

NATURAL HEALTH

feel good | look good | do good

BEST HEALTH AT ANY AGE

- ▶ ANTI-AGING Super Foods
- ▶ ENERGY Boosters
- ▶ STRESS Relievers

Grow Your Own Food!

You really can do this.

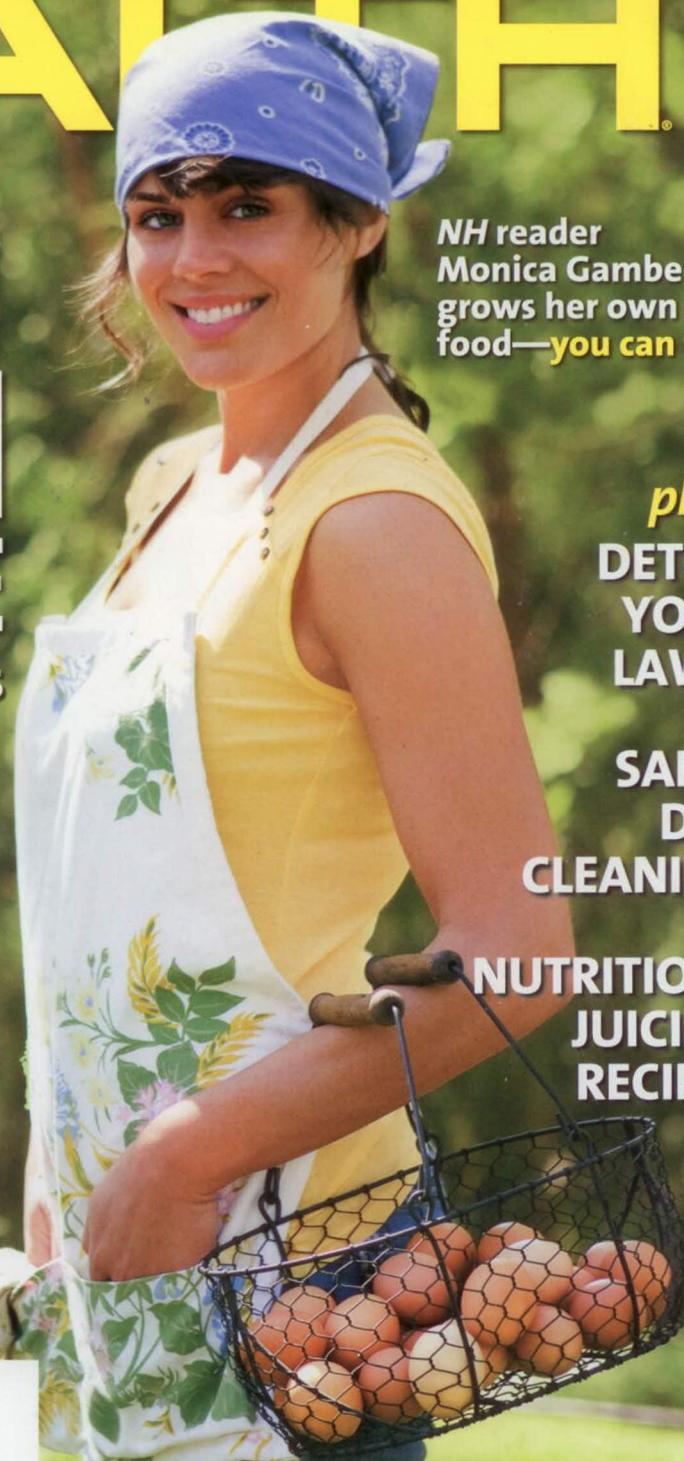
SLEEP YOUR WAY TO WEIGHT LOSS

NH reader Monica Gambee grows her own food—you can too!

plus:
DETOX YOUR LAWN

SAFER DRY CLEANING

NUTRITIOUS JUICING RECIPES



Fire Up a Slow Metabolism

OUR FAVORITES

nutrient-packed food bars

WE LIKE SNACKING on food bars between meals or before a workout, so we taste-tested dozens and picked these four—all of which contain real fruit, whole grains, and nuts instead of high-fructose corn syrup and hydrogenated oils. —Christine Richmond



◀ **HIGH PROTEIN:** Larabar Cherry Pie (\$1.70; at 7-Eleven stores nationwide) contains just three ingredients: unsweetened cherries, almonds, and dates. Dense and earthy, the 190-calorie bar provides 4 grams of protein and 15 percent of your daily vitamin E and magnesium.

◀ **HIGH FIBER:** Weil by Nature's Path Organic Goji Moji (\$2.30; at Whole Foods Markets nationwide) is an antioxidant-rich blend of tart cranberries and goji berries plus fig paste and cashews. Each bar has 5 grams of fiber, 170 calories, and 20 percent of your vitamin A.

◀ **HIGH VITAMIN C:** Tzu Thé Original Green Tea T-Bar (\$21 for 12; tzu-the.com), made with sprouted brown rice and green tea leaves, is high in EGCG (an antioxidant found in tea) and offers 4 grams of fiber, 60 percent of your vitamin C, and 30 percent of your vitamin B6.

◀ **HIGH POTASSIUM:** Kind Almond & Apricot (\$2; at Whole Foods Markets and Kroger stores nationwide) is a crunchy combination of almonds, dried apricots, and coconut flakes. Each bar provides 263 milligrams of potassium (about the same as a small banana), 3.1 grams of protein, and 170 calories.

5 WAYS TO BURN CALORIES BETTER

When your metabolism is in peak condition, you feel energized and burn calories efficiently. Get your engine going with these tips.

WIN FREE STUFF:
Ten readers will win a copy of *Cracking the Metabolic Code*. To enter, go to naturalhealthmag.com/metabolismbook.

1. EAT A GOOD BREAKFAST

Research says eating breakfast is the best way to start your metabolism, but most of us still skip it. "If we grab a muffin on the go, the best breakfast, says Mary Hone, director of exercise science and nutrition at the Mineral Resort in Tucson, Ariz., is a mix of protein (eggs or tofu), carbs (whole grain toast or oatmeal), and healthy fats (olive oil or nuts).

2. LISTEN TO HUNGER CUES

If your stomach is growling for food, feed it. Just as important, stop eating when you're full. "If you overeat, your body stores the extra calories as fat," says Michelle May, M.D., author of *Am I Hungry?* (Nourish Publishing, 2005). "Undereat and your body lowers its metabolism in order to conserve energy."

3. STAY HYDRATED

Your liver flushes out toxins and converts fat to energy, and it needs water to function properly, says James LaValle, author of *Cracking the Metabolic Code* (Basic Health Publications, 2003). Drink enough fluids so your urine is pale yellow; water is a good choice as is eating plenty of fruits and veggies, but tea or juice will also hydrate you, says dietitian Jackie Keller (just be sure the drink is low in sugar).

4. TAKE PROBIOTICS

A recent study published in *Molecular Systems Biology* found that good bacteria—available in yogurt or kefir (eat one to three servings daily) or probiotic supplements (follow dosage instructions on the packet)—can help improve digestion and metabolism and

promote weight loss. "Probiotics help balance metabolism," says Decker Weiss, N.M.D., a naturopathic cardiologist with the Arizona Heart Hospital.

5. SPICE IT UP

Studies suggest that capsaicin, found in chili peppers, may increase metabolic rate for 30 minutes by raising the body's temperature. Add ½ teaspoon of cayenne or paprika to a meal a few times a day. —Ivette Manners