down your temperature by stifling the formation, release, or synthesis of inflammatory chemicals in the body, switching off the "get feverish" signal.

But, ironically, your quest for comfort may result in your suffer-

ing longer. "Treating a fever with medicine can actually interfere with your body's ability to fight off the infection," says Todd Patton, a family physician based in Mineola, New York. By scaling back your natural defenses, you prolong the war on bugs.

While there's no direct evidence that fever reducers permanently hamper immune-system development, it's possible that reaching into the medicine cabinet can have lasting effects. Take the news that got me worried in the first place, the Pediatrics article suggesting a link between acetaminophen use and asthma. "It's possible that the drug changes the body's chemistry in ways that encourage in flammation in the airways," says study author John McBride, M.D. "Acetaminophen may not be entirely safe," he warns, "particularly for those at risk of developing asthma."

Another problem with the fever reducer: More than 40 percent of caregivers misuse it with kids, according to the 2010 survey, usually erring on the side of overmedication. In high doses, the drug can reduce beneficial antioxidants in the liver, leading to serious damage of the organ, Patton says.

Other fever reducers—things like ibuprofen and naproxin—can cause stomach ulcers and kidney damage. And a recent study published in the Canadian Medical Association Journal demonstrated that the risk of miscarriage was 2.4 times greater among women who took prescription fever reducers such as ibuprofen even once during the first 20 weeks of pregnancy. Plus, in kids younger than 14, aspirin can cause Reye's syndrome, a disease that can lead

to liver failure. "Aspirin should not be used to treat fevers in children, especially those with viral illness like the flu," concludes pediatric pharmacologist Lowry.

#### GOING THE MED-FREE ROUTE

If it's beginning to sound like are other one of those damned-if-our-do, damned-if-you-don't situations (over-the-counter fever reducers come with potentially scary side effects, but fevers thanselves leave you feeling like dart), take heart: There are natural ways to lower your temps, atture when the heat becomes too much to bear. "One of the fastest ways for older kids and adults to bring down a fever is to remove clothing while staying at room temperature," Patton says. (Avoid cool baths, which can trap body heat and actually raise your internal temperature.)

Homeopathic remedies can be helpful as well. "With these, you're mounting a response against the underlying cause of the fever," says Eric Udell, N.D., cofounder of the Arizona Natural Health Center, in Tempe. Some options include homeopathic treatments of ferrum phosphoricum (iron phosphate), aconite, and belladonna. You will need the help of a naturopath or a homeopathic expert to select the right treatment, Udell adds.

Perhaps the best guiding principle is one that my friend Reija Eden learned from her pediatrician: "Treat the child, not the fever." After my exhaustive research, I'm on board with this. I'll stock up on the homeopathic stuff and keep fever reducers in my back pocket just in case. And I'll call the doctor if I feel truly worried—but I suspect I'll worry a lot less now. †

#### SHOULD YOU PICK UP THE PHONE?

Sometimes a fever does call for a visit to the doctor, says odd Patton, a family physician in Mineola, New York. Seek medical advice if...

- 1 You experience a sudden onset of a 101-degree fever accompanied by dry cough, fatigue, and muscle aches. (You should be evaluated for influenza within 48 hours.)
- 2 You have a fever without any other symptoms that lasts for three or more days.
- 3 You develop a fever two to three days after surgery.
- 4 You develop a fever and are immunosuppressed because of HIV/AIDS, diabetes, cancer, kidney failure, or another condition.
- 5 You have a fever with abdominal pain, vomiting, chest pain, or rash.
- 6 Your child has a fever and is 3 months old or younger.
- 7 Your child has a febrile seizure.



Clutter: Variable Clutter: Var

Celia Barbour delves into the messy emotions that come with letting go of our possessions

I GUESS I SHOULD have realized that something was up with the laundry room. I used to like doing the laundry; I always think of it as one of those mindless household tasks that give me a feeling of accomplishment. The smell of clean towels, the sight of neatly folded sheets and shirts, the knowledge that I've skillfully separated my lights from my darks—this stuff quietly confirms that all is right with the world.

But over the past few years, I'd begun to develop a sort of subconscious aversion to that room in the basement. I would quickly dive in, do only what was necessary, and promptly exit. I figured it was just because, with three kids zipping from school to soccer to games of capture the flag in the woods, simply managing the chaos required an EMT-like attitude: Ignore anything that isn't an emergency. I assumed I was just overwhelmed.

I was, as it happens. But it wasn't just the muddy blue jeans, mismatched socks, and wine-stained tablecloths that had been doing me in. It was all the other stuff that had begun gradually to accrue in the corners things that didn't actually have a purpose in our busy lives but that I couldn't figure out what else to do with.

You don't have to be a pathological hoarder to have a problematic relationship with material belongings."There's a whole continuum of hoarding," says Fred Penzel, a clinical psychologist and the director of Western Suffolk Psychological Services, a mental-health practice in New York that specializes in obsessivecompulsive disorders. The impulse may be rooted in naturesquirrels and birds instinctively do it, too. But it can go haywire, Penzel says, especially in our consumeroriented society, where

there's constant pressure to acquire things, and to define ourselves in terms of our possessions.

Who doesn't have a drawer full of makeup in the wrong shade and bath gels they'll never use? A pile of old magazines, a box of abandoned CDs? A friend of mine once opened the door to a walk-in closet in his otherwise perfectly spare house; its upper shelves were packed with hundreds of boxes of Q-tips, tissues, and Band-Aids—things he felt compelled to buy in bulk whenever they went on sale. My younger sister claims to need an entire room to stash things for which she has no immediate use.

But even if we have enough square footage to store all our unnecessary belongings, we should be more protective of our mental space. Because what matters more than the room things take up in our houses is the room they occupy in our brains, in the stories we tell ourselves to justify holding onto them: If I'm invited to a party, I might need bright green eye shadow; if we get another blizzard, we'll be grateful for this 10-year-old can of papaya; if I read those magazines, I'll finally be smart. Getting rid of stuff means having to say goodbye to the sense of security it provides—security that's largely make-believe but that exerts a powerful hold on us all the same.

For me, the hardest things to part with have always been the ones that come from my family. Even utter junk—broken art supplies, mildewed books, frayed linens that I couldn't sell for a nickel at a tag sale—clings to me with a kind of psychic Velcro if it has entered my life accompanied by a backstory. "Your great-grandfather

used those pencils," or "We got these as a wedding gift," my dad would say as he handed me something he no longer wanted. I felt like a crazy museum curator, assiduously looking after objects whose sole value was that they had once been meaningful to someone else.

No wonder anxiety, confusion, and sadness flew wildly forth the moment I started to make my way through the biggest pile in the laundry room. It began with a teal-green acrylic throw that my father had given me for Christmas some 30 years ago, accompanied by the information that

EVEN JUNK—FRAYED LINENS, MILDEWED BOOKS—CLINGS TO ME WITH A KIND OF PSYCHIC VELCRO.

it had been hand-knit by a blind woman who had no other source of income. I never liked this throw—teal acrylic?—but out of a false sense of charity, I'd lugged it with the to boarding school, college, and each of my su cessive

apartments before bringing it here, to my family home. Putting it in the Goodwill bag felt strange; in rejecting it, not only was I deciding to be done with the guilt I felt about secretly hating that blanket, but I had to accept the third father's concerns were not—and probably never had been—my own.

And so it went, each item summoning a burst of memories and emotions. What to do with the boys' childhood sleeping bags? The vintage curtains that didn't fit our windows? The down comforter a friend asked me to look after when she moved to England 15 years ago? Everything required that I make a choice, remember, think. In order to part with the sleeping bags, I had to face the fact that the boys' childhood is irrevocably over. Discarding the curtains meant acknowledging that I'll never hem them—which in turn meant admitting that I'm not the Little House on the Prairie homemaker I'd once dreamed I would be. The comforter made me realize that my Anglophile friend is probably gone for good.

No wonder I had postponed doing this—had, in fact, grown quite adept at ignoring this pile and others like it. It was easier to think, Ugh, can't deal with that today, and readjust my blinders. But then, suddenly, I was finished: one garbage bag to take to the trash, one for charity, and a small pile of textiles to wash and use. Right away, I felt lighter, freer, as if I'd done a mental cleanse.

Before long, I was ready to tackle other messes. The guest-room closet was full of old clothes, a selection I'd already winnowed many times. It should have been easy. But then Jout on a well-tailored blazer I'd been especially fond of when I was a rising young editor. It still fit, so I walked the my husband's study and twirled. "What do you think?" "It's nice," he said. "But it's not really you."

"But I love it," I insisted.

He smiled. "Then keep it."

On my way down the hall, my words echoed in my head. Was I really expending love on a 15-year-old blazer? And if so, why was I keeping such a vital emotion sequestered in a dark closet? It became clear that each pile of stuff was a repository of unresolved feelings, and I could sense, almost like a physical weight, how they shackled me to the past. I decided I wanted my feelings back. I didn't want them stuck to material belongings that no longer served a purpose. I put the blazer in the charity bag. The dreams it once embodied had already come true. Discarding an article of clothing couldn't erase that.

Being honest about possessions isn't easy. If it were, half the storage facilities in the country would have gone out of business long ago. But now, every time I waver about whether to keep or toss some once-beloved or I-ought-to-love-it old thing, I imagine what else I could do with that energy if I had it back, what person or project or goal I could devote it to. And as the shelves slowly empty, my heart fills back up with possibility.

CELIA BARBOUR is a writer living in Garrison, New York.

#### To Have and Have Lots: Tips for Conquering Your Clutter

Robin Zasio, a psychologist and the author of *The Hoarder in You*, shares her strategies for clearing out a home.

#### DON'T FIXATE ON A "SYSTEM"

Many people think the secret is to get their hands on the right storage system—whether it's plastic bins or closet organizers. But no object has the power to bring clarity to your home. Make the hard decisions about getting rid of things yourself; then figure out where to store what's left.

#### **IDENTIFY KEY SPACES**

Focus first on high-use areas—"spaces you need to have clear in order to get through your day efficiently," Zasio says—such as the bathroom where you primp or the desk where you pay bills. If one of these areas isn't working at full capacity, have at it.

#### HEED THE DREADED SPOTS

Next, tackle the places you ignore. If there's a drawer that makes you wince every time you open it, remind yourself that it's probably less taxing to sort through it than to feel frustrated every day. "It takes less effort to tackle clutter than to carry the stress of it around with you," Zasio says.

#### THINK BEYOND REGRET

It's common to imagine that discarding things will cause deep wistfulness later on. ("What if my aunt's 1950s sweater comes back into style?") Start by unloading one thing at a time, and you'll quickly discover what most people do—that you're actually relieved it's gone.

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EXPERIENCE AT WANDERLIST



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# DON'T THROW THAT OUT! Between the confusing numbers of containers and the ever-changing rules in the containers.

and the ever-changing rules is an sometimes feel like recycling just is worth the effort.

We're here to show you on that isn't the case.

BY MINDY SENNYBACKER



SINCE 1973, the number of municipal recycling programs in the United States has grown steadily—there are now more than 8,000 of them, serving about half the nation's population. But if you find yourself puzzling over what to do with every item you're ready to toss, you aren't alone. Without national recycling regulations, the criteria of what is accepted and what is not can vary wildly from city to city. While Denver's curbside program accepts those plastic clamshell food containers, for example, New York City's does not. And Los Angeles only recently added juice and milk cartons made of plasticcoated paperboard to its approved list. With this comprehensive guide, we hope to demystify this most elusive of the three Rs.

#### WHAT'S IN A LABEL?

These symbols are nearly identical, but they have very different meanings. (Just keep in mind that neither is trademarked, so the labels can be used by companies however they choose.)



RECYCLABLE The chasing arrows alone indicate that the material is recyclable, but you should always check your local regulations.



RECYCLED A circle border means that the item is made of recycled materials. If there's a number inside the arrows, it specifies the percentage.

#### LESSON 1

#### THE BIG 5 AND WHAT BECOMES OF THEM

If your community has a curbside program, chances are this group of materials will always be OK to drop into the bins. For recycling guidelines specific to your area, visit earth911.com.

#### 1 #1 POLYETHYLENE TERE-PHTHALATE / #2 HIGH-DENSITY POLYETHYLENE PLASTIC BOTTLES

To prep, just empty, rinse, and remove the caps, which are made from a thicker plastic that can literally clog up the works at the plant. Those ubiquitous polyethylene terephthalate (PET) plastic beverage bottles are generally shredded, washed, and melted; the resulting material can be spun into a polyester yarn used for clothing and accessories. The thicker, high-density polyethylene (HDPE) plastic-used for milk and laundry jugs, and for shampoos and cleaning-product bottles-gets shredded, ground, melted, and molded into such items as pipes, playground equipment, and outdoor furniture.

- 2 GLASS A recycling superstar, glass retains its integrity when crushed and heated, meaning it can be reused indefinitely. Most recycled glass is turned into new glass containers and bottles, but a small percentage is used to make items like jewelry and countertops. Make sure you degunk the insides and remove lids and bottle caps. (They can be tossed in the bin with your steel cans.)
- 3 PAPER Recycled paper (staples removed, boxes flattened) is shredded and mixed with water to create pulp. That pulp is cleaned, mixed with additives, and pumped onto a moving screen that drains the water. The resulting sheet is pressed and heated. Office paper and cardboard often get made into more paper and boxes, as well as tabletops and cutting boards. Glossy paper can become newsprint, paperboard, tissue, or stationery.
- 4 ALUMINUM CANS Prep by rinsing out the insides and cleaning any residue off the outside. Old cans are condensed, shredded, and crushed into potato-chipsize pieces that are melted and blended with virgin aluminum to create new cans.
- 5 STEEL CANS If your can opener creates sharp edges, leave lids partially attached and rinse out all contents. The steel is melted down, poured into casters, and rolled into flat sheets, which might in turn be molded into more cans, or used for fire hydrants, bridges, or cars.



Register at recyclebank.com to turn your efforts into tangible rewards: Points for each pound of recycled content can be redeemed for coupons and gift cards.

brown bags are all recyclable with paper.

#### LESSON 2

#### WHAT TO DO WITH THE REST

Though some areas of the country have impressively comprehensive curbside programs (we're looking at you, San Francisco), the materials below are less likely to be accepted with your regular recyclables. With some know-how and a little effort, though, you can save them from the doom of the landfill.

#### MATERIAL

#### #5 POLYPROPYLENE PLASTIC

INCLUDES: YOGURT CUPS, SOME BOTTLE CAPS, AND LIDDED CONTAINERS



TETRA PAKS AND JUICE BOXES



#4 LOW-DENSITY
POLYETHYLENE
PLASTIC

INCLUDES: SHOPPING BAGS



#3 POLYVINYL CHLORIDE PLASTIC INCLUDE

INCLUD SHOWER CURTAINS



CDS, DVDS, AND THEIR CASES



RECHARGEABLE BATTERIES



COMPACT FLUORESCENT LIGHT BULBS

FOAM PACKING MATERIAL AND PEANUTS



PRINTER CARTRIDGES

#### WHY IT'S HARD TO RECYCLE

Polypropylene (PP) has a melting point between that of PET and HDPE, the most commonly recycled plastics. Plants may be reluctant to adjust their equipment.

These cartons are made of mixed materials—paper, plastic, and aluminum linings—that recover some effort to separate

Low-density property in a thylene (LDPE) has a meeting point too low for some recycling plants to accommodate.

A trittle material, polyvinyl chloride (PVC) can't readily be made into new plastic. It also releases toxic chemicals, such as dioxins and phthalates, when heated.

The discs are considered #7 polystyrene (high melting point), and the cases are #6 polycarbonate plastic mixed with metal (materials that need to be separated).

Found in phones, laptops, and digital cameras, these batteries might contain such toxic heavy metals as nickel, cadmium, lithium, and lead.

These contain small amounts of mercury, which can escape when the bulbs are broken.

Expanded polystyrene foam (EPS)—often identified with a #6 stamp—is manufactured from petroleum and therefore highly flammable.

The cartridges contain recyclable plastic, metal, rubber, foam, and toner, which require effort to be separated.

#### WHERE IT SHOULD GO

Either drop these plastics in Preserve's "Gimme 5" bins at Whole Foods stores or follow the mail-in instructions at preserve products.com.

First, check recyclecartons.com to see if your city accepts them curbside. If not, follow the site's mail-in instructions.

Bags are accepted at many large grocery, drug, and retail chains. Check plasticbag recycling.org for locations.

Search for local recyclers by entering your zip code and "PVC" at earth 911.com.

Certain places will recycle both the discs and the cases. Check out *cdrecyclingcenter.org* to find one in your community.

Major retailers, including The Home Depot and Staples, accept the batteries. Visit *call2 recycle.org* to find other stores with recycling programs.

IKEA, The Home Depot, and many hardware and lighting chains have collection boxes.

Check with your local UPS stores or search "polystyrene" in your zip code at *earth911.com* to find local recyclers.

Most printer manufacturers have their own recycling programs, but you can also drop cartridges at an Office Depot.

#### WHAT IT BECOMES

Toothbrushes, razors, tableware, cutting boards, and food storage containers

Tissue and other paper products

Bike racks, ecofriendly "lumber," and (fittingly) reusable shopping bags

Vinyl flooring, siding, and piping

Office equipment, streetlights, and automotive parts

New batteries and various stainlesssteel products

New fluorescent bulbs

New polystyrene products

New printer cartridges

#### LESSON | 3 **EXTRA CREDIT**

Smart recycling is about more than simply sorting your trash into the proper piles. From choosing to purchase one product over another to challenging your community's policies, you can have a real impact.

#### **BIG GUYS DOING GOOD**

Whether it's recognizing the value of a used material (the absorbency of old coffee grounds or the softness of a worn sneaker sole, for example) or considering the entire life cycle of their products, these innovative brands are taking reuse to a whole new level.

#### COFFEE GROUNDS

ATHLETIC GEAR



#### MOVING COMFORT

Using S.Café, a fabric containing recycled coffee grounds, the Seattle-based company has created odor-absorbing athletic apparel. movingcomfort.com



**AUTOMOBILE ENGINE PARTS** 



FORD
Engine-part covers in Escapes,
Fusions, Mustangs, and F-150s
are made of EcoLon, a nylon
resin as moned from 100 percent cled carpet. ford.com

#### PLASTIC BOTTLES



The B2P roller-ball pen is 89 percent recycled PET. Most of the company's pens are also refillable, which cuts down on the plastic used. pilotpen.us



**OLD RUG TILES** 

**NEW RUG TILES** 

#### FLOR

Customers can mail the company's modular carpet tiles back when they're done with them. The fibers and backing get recycled to create new tiles. flor.com



#### WORN SHOES

ATHLETIC SURFACES

#### CONVERSE AND NIKE

Parts of your old kicks can become track surfacing and indoor and outdoor court cushioning. Drop them at Nike or Converse stores. nikereuseashoe.com



#### **OUTDATED ELECTRONICS**

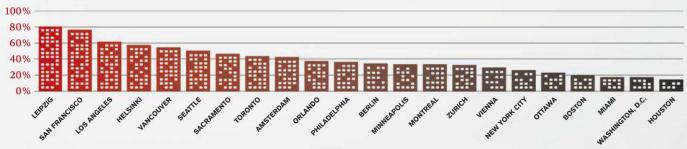
**NEW ELECTRONICS** 

#### APPLE

Finished with your iDevice? Send it back to the manufacturer. If the product is still functional, you might even receive a gift card. apple.com

TAKE ACTION Want a better local recycling program? Petition your solid waste management department, city council representatives, and mayor. Go to neighborhood board meetings, and let your voice be heard!

STAR CITIES A shout-out to those metropolitan areas that are recycling the highest percentages of municipal waste.





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Clarks



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avalonorganics.com





#### Blessed Herbs® Cleansing & Detox

Promote health and beauty from the inside out. With over 20 botanical ingredients blended by our expert herbalists, Blessed Herbs® can help eliminate excess waste & toxins, restore energy and support the body's natural balance.

blessedherbs.com/WL12 800.837.4021







Gummy Vitamins For All Ages



#### The Good Stuff From Nature™

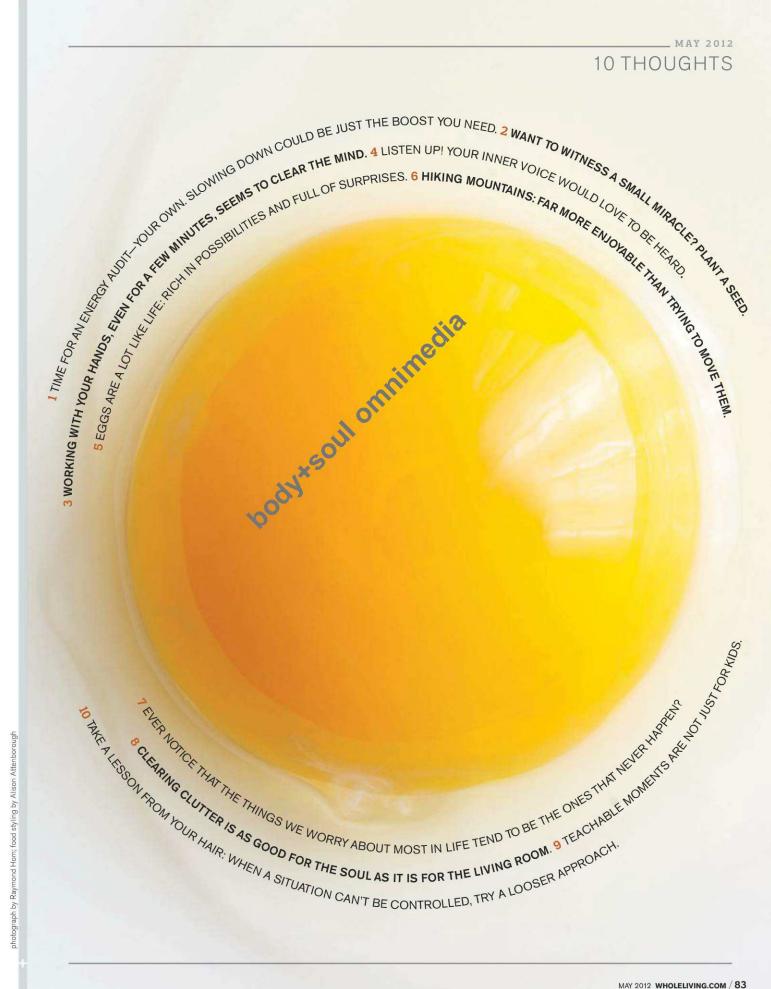
Nutrition Now® brings you the good stuff from nature in delicious gummy vitamins specially formulated for kids and now adults. These tasty gummy vitamins are made with natural colors and flavors and provide you and your family key nutrients the body may need every day.



Available at Fine Health Food Stores nationwide. nutritionnow.com

The ChefsBest® Award for Best Taste is awarded to the brand rated highest overall among leading brands by independent professional chefs,





#### GREENER PASTURES

Eggs that come from hens that have foraged for wild grasses and insects may have up to twice as many omega-3s as factory eggs have.

#### ALWAYS SUNNY

Eat the yolks! Research shows that only a little of their cholesterol actually makes it into the bloodstream. And they're full of nutrients.

# GOOD EGGS

REALLY, WHO CAN RESIST THEM? WHETHER
NESTLED IN A BAKED TOMATO SHEATH, SLATHERED
ON TOAST WITH MASHED PEAS, OR ELEGANTLY
POACHED WITH ARTICHOKES, EGGS ARE PURE
COMFORT AT BREAKFAST, LUNCH, OR DINNER.
NEXT TIME YOU'RE IN A SCRAMBLE, MAKE ONE
OF THESE DISHES—EACH OF THEM CAN
WORK AS THE CENTERPIECE OF ANY MEAL.

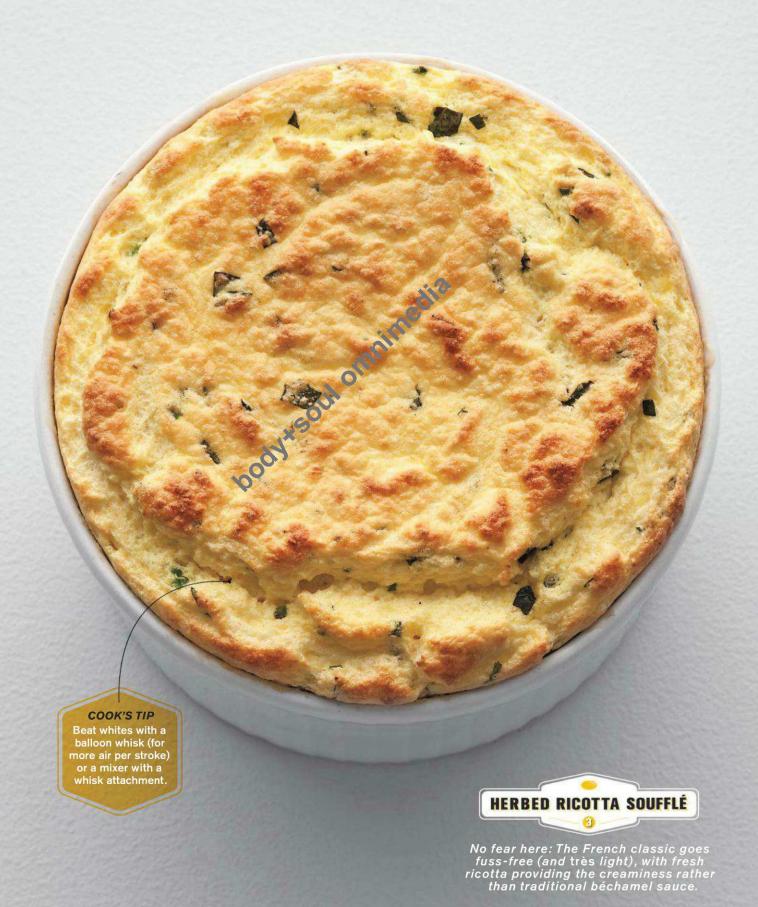
RECIPES BY SHIRA BOCAR
PHOTOGRAPHY BY HANS GISSINGER

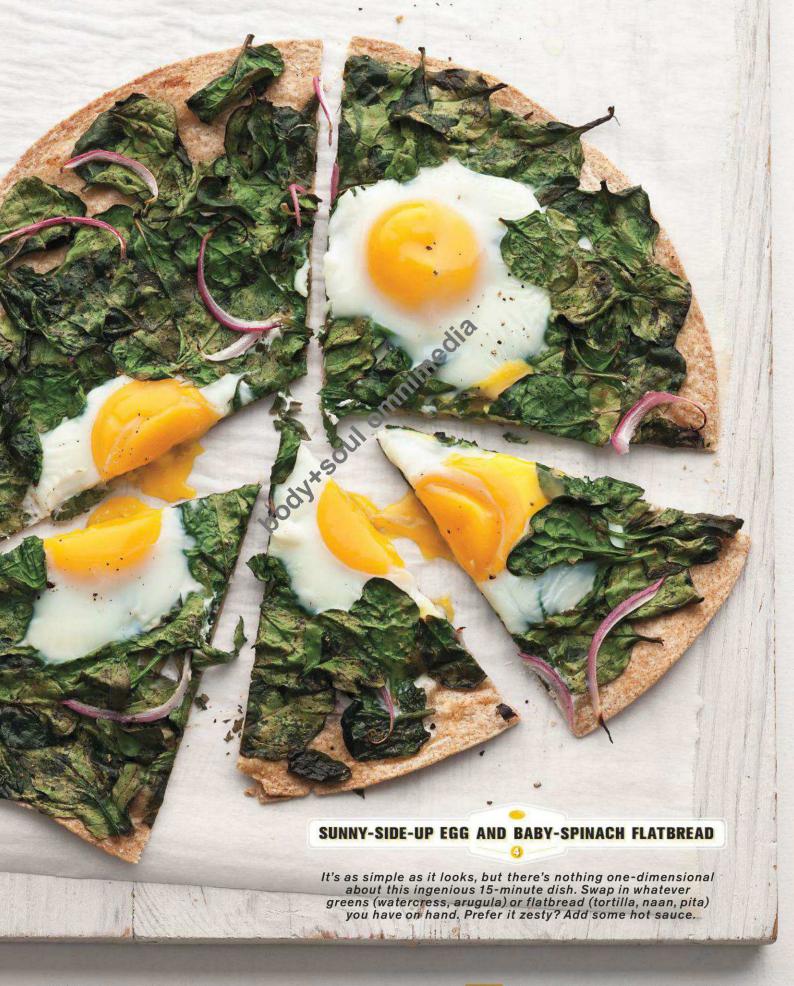
#### TRUE COLORS

Eggshell color is merely a reflection of the hen breed. Brown and white eggs offer the same nutrition as green and blue ones do.











POACHED EGGS, POLENTA, AND MARINATED ARTICHOKES

Three great tastes: Polenta's hearty whole grain makes an ideal foil for artichoke hearts cloaked in a quick marinade of olive oil, red-wine vinegar, parsley, and red pepper flakes. The yolks play the role of silky sauce.

COOK'S TIP
Use polenta for a
delicious alternative
to breakfast

porridge; you can also swap in quinoa. WISE CRACKS If you don't already fall back on eggs as a mealtime savior most days of the week, these meatless, spring-inspired recipes are six delicious reasons to start.

## D BAKED EGGS IN WHOLE ROASTED TOMATOES SERVES 6

- 6 large tomatoes
- 2 Tbsp extra-virgin olive oil Coarse salt and ground black pepper
- 1 Tbsp fresh thyme leaves
- 2 cloves garlic, thinly sliced
- 6 large eggs
- 1. Heat oven to 400°. Slice the top third off tomatoes and use a small spoon to remove core and seeds. Arrange in a baking dish, drizzle with oil, and season with salt and pepper. Sprinkle with thyme and garlic. Roast until tomatoes are tender and caramelized, about 30 minutes.

  2. Crack an egg into each tomato and season with salt and pepper. Bake until eggs are just set, 7 to 9 minutes more.

PER SERVING: 150 cals; 10 g fat (2 g sat fat); 212 mg chol; 8 g carb; 109 mg sodium; 8 g protein; 3 g fiber\*

#### 2 SOFT-BOILED EGG WITH MASHED PEAS ON TOAST SERVES 6

- 1/4 cup extra-virgin olive oil
- 1 shallot, diced
- 2 cups peas (fresh or frozen, thawed)
- 2 Tbsp freshly chopped mint, plus leaves for garnish
- Coarse salt and ground black pepper
- 6 large eggs
- 6 slices multigrain bread, toasted

1. Heat 2 Tbsp oil in a pan over medium heat. Add shallot and cook, stirring, until caramelized, 3 to 4 minutes. Add peas and ½ cup water and cook, covered, until peas are tender but still bright green, 2 to 3 minutes. Mash with a potato mashe and add mint and remaining oil. Stir until combined and season with salt and 5 pper. Set aside.

2. Place eggs in a small saucepan and cover with water. Pring to a boil and cook 2 minutes. Remov. and immediately cut tops using a smalled knife. Season with salt and pepper. Spread mashed peas on bread and serve with eggs. Garnish with mint.

PER SE VING: 287 cals; 16 g fat (3 g sat fat); 21 g chol; 25 g carb; 251 mg sodium; g protein; 3 g fiber

#### **(3)** HERBED RICOTTA SOUFFLI

SERVES 4

For maximum volume when whipping the whites, use room-temperature eggs.

Unsalted butter, for coating All-purpose flour, for dusting

- 1½ cups part-skim ricotta
- 4 large eggs, separated
- 1/2 tsp coarse salt
- 2 Tbsp freshly chopped basil
- 2 Tbsp freshly minced chives Ground black pepper
- 1. Heat oven to 375° and position rack in lower third. Butter a one-quart casserole dish and dust with flour, shaking out excess. In a bowl, whisk ricotta, yolks, salt, and herbs. Season with pepper. In a separate bowl, whisk whites until stiff peaks form. Working in two batches, gently fold whites with a large rubber spatula into ricotta mixture until just combined. 2. Pour mixture into prepared dish and bake until puffed, golden brown, and firm to the touch, 30 to 32 minutes.

PER SERVING: 220 cals; 14 g fat (7 g sat fat); 245 mg chol; 6 g carb; 327 mg sodium; 17 g protein; 0 g fiber

#### U SUNNY-SIDE-UP EGG AND BABY-SPINACH FLATBREAD SERVES 2

- 1 10-inch wholewheat flatbread
- 2 Tbsp extra-virgin olive oil
- 4 cups baby spinach
- 1/8 small red onion, thinly sliced
- 1 Tbsp lemon juice Coarse salt and ground black pepper
- 3 large eggs
- 1. Heat oven to 425°. On a parchment-lined baking sheet, brush flatbread with 1 Tbsp oil. Toss spinach and onion with remaining oil and lemon juice and season with salt and pepper. Mound mixture on flatbread and bake 5 minutes. 2. Crack eggs over spinach, season with salt and pepper, and bake until eggs are just set, 6 to 7 minutes more.

PER SERVING: 352 cals; 24 g fat (5 g sat fat); 317 mg chol; 24 g carb; 477 mg sodium; 14 g protein; 5 g fiber

#### 😏 OMELET WITH ASPARAGUS, GREENS, AND PECORINO

SERVES 4

- 1/2 bunch asparagus, trimmed and cut into 1-inch pieces
- 1 Tbsp extra-virgin olive oil
- 8 large eggs
- ¼ tsp coarse salt Ground black pepper
- 2 Tbsp grated Pecorino Romano
- 3/4 cup baby arugula
- 1. In a pot of salted boiling water, blanch asparagus until bright green and tender, about 2 minutes. Transfer to an ice bath and drain.

  2. Heat a large skillet over medium-low heat. Add oil and swirl to coat. Whisk eggs in a bowl and add salt. Season with pepper. Pour into pan and cook until omelet is just set, 7 to 8 minutes. (Occasionally tilt pan and lift up sides of set egg with a spatula to allow uncooked egg to run underneath.) 3. Top half of omelet with Pecorino, asparagus, and arugula. Flip other half over top and cook until cheese melts, about 30 seconds more. Cut into wedges to serve.

PER SERVING: 203 cals; 14 g fat (4 g sat fat); 425 mg chol; 3 g carb; 269 mg sodium; 15 g protein; 1 g fiber

#### 1 POACHED EGGS, POLENTA, AND MARINATED ARTICHOKES SERVES 4

- 6 artichoke hearts (8 oz), quartered (fresh, jarred, or frozen and thawed)
- 3 Tbsp extra-virgin olive oil
- 1 Tbsp red-wine vinegar
- 2 Tbsp freshly chopped parsley Red pepper flakes, to taste Coarse salt
- 1 cup milk
- 3/4 cup medium-grain polenta
- 2 Tbsp freshly grated Parmesan
- 4 large eggs

1. In a bowl, combine artichokes, 2 Tbsp oil, vinegar, parsley, and pepper flakes. Season with salt and set aside. 2. Bring milk and 3 cups water to a boil in a saucepan. Gradually add polenta and cook, stirring, until liquid is absorbed and polenta is tender, 18 to 20 minutes. Remove from heat and stir in remaining oil and Parmesan. Season with salt and pepper and cover. (If polenta becomes too thick, whisk in water by the tablespoon.) 3. Fill a high-sided skillet with 2 inches water; bring to a boil, then reduce to a simmer. Crack one egg at a time into a teacup or small bowl and gently slide into simmering water. Repeat with remaining eggs. Cook until white is just set and yolk is still loose, 3 to 4 minutes. Remove eggs from water using a slotted spoon. 4. Spoon polenta into serving bowls. Top with egg and sprinkle with artichokes.

PER SERVING: 336 cals; 17g fat (4g sat fat); 217 mg chol; 33 g carb; 309 mg sodium; 13 g protein; 4 g fiber



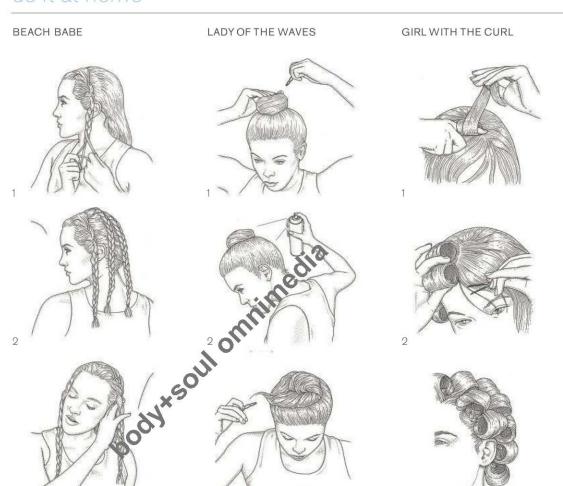
# THE WILD BUNCH Put down the blow-dryer,

leave the curling iron behind—
this season's prettiest hair
is styled au naturel

BY OLESSA PINDAK
PHOTOGRAPHY BY ANNE MENKE



#### do it at home



HOT OR NOT? "Heat styling can really take a toll on your hair," says Jeni Thomas, a senior scientist at Pantene."When there's been repeated blow-drying, flat ironing, and curling-iron use, you can actually see under the microscope where the hair strand has broken downit can get bubbles, blisters, cracks, and rough and damaged cuticles."

**STEP 1** FRAME THE FACE Start with wet hair and work in a styling cream for hold. Towel hair dry and spritz a sea salt spray all over (if you're seaside, ocean water works, too). Begin braiding along the hairline to give hair texture in the pieces around the face. The tighter the braid, the wavier the hair. Secure braids with small elastics.

**STEP 2** BRAID THE BACK Continue to divide the hair into sections until the whole head is covered in braids. Depending on how thick your hair is, about five should be enough, but the more braids, the more waves.

**STEP 3** COMB IT OUT Let your hair air-dry, then finger comb the braids, creating a loose, wavy texture.

TRY: John Masters

Organics Sea Mist

.com) and Davines

.com for salons)

(\$16.50, johnmasters

Cream (\$22, davines

Defining Invisible Styling

STEP 1 MAKE A BUN You want hair that's slightly damp for this look, so wait for it to be almost dry, or spritz dry hair with a bit of fresh water. Spray the whole head with spray gel to create a stiff texture. Flip hair over, then gather it at the crown of the head. Create a loose bun and pin it in place with hairpins. (Elastics can result in unflattering lumps.)

**STEP 2** ADD VOLUME Once hair is in place, spray a layer of hairspray over it. Focus on the base of the scalp to really give hair volume.

STEP 3 FLIP AND STYLE After an hour—or a full day—take out the pins, tip your head over and shake it, then flip hair back and make a part.

**STEP 1** PREP LOCKS When hair is still damp, work a volumizing mousse throughout, then wait until hair is almost dry. Starting at the top of the head, as close to the roots as possible, take a 1- to 2-inch piece of hair and wrap it around your finger.

STEP 2 PIN IT IN PLACE Slide the hair off your finger and secure the curl against the scalp with a pincurl clip (to hold it in place). Repeat with small sections all over the scalp.

**STEP 3** FLUFF AND TOUSLE Once hair is completely dry, take out pins and spritz with finishing spray. For a very curly look, use your fingers to style; for a softer look, use a brush.

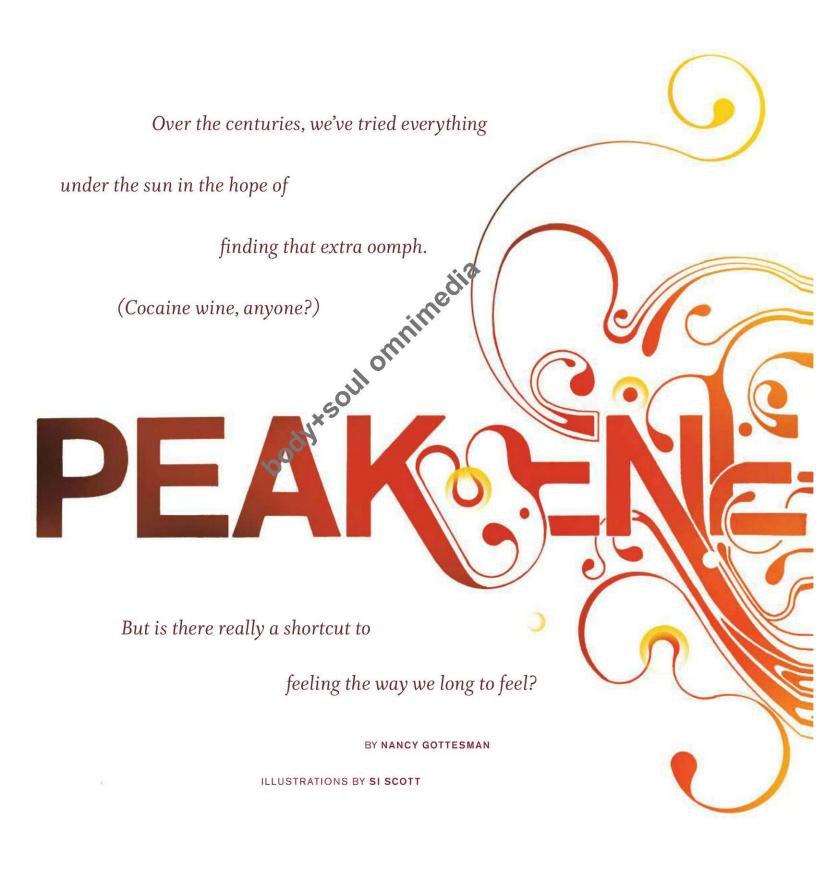


TRY: Pantene Pro-V Fine Root Lifter Spray Gel (\$4, drugstore.com) and Aveda Control Force Firm Hold Hair Spray (\$26, aveda.com)



TRY: Dove Style+Care Nourishing Amplifier Mousse (\$4, walgreens .com) and Paul Mitchell Awapuhi Wild Ginger Finishing Spray (\$19, awapuhi .paulmitchell.com for salons)







eated upright in a canvas lounge chair, a needle plunged deep into her right arm, Julie Gallegos was feeling a little light-headed. She'd come to this bare room in Salt Lake City, as she has for the past seven years, to get her regular introvenous fix.

Gallegos is no junkie. She's suburban mom with three kids and a dera ding job in the design industry. Back in 2005, he now 49-year-old says, she began feeling "worn out and a little depressed." She was also getting colds far too often. So when her doctor recommended trying a Myers' Cocktail—a nutrient brew of magnesium, calcium, and vitamins B and C that is traditionally administered intravenously—she figured what the hell. Yes, the idea of shooting up just for the sake of a little extra energy struck her as a bit extreme, but Gallegos was feeling so low at that point, she was willing to try just about anything.

Today she says she's glad she did. Twenty minutes after that first syringe had delivered its watery, mustard-colored contents into her bloodstream—when the metallic taste had subsided and the warm flush had begun to infuse her body—says Gallegos, she felt alert, calm, and less stressed out. "I had a lot more energy afterward," she recalls. Ever since that first infusion, she's returned to the clinic for a shot of the brew whenever she's feeling lousy.

Unlike diabetes, cancer, high blood pressure, and other well-defined medical conditions, low energy, or "fatigue," is hard to diagnose because its symptoms can vary so much from person to person. Some report physical weakness; others talk about mental cloudiness and lethargy. Despite its ambiguous

nature, however, "low energy" is a leading reason that women 35 and older visit their doctors. A recent Swedish study found that 64 percent of 3,000 middle-aged women interviewed said they were "fatigued"; it was the most common symptom cited. "Women are juggling work, home, children, and aging parents," says Camelia Davtyan, M.D., the director of women's health at the UCLA Comprehensive Health Program, "and most of us function in fifth gear to get it all done."

Is it any wonder we're all looking for a quick fix? Of course, this isn't anything new. As far back as the d of the 19th century, when this country began to industrialize, and things like telegraphs, telephones, and railroads became fixtures in everyday life, American doctors found their services increasingly in demand by seemingly healthy, primarily citydwelling men and women who complained of emotional distress and exhaustion. The physicians tended to prescribe remedies like rest and camp cures in places like forests or Western ranches, though one entrepreneur did respond to the needs of these new fast-lane denizens with a cocaine-wine elixir that he promised would increase their vitality and restore health. Leading neurologists of the time believed that "these patients were casualties of modern society whose bodies and minds simply could not keep up," according to a 2003 article in the Journal of the American Medical Association.



#### An Age-Old Problem

We're not exactly the first generation to seek a quick fix for the feeling that we're flagging. Additional reporting by Amanda Sims

250-900 A.D.

#### 12TH CENTURY



#### ANCIENT MAYAN CACAO DRINK

This energy-rich libation was made by fermenting, roasting, and grinding cacao beans into a syrupy paste.

#### **UMEBOSHI**

Pickled ume fruit was eaten regularly by Japanese samurai warriors to prevent fatigue, rid the body of toxins, and cure ills such as food poisoning, typhoid, and dysentery. Fast-forward to the 1950s, when an unspecific ennui seemed to plague half the grown female population of the Western world. Some blamed the media of the era—magazines routinely glorified domestic pursuits like cleaning and child-rearing, and featured young mothers who kept perfect homes and looked gorgeous doing it. Pharmaceutical companies "came to the rescue" with amphetamines like Norodin and Dexedrine, the latter promising to induce "a feeling of energy and well-being." The drugs became better known, thanks to the 1966 Rolling Stones song, as "mother's little helpers." ("Things are different today, I hear ev'ry mother say/Mother needs something today to calm her down...")

It was in the early 1960s that the Baltimore-based physician John Myers began using intravenous micronutrient therapy (IVMT) to treat a variety of his patients' medical problems. Unlike oral vitamin and mineral supplements, IVMT is delivered directly into the bloodstream, producing higher nutrient concentrations in the blood—and doing it far in the quickly—than oral supplements can.

After Myers' death, in 1984, anecdo at eports about the cocktail's health benefits and additional recipe as a treatment for such conditions as asthma, migraines, and fibromyalgia. A 2009 study out of Yale University showed that after eight weeks of Myers' treatments, fibromyalgia patients

experienced improved physical functioning and quality of life, while a 2001 Turkish study found that IVMT including magnesium sulfate effectively reduced the pain associated with migraine headaches.

LIKE THOSE OF the late 19th century, today's Americans are confronting a brave new technological world, one in which unceasing communication via text, e-mail, cell phone, Facebook, and Twitter has become the norm. We sleep less. We work more. And it's exhausting us. You need look no further than the groc, w and drugstore shelves crowded with energy supplements, bars, and drinks for evidence that we're ready to buy into just about anything wachieve some sense of that elusive gusto.

It shouldn't come as a surprise to learn that NMT is having a resurgence, particularly among urbanites in the United States and Canada. While the Myers' Cocktail is still popular, patients looking to lose the blahs also have begun to ask for intravenous delivery of individual vitamins, as well as of amino acids, minerals, and antioxidants. Fans like Gallegos report enjoying an afterglow of vim and vigor for anywhere from 7 to 10 days.

But some experts are skeptical. "There's no science to support [the notion] that you'll get an energy boost [from IVMT] or that your cells even access all these vitamins," says Erika Schwartz, M.D., an integrative physician based in New York City and



DR. HAM'S AROMATIC

### INVIGORATOR It "will stimulate and invigorate," read the ads "but will not

1861

It "will stimulate and invigorate," read the ads, "but will not intoxicate—strengthen and exhilarate, but not stupefy."



# TRILIEVES EXHAUSTION TO RELIEVES EXHAUSTION TO RELIEVE EXHAUSTI

#### COCA-COLA

When the first version of it was introduced, this soda was touted as "a valuable brain tonic and a cure for all nervous affections—sick headache, neuralgia, hysteria, melancholy."

#### PULPED GUINEA PIG AND DOG TESTICLES

1886 | 1889

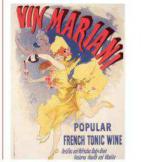
At the age of 72, Charles-Édouard Brown-Séquard, a doctor and pioneering endocrinologist, injected himself with this "hormonal fluid" and claimed afterward that his brain functioned more quickly and that his sexual potency had been revived.

#### VIN MARIANI

1894

This cocaine-infused drink was a favorite of Popes Leo XIII and Saint Pius X.

1900s



#### Metcalf's Coca Wine

From Fresh Coea Leares.
A Pleasant Tonic and Invegorator.
hs New Ressurable Nerve Treek and Benedy for Bingmade dyes the

For this part of state is color, we make an in the leg of the particle, and particle of the pa

their. Not demonstrate the market property control, is not controlled to the property of the end of

TREODORS METCALP & CO. 39 Trement St. Besten, Ma. E. POCCTER & Ct. 40 North Valles in Non-Cel, insued Agents.

ACRES 10000. Acres in the present of the pres

#### METCALF'S COCA WINE

A "pleasant tonic and invigorator for fatigue of mind or body."

the author of Natural Energy. Schwartz and other physicians suggest that it may be the placebo effect driving patients' reports of rejuvenation. There's also a concern that the clinics offering IVMT might not be entirely aboveboard. "You've got to be careful," says Schwartz, "because a lot of people doing this are not supervised by doctors. For IV medication, you need a sterile setting and a professional who is certified to administer it." Even Gallegos-whose Salt Lake City clinic is in fact operated by medical doctors—has had her moments of doubt. "Sometimes I wonder if the sense of well-being I get is psychological," she admits.

At anywhere from \$75 to more than \$200 a dose, depending on the clinic, that's one pricey placebo,

THE FACT IS, the energy you ced to lift a fork, to remember in jend's birthday, or to run a 10K race begins with the food you eat and the oxygen

you breathe. Before you can use whatever you've ingested as energy, it has to wend its way through your digestive system. Along the route, the food gets converted into nutrient molecules that are then absorbed into your bloodstream from the

1952

#### **ENERGY DRINK Nutrition Facts**

Amount per Serving Calories 130

Total Fat 0g

Sodium 200 mg

Protein 0g

Ingredients: Water, Sucrose, Glucose Carbon Dioxide, Taurine, Creatine, Caffeine, Glucuronolactone, Guarana Cartene, Giucurnonactone, Guarana Extract, Panax Ginseng, Gingko Biloba Leaf Extract, Milk Thistle Extract, Tyrosine, Citicoline, Phenylaline, L-Carnitine, Inositol, Pyridoxine, Cyanocobalmin, Niacinamide, Benzoic Acid, Sorbic Acid, Asorbic Acid, Gittic Acid, Sorbic Milk Maltindextria, Hudrachleride, Beating Maltindextria, Hudrachleride, Beating Maltodextrin, Hydrochloride, Pectin

#### Are You Sure You Want to Drink That?

Most of the unpronoun ingredients on ener wirink labels do occur in reture, but because the harby and addi-tives are considered supple-ments, the orinks are not strongly regulated by the FDA. While the individual ingredi-While the individual ingredients may have been proven e on their own, explains Mayo Clinic dietitian Katherine Zeratsky, we know little about the ways in which they interact. "It's the combination that gives people a 'feeling' of energy," says Zeratsky, "but we don't have the research to show how they affect our bodies in these combinations."

intestines. From there, the nutrients move into your cells, where mitochondria use oxygen to convert them into adenosine triphosphate (ATP), the chemical that provides fuel for everything you do, from exercising to thinking to eating. ATP is your body's battery: It stores energy when you don't need it and releases it when you do. The more energy you require, the more ATP gets utilized. A stress-filled, sleep-deprived lifestyle consumes ATP molecules quickly, undermining stamina, physical strength, and motivation. "It's as if there's no gas in the car, but you keep stepping on the pedal anyway," explains Jacob Teitelbaum, M.D., a Kona, Hawaii-based internist and the author of From Fatigued to Fantastic! "You're running on fumes."

So just how can you go about reclaiming your energy? The first step is to stop and realize that a quick fix isn't the solution. "You can't just add something to your system and increase vitality," says Ann Marie

Chiasson, M.D., a clinical assistant professor at the Arizona Center for Integrative Medicine. "You have to work at it and build your energy."

Unfortunately, a \$200 shot in the arm isn't likely to do that for you—at least not for very long.

TODAY

1950s-'70s

GERITOL

This popular

supplement

claimed to pep

up people with

"iron-poor" or

ʻtired<sup>"</sup> blood.



#### WILHELM WEICHARDT'S ANTIKENOTOXIN

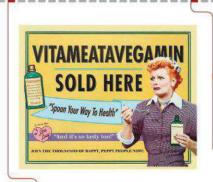
CIRCA

1904

A vapor designed to combat the toxin buildup in the blood that created fatigue, this "miracle drug" was pumped into Berlin classrooms in hopes of saving schoolchildren from infection by "the dangerous seeds of sloth."

#### **DEXEDRINE, OR** 'MOTHER'S LITTLE HELPER"

"What a drag it is getting old ..." Marketed to bedraggled moms, this promised to "renew their interest in life and living.'



1950s

#### VITAMEATAVEGAMIN

"Hello friends," began Lucille Ball in this 1952 skit. "I'm your Vitameatavegamin girl. Are you tired, run-down, listless? Do you poop out at parties?" she continued, her speech becoming increasingly slurred with every spoonful of the alcohol-based tonic. "The answer to all your problems is in this little bottle."

## NOBODY EVER WISHES THEY'D SLEPT MORE DURING COLLEGE

#### **ENERGY DRINKS**

With \$40 billion in sales in 2010, these beverages promise to do everything from shaking off sleepiness to enhancing sexual performance.



Answer these questions honestly, then follow our experts' advice to get the lift you lack.

#### 1. ARE YOU GETTING 7 TO 8 HOURS OF SOUND SLEEP EVERY NIGHT?

Recent studies show that the average American gets fewer than seven hours of shut-eye, resulting in exhaustion so severe that it interferes with work, driving, mood, and social functioning.

RIGHT NOW BLACK OUT YOUR
BEDROOM Even that little glow
emanating from the alarm clock
or the door crack can tamper with
your natural level of the sleepinducing hormone melatonin.

LONG-TERM SLEEP MORE Isn't your health more important than another dinner party? Dim the lights and wind down before bed. "Try this sleep-inducing 'tai chi' move: Press the TV off button," suggests Jacob Teitelbaum, M.D.

#### 2. DO YOU EXERCISE ENOUGH?

Moving your body bumps up endorphins and releases invigorating adrenaline—it's the most effective daytime stimulant around. Even 20 minutes of stationary cycling reduces fatigue symptoms by 65 percent. Bonus: Exercising regularly can reduce insomnia.

RIGHT NOW **MOVE IT** Ann Marie Chiasson, M.D., recommends toe-tapping for five minutes, twice a day. Lie on your back, legs straight and big toes to ing. Roll your legs side to sale, moving your toes out at a back together in a tapping option.

the dog for a 45-minute walk. Top on your bike to run errands. Take a yoga or Zumba class. "Build your energy by making exercise a habit, just like brushing your teeth is," says Chiasson.

#### 3. HOW'S YOUR SEX DRIVE?

Low libido and low energy could be hormone related. "From your teen years on, your hormones fluctuate," explains Erika Schwartz, M.D. "Many times, women need to have their hormones balanced [before they can regain energy]." RIGHT NOW PIECK YOUR
HORMONES A simple blood test
can re as Ire your hormone levels.
Sy in items such as weight gain,
in libido, lethargy, a constant
feeling of cold, and dry hair and
skin could indicate hypothyroidism.

#### LONG-TERM FIND A DOCTOR

You may need thyroid medication, hormone cream, or another type of hormone replacement therapy. (If hormone levels are normal, it's possible that your partner—or your expectations—are the true problem with your libido.)

#### 4. HOW'S YOUR DIET?

What you eat has a direct impact on your energy levels. "In some cases, the foods you need to avoid are as critical as the foods you need to eat," says Robin Foroutan, R.D., communications chair for Dietitians in Integrative and Functional Medicine.

#### RIGHT NOW PICK YOUR CARBS

Devouring sugary treats is a common pick-me-up habit. But junky carbohydrates produce a rushand-crash effect. Better choices include veggies, fiber-filled carbs, proteins, and healthy fats, which keep energy levels even.

#### LONG-TERM EAT HEALTHY

To get a steady stream of invigorating nutrients, fuel up an hour after waking; space meals four to five hours apart; and never skip them. If fatigue persists, get your iron and vitamin B12 levels checked; you may be deficient.

#### 5. ARE YOU HYDRATED?

When you don't drink enough water, your blood thickens, your heart beats faster, and your cells don't get the nutrients they need. If you don't replenish liquids, sluggishness sets in quickly.

RIGHT NOW *EAT MORE FRUITS AND VEGGIES* Drink more H<sub>2</sub>0 and eat water-rich fruits and vegetables. If you feel even a little dehydrated, reach for a glass or a water-rich snack.

LONG-TERM **CAFFEINATE WISELY**Don't imbibe after 2 p.m. (or you could have insomnia at bedtime).
Caffeine is a diuretic, so drink an extra glass or two of water to compensate after a cup of coffee.

#### 6. HOW MUCH STRESS DO YOU FEEL?

"Women are underappreciated and overworked," says Schwartz. Stress isn't just emotional; it's a nasty physiological state in which your body churns out hormones that accelerate heart rate, raise blood pressure, and guzzle your strength and joie de vivre.

#### RIGHT NOW FIND SOME GRASS

Victorian-era doctors were right on when they prescribed outdoor cures. Recent research shows that spending time in any green space reduces anger, increases happiness, and decreases the amount of stress hormones.

#### LONG-TERM TAKE SOME TIME

FOR YOU "You are roadkill unless you take care of yourself," says Schwartz. When you spend most of your time doing things for others, stress may result. Think about what feels good, make a list, and start doing what you love.

# Is It Something More?

In a minority of cases, low energy may indicate a more serious condition, says Camelia Davtyan, M.D. If simple changes aren't working, see your doctor.

#### CHRONIC FATIGUE SYNDROME

Characterized by incapacitating fatigue that lasts for six months or longer.

#### FIBROMYALGIA

Symptoms include pain in the muscles, joints, and tendons, as well as unrelenting fatigue.

#### AUTOIMMUNE DISEASES

Muscle pain, weakness, and exhaustion result when the immune system mistakes certain cells in the body for invaders.

#### CANCER AND OTHER CHRONIC CONDITIONS

Cancer and infections (such as Lyme disease, mononucleosis, and hepatitis) can tire you and tax your immunity for years.

#### **HEART DISEASE**

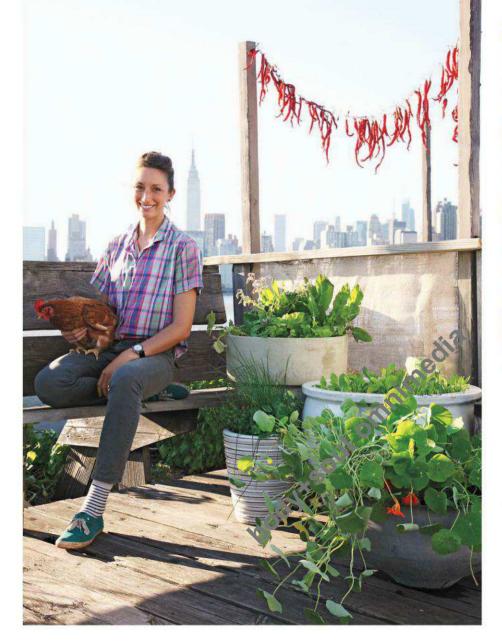
A weak heart works overtime to pump blood to the body and brain.

#### DIABETES

High levels of blood sugar hamper your body's ability to generate energy.







#### **BIRD BONUS**

In addition to beehives, Novak's farm includes several heirloom chicken breeds. "They're often mistaken for pigeons by city kids who come to visit," she says.

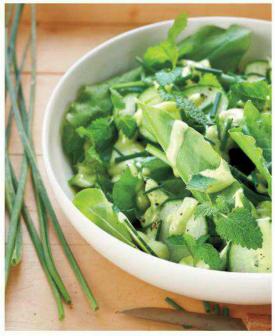
#### **ANNIE NOVAK**

WHAT SHE DOES Cofounder of Eagle Street Rooftop Farm (rooftopfarms.org), a 6,000square-foot organic produce plot and market located above a warehouse

**HER PLOT** Four large—yet lightweight—planters on the corner of the roof

HER PLAN Novak focused on herbs, greens, and edible flowers. "We keep bees, so I wanted beefriendly plants." Her assortment included chives, thyme, lemon balm, sorrel, bok choy, senposai, tatsoi, mustard greens, mizuna, nasturtiums, borage, and flowering cucumbers.

WHY IT WORKED "Cut-and-come-again plants like culinary herbs and microgreens proved perfect for containers. I paired the low-water thyme with the chives, and the moisture-loving greens with the cucumbers. The refreshing borage flowers and spicy nasturtium blossoms were delicious—and favorites of the bees."



#### TART GREEN SALAD WITH AVOCADO DRESSING

SERVES 4

FOR THE SALAD

4 packed cups sorrel (4 oz)

½ cucumber, thinly sliced (1 cup)

1/2 cup lemon balm

FOR THE DRESSING 1/2 ripe avocado

1 anchovy, chopped

1 clove garlic, chopped

1 Tbsp fresh lemon juice 2 Tbsp freshly minced chives

Coarse salt and ground black pepper

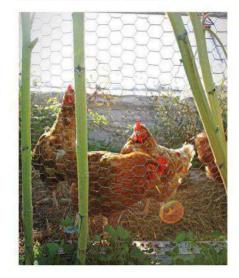
½ cup low-fat

Coarse salt and ground black pepper

 Combine salad ingredients in a large bowl and season with salt and pepper.
 Place dressing ingredients and ¼ cup water in a blender and purée until smooth.
 Season with salt and pepper. (If thick, add water by the tablespoon.) 3. Drizzle salad with ⅓ cup dressing.

PER SERVING: 52 cals; 3 g fat (1 g sat fat); 2 mg chol; 5 g carb; 134 mg sodium; 2 g protein; 2 g fiber\*

\*ALL NUTRITIONAL INFO IS APPROXIMATE.













#### **VEGETABLE-GARDEN LINGUINE**

**O** SERVES 4

- 1 large head fennel, quartered, cored, and sliced into ½-inch pieces
- 2 mild chiles, such as Anaheim, sliced into ½-inch pieces
- 1 lb cherry tomatoes
- 2 small red onions, sliced into ½-inch wedges
- 6 Tbsp extra-virgin olive oil

Coarse salt

- 10 oz whole-wheat linguine
- ½ cup grated Parmesan, plus more for serving
- 3/4 cup basil leaves

#### AN A+ BOUNTY

This page: Ayer (right) with Youth Farm students Brianna Sears, Shineka Williams, and Dajuan McCall; fresh from the dirt, and ready for dinner. Opposite page: lunch break in the garden; peppers at various stages; packed-in flavor

#### **ELIZABETH BEE AYER**

WHAT SHE DOES Teacher at Youth Farm, a partnership of the High School for Public Service, Green Guerillas, and BK Farmyards (bkfarmyards.com). Ayer and her colleagues have turned the school's front lawn into a oneacre educational farm. Student farmers help grow the crops and learn about everything from nutrition to trade policy. The produce is sold through a community-supported agriculture program and a weekly farmers' market.

HER PLOT A 2-by-4-foot raised bed from Naturalyards (naturalyards.com)

**HER PLAN** Ayer selected plants that would be easy and satisfying for her students to grow from seed: hot and sweet peppers, tomatoes, fennel, rosemary, basil, parsley, and escarole.

WHY IT WORKED "Our Youth Farm is all about growing as much healthy produce as possible in the space we have, so this challenge was right up our alley. We picked a mix of ingredients that can be combined to create many different kinds of delicious meals—basil, parsley, and tomatoes in particular are classic companions."

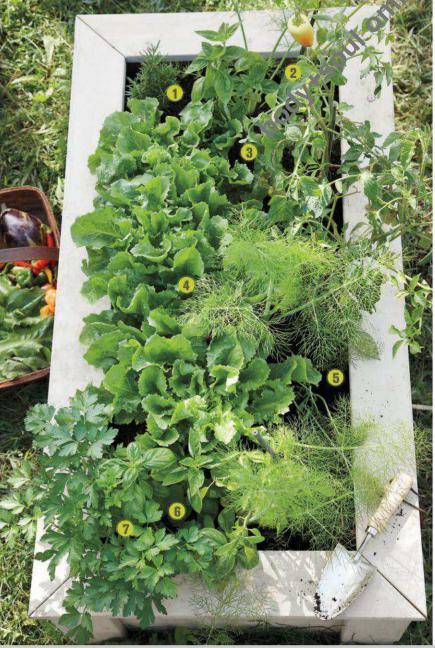
1. Heat broiler. Arrange fennel and chiles on one rimmed baking sheet and tomatoes and onions on another. Toss each with 2 Tbsp oil and season with salt. Broil 3 minutes, then toss and continue broiling until vegetables are tender and charred in spots, about 2 minutes more. Transfer vegetables and pan juices to a bowl. 2. Cook pasta in salted boiling water according to package instructions. Reserve 1 cup cooking water, drain, and return to pot. 3. Add vegetables, Parmesan, and reserved water. Stir in basil and remaining oil and adjust seasoning. Sprinkle with additional Parmesan.

PER SERVING: 563 cals; 27 g fat (6 g sat fat); 13 mg chol; 68 g carb; 320 mg sodium; 19 g protein; 13 g fiber

vegetarian









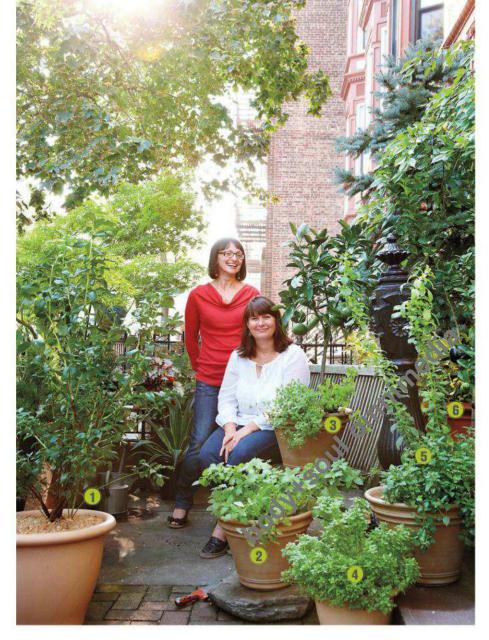
#### PLANTING STRATEGY

- 1 Rosemary 2 Sweet and
- hot peppers
- 3 Tomatoes
- 4 Escarole
- 5 Fennel
- 6 Basil 7 Parsley

"RAISED BEDS ARE **ESPECIALLY GOOD** IF YOU LIVE IN AN AREA WHERE THE SOIL CONTAINS TOXIC HEAVY METALS. JUST PUT DOWN AN IMPERMEABLE **BORDER AND FILL** WITH CLEAN SOIL AND COMPOST. IT'S ALSO EASIER FOR KIDS TO GATHER AROUND A BED TO TEND THE PLANTS AND SEE WHAT'S HAPPENING AS

THEY GROW."

—ELIZABETH BEE AYER



#### PLANTING STRATEGY

- 1 Lowbush blueberry
- 2 Spearmint, stevia
- 3 Lime, Vietnamese coriander, peppermint
- 4 Small-leaf basil
- 5 Cilantro, lemon balm
- 6 Satsuma orange, oregano

# CARMEN DEVITO AND ALICE MARCUS KRIEG

**WHAT THEY DO** Owners of Groundworks, a garden design, installation, and maintenance firm (*groundworksgardens.com*)

THEIR PLOT Six containers scattered among the other plants on Krieg's (seated) front stoop

THEIR PLAN The duo chose to plant a variety of their favorite fruits and herbs: oranges, limes, blueberries, stevia, spearmint, peppermint, basil, lemon balm, cilantro, oregano, and coriander.

WHY IT WORKED Vertical thinking. They potted two fruit tree saplings and a blueberry bush that provided space (at the trees' base) for low-lying herbs. "We grew so much food that we wound up drying many of the herbs and preserving a lot of the fruit," says Krieg.

"PAY ATTENTION TO SHADOWS. FOR PART OF THE DAY, A TREE BLOCKS OUR SUN. WE PLACED POTS STRATEGICALLY IN THE PATCHES OF MORNING LIGHT."

-ALICE MARCUS KRIEG



#### **BLUEBERRY FOOL**

- SERVES 4
- 2 cups blueberries
- 1 tsp sugar
- 1 tsp fresh thyme, plus more for garnish
- 1 cup low-fat plain yogurt
- 2 cups meringue cookies, broken into large pieces

1. Heat 1 cup blueberries, sugar, and thyme in a small saucepan until berries just begin to burst. Remove from heat, stir in remaining berries, and let cool completely. 2. Layer 1/4 cup yogurt, 1/2 cup meringue pieces, and 1/4 cup berry mixture in 4 shallow bowls. Garnish with thyme and serve immediately.

PER SERVING: 104 cals; 1g fat (1g sat fat); 4 mg chol; 22 g carb; 44 mg sodium; 4 g protein; 2 g fiber







# WORTHKNOWING

body - O O O

## ADVICE FROM THE EXPERTS

Our inside sources share their tips on everything from scoring the best olive oils to sussing out green dry cleaners

HOW TO\_

#### **BUY GOOD OLIVE OIL**

ACCORDING TO

TOM MUELLER AUTHOR OF EXTRA VIRGINITY: THE SUBLIME AND SCANDALOUS WORLD OF OLIVE OIL; BLOGGER AT EXTRAVIRGINITY: COM

to a fruit juice than to a nut or seed oil. Many fruits start to degrade as soon as they've been picked, and olives are especially susceptible, so scan the label for a harvest

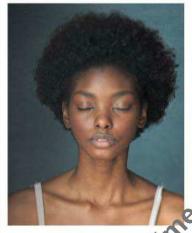
# photograph, this page: Raymond Hom; photographs, opposite page, from left: Don Freeman; Bernard van Berg/Getty Images

#### HOW TO BUY GOOD OLIVE OIL (CONT'D)

date—the more recent, the better; ideally it should be within the past 12 months. Or at least look for the latest best-by date you can find. Among supermarket oils, I like the California producers Corto Olive and California Olive Ranch; both use harvesters that get the fruit off the trees and into the mill within hours.

LOOK PAST BUZZWORDS Nearly every label lists terms like extra virgin and first cold press, which really don't mean much anymore. And while I'm all for organic, I'm not convinced that the market is being policed efficiently enough to ensure that the makers are actually meeting regulations. More important is that the oil, which is light-perishable, is packaged in tin or dark glass.

KNOW YOUR GEOGRAPHY The label should say exactly where the olives were grown. Often you'll see some folksy text on the label about Italy, but in smaller print it may say that the olives came from Spain, Tunisia, or elsewhere—it's a real grab bag. Some of the best



HOW TO MEDITATE AT THE OFFICE **OR WHEREVER** 

ACCORDING TO

SHARON SALX ERG
COFOUNDER OF THE INSIGHT MEDITATION SOCIET MASSACHUSETTS;
AUTHOR OF REAL HAPPINESS:
THE POWER OF MEDITATION

FORG TABOUT CHIMES—AND TIME Mediation is like this portable resource you carry around with you. It's private. It's free. You don't have to close your eyes or pull out any equipment—like incense or a gong or whatever. One of my teachers once suggested the idea of "short moments many times." So instead

strongest for you. Maybe it's at the nostrils or in the chest or the abdomen. Now, lightly place your attention there, and simply feel the tingling, vibration, warmth, coolness, movementwhatever it is. This practice can help you to drop into the moment in a very distinct way.

HAVE A TO-DO LIST-OF ONE TASK I also like the exercise where you do a single activity rather than nutitask. Maybe you just drink that cup of tea or coffee that's sitting on your desk without checking your e-mail at the same time. Feel the warmth of the teacup and the heaviness of itthe smell of what you're drinking and the taste of it.

TAKE A WALK I love walking meditation. You don't even have to walk at a slow pace-just concentrate on feeling your feet touch the ground: touch, touch, touch, touch. Normally, when we walk-say, on our way into a meeting-we're consumed with thinking about what's going to happen once we get there: I'll say this, and they'll say that. We're not experiencing what's happening all along the way. When we have that touchstone of our feet on the ground, we can continue to have a creative thought or a conversation if anyone comes by, but we have an anchor that helps keep us in the present moment.

BE NICE-SOUNDLESSLY There's another form of walking meditation, based on loving-kindness meditation, where you silently repeat certain phrases. As you pass someone, for example, you might say, May you be happy. I was walking in New York City the other night, and it was so interesting to have my internal response to everybody I passed be, Be happy, instead of, Why don't you slow down?

#### TERMS LIKE EXTRA VIRGIN AND FIRST COLD PRESS DON'T MEAN MUCH. AND WHILE I'M ALL FOR ORGANIC, I'M NOT CONVINCED THAT THE MARKET IS BEING POLICED EFFICIENTLY.

oils are artisanal ones made in Italy, Greece, and Spain, including one of my favorites, Oleoestepa.

SAMPLE, IF YOU CAN It's amazing how quickly olive oil shops are proliferating around the country. Ask about the types of olives in what you sample. Some, like coratina and koroneiki, produce big, pungent oils. Others, like arbequina and arbosana, tend to be milder and more buttery.

of thinking, for example, Oh, I need an hour's break in the middle of the workday, you can take short moments to return to yourself, to just breathe-and to simply not do.

YES, BREATHE For a short meditation, you can do very simple things, like feel your breathjust the actual sensations of your normal, natural breath. Find the place where the breath is



HOW TO FIND A GREENER DRY CLEANER

ACCORDING TO

LINDA GREER DIRECTOR OF THE HEALTH PROGRAM AT THE NATURAL RESOURCES DEFENSE COUNCIL

ever noticed employees at the dry cleaner wearing masks? They have good reason. Perchloroethylene, known as perc, a chemical used by almost all dry cleaners, can damage the central nervous system, kidneys, and liver, and it can affect coordina-

likely aren't offered by traditional perc cleaners.) The former uses CO<sub>2</sub> that has been pressurized into a solvent to attack stains. Wet cleaning uses mild detergents and machines carefully programmed to target the particular type of fabric—it's even suitable for delicate fabrics, like silks, and tailored items such as blazers. To find such a cleaner in your area, check nodryclean.com. These facilities are still hard to find in some parts of the country, which is why more of us need to start asking for them.

RECOGNIZE IMPOSTERS As consumer demand for greener alternatives has grown, so have the number of quasi- at opseudo-organic cleaning of tons. Some of the most popular solvents used are DF-2000, Stoddard, PureDry, and Ecosoly. But these volatile organic compounds (VOCs) are derived from petroleum—hardly earthfriendly—and the only thing that makes them organic is that they're made from carbon.

THINK BEYOND SOLVENTS Whichever dry cleaner you choose, recycle



#### HOW TO

#### MAKE A LONG FLIGHT MORE BEARABLE

ACCORDING TO

MINA GOUGH SPA DIRECTOR, AND MARY ROBERTSON, YOGA INSTRUCTOR, AT THE STANDARD HOTEL, MIAMI BEACH

FIND THE UPSIDE (REALLY) Instead of seeing a flight as a hassle, look forward to having time for things you might not let yourself do on a regular day—like take a tech "detox" from e-mail and the like, or enjoy a power nap. DO IN-FLIGHT YOGA Try clasping your hands and lifting your palms up toward the ceiling, giving yourself a stretch from the waist up. Or extend your legs under the seat in front, pointing and flexing your toes while squeezing your quadriceps. Later, try a twist: Hold on to one armrest and turn your torso, head, and neck; stretch your eyes, too, in the sockets, as though you were trying to see behind you. Then do the other side.

SKIP THE BEVERAGE CART

Bring a sachet of herbal tea, and pack a supplement like Oz Garcia's Brain Enhancement or YogaEarth's Coconut Water Purity. They come in packets, so when you're given a cup of water, you can add a boost of nutrients and electrolytes.

# MANY CLOTHES MARKED DRY CLEAN ONLY CAN ACTUALLY BE LAUNDERED BY HAND, OR EVEN IN THE DELICATE CYCLE OF A MACHINE.

tion and possibly cause cancer and reproductive difficulties. Even if you don't work at the cleaner, its chemicals can harm you. Although the risks from less exposure are lower, there's concern about the dose and timing of the exposure; for example, certain chemicals cause problems during fetal development. The point is, there are safer alternatives. GO TO A GREEN PRO Look for places that offer either carbon dioxide cleaning or professional wet cleaning. (These are usually stand-alone facilities; the services

the paraphernalia: Ask the store whether it will take back hangers and plastic; if not, recycle them with your metals and plastic shopping bags.

HAVE LOADS OF FUN-AT HOME

There's always abstinence. Many clothes marked *Dry Clean Only* can actually be laundered by hand, or even in the delicate cycle of a machine. When you do wash on a delicate cycle, or any cycle, really, be sure to use cold water; an estimated 25 to 36 percent of a household's hot water use can be attributed to laundry.



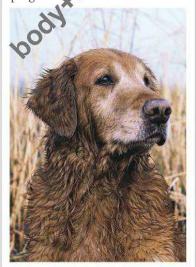
#### HOW TO RETRAIN A DOG WITH A TRAUMATIC PAST

## ACCORDING TO NICHOLAS DODMAN

DIRECTOR, ANIMAL BEHAVIOR CLINIC, CUMMINGS SCHOOL OF VETERINARY MEDICINE, TUFTS UNIVERSITY

IDENTIFY TRIGGERS Mistreatment can have far-reaching effects on dogs, producing a sort of posttraumatic state in which adverse events remain etched in the pet's mind. Dogs that weren't properly socialized as puppies, for example, may be unsure around people and other dogs. Dogs that have been mistreated by men with beards may be scared of bearded men. Dogs whose early bonds with their attachment figures have been ruptured may develop separation anxiety. My own rescued dog, Rusty, cowers when he sees a man's belt in hand, hears a garbage bag being shaken open, or is nudged out of the way with a leg. My theory is that he had separation anxiety when young, raided the trash, made a mess in his previous owner's absence, and on the master's return was scolded, struck with a belt, and possibly kicked out of the way as a new bag was put in place. TRY COUNTERCONDITIONING While a dog may never forget the original frightening event, you can help

him override some of the negative associations through a systematic process of counterconditioning. If he has a tendency to flinch when you have your hand near his head, try making a passing movement with your hand three feet above, or far enough away that he doesn't recoil. Reward a nonflinching response with a treat. This teaches him to make a positive association. As time goes by, wave your hand progressively closer until it can be brought to touch his head. If he accepts with out flinching, give him three cre us! BE PATIENT Retraining is an engoing process. I regard it as a valogous to a game of Chutes and Ladders three steps forward and maybe two back, but naking forward



# HOW TO HANDLE VISION AND HEARING LOSS IN AGING CANINES

should be addressed by a veterinarian, who will be better able to determine the cause. While the graying of dogs' eyes with advancing age may look as though it is affecting the dog's vision, it isn't. On the other hand, cataracts or retinal degeneration can render a dog virtually blind.

TELL THE FURNITURE TO "STAY"

If a dog's sight is fading, it's best to keep things in the same place as much as possible so that the dog can work from memory, in conjunction with what remains of her vision, to navigate the environment. Bright lighting will help some dogs assess things more clearly, though those with cataracts see better in dim light, when their pupils dilate, allowing them

NOW HEAR THIS A medical check may reveal an auditory problem to be as simple as wax buildup in the ear canals or as serious as canine cognitive dysfunction (CCD), a condition similar to Alzheimer's disease. With CCD, it is not that affected dogs don't hear, they just can't process the incoming signals properly. When dogs with this condition who exhibited apparent deafness were treated with a drug called L-deprenyl, a number of them showed improvement in mental acuity, suggesting an improvement in hearing.

SPEAK UP-OR TRY A NEW COLLAR

If a dog has indeed lost much of her hearing, make the necessary allowances, such as talking to her in a louder voice. When you're outside, a shrill whistle may work better than a vocal command. Some owners communicate with totally deaf dogs by using a form of sign language. Others have success with a remotely operated vibrating collar: When it's time for dinner, for example, they press the button on the controller and a vibration signals to the dog that the meal is ready. Sadly, some dogs eventually become completely deaf or blind. But as long as they continue to enjoy food, petting, and attention, they still have plenty of things to live for.

Interviews by Cara Birnbaum, Rory Evans, and Miranda Van Gelder







## PRETTY HEALTHY. SO IS





SAME GOES FOR









But when we

THE RIGHT AMOUNTS



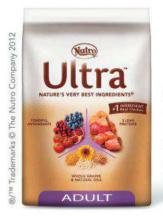
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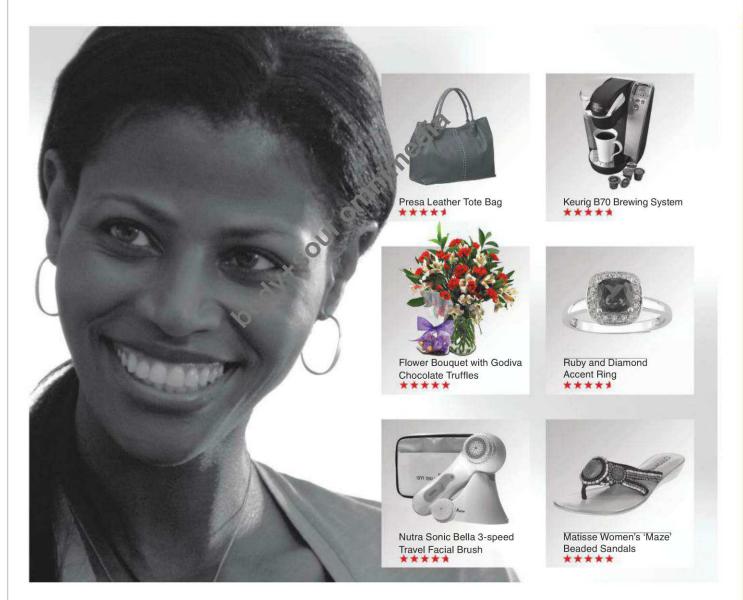


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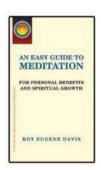


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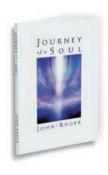
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#### THE WHOLE PICTURE



## Feathered Friends

I GREW UP IN IRELAND, where my family always had chickens. Years later, my husband and I and our three kids were visiting my parents there, and one afternoon we found our son Jack (he's 5 in this picture) lying on a bed refusing to move. We worried that he was sick, but it turned out he was warming a cluster of eggs. He thought he could hatch them! He was so attached to those chickens. Of course, we had to get some chicks of our own the next summer. We currently have 27, but we've had as many as 52. We trade some with a neighbor for some of her meat chickens, and we give eggs to a baker friend who rewards us with wonderful treats. It's become a communal thing, this chicken-raising, just as it was in the village where I grew up.

MICHELE O'HANA is a ceramicist and the owner of LOCAL, a store in Lenox, Massachusetts, that features items handmade in the Berkshires. Her husband, John Dolan, is a photographer. They live in Chatham, New York.



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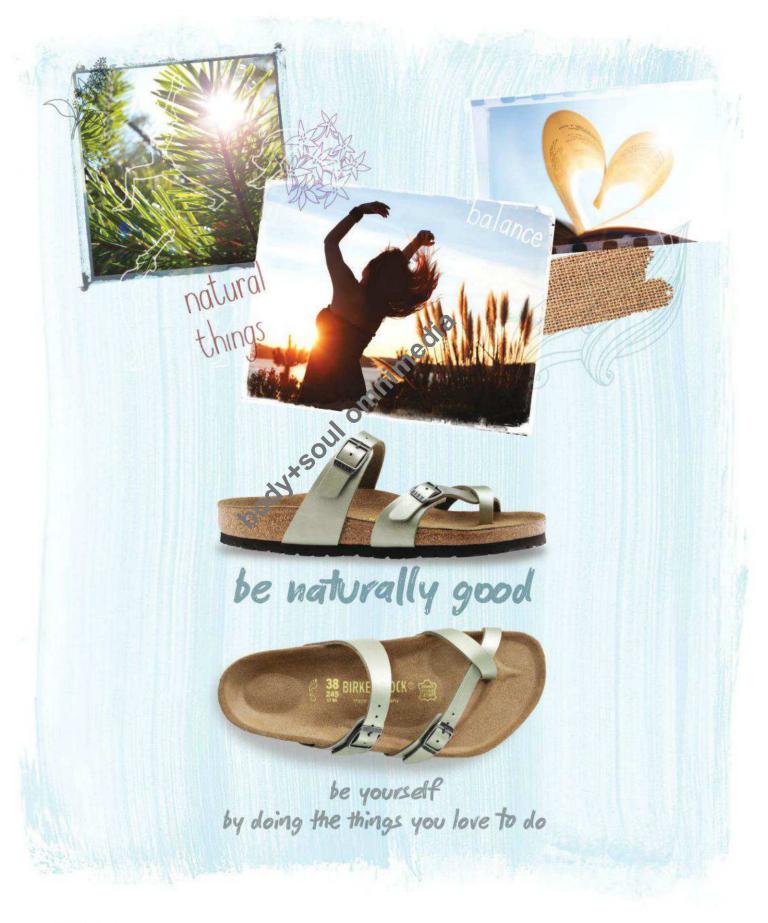


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