

# NATURAL HEALTH

feel good | look good | do good

## DETOX YOUR BODY

- ▶ HERBS to Lose Weight
- ▶ FOODS to Fight Fatigue
- ▶ RETREATS to Ease Stress

## 14 Habits Of Healthy Families

HOW TO COOL YOUR HOME NATURALLY (No AC Required)

JULY/AUGUST 2008

DISPLAY UNTIL AUGUST 11

USA \$4.50 CANADA \$6.50



0 74808 51081 8

NATURAL HEALTH JULY/AUGUST 2008 DETOX YOUR BODY COOL YOUR HOME NATURALLY SUMMER BEAUTY SECRETS

plus:

3 INSTANT MEMORY BOOSTS

Friends Can Make You Fit

IS YOUR PET DEPRESSED?

Best Way to Go Organic

## 16 Summer Beauty Secrets

## Healthy Appetites

**N**ONE wants to spend the summer feeling sluggish or rundown. Or battling colds and allergies. Or gaining weight. The best way to avoid any of these scenarios is to eat energizing, immunity-boosting food. But most of us would rather not spend hours in a kitchen preparing elaborate meals. That's why we designed these really simple dishes using super nutritious ingredients.

"Everyone knows the expression 'You are what you eat,'" says Dale Bellisfield, R.N., a clinical herbalist with a practice in New Jersey. "But I tell my clients, 'You are what you absorb.' Every part of your body—your neurotransmitters, immune system, skeleton, and muscles—puts the nutrients in healing foods to work." In Bellisfield's kitchen, healing foods include fish to fight fatigue, herbs and spices to fortify the immune system, and teas to hydrate and tonify. »

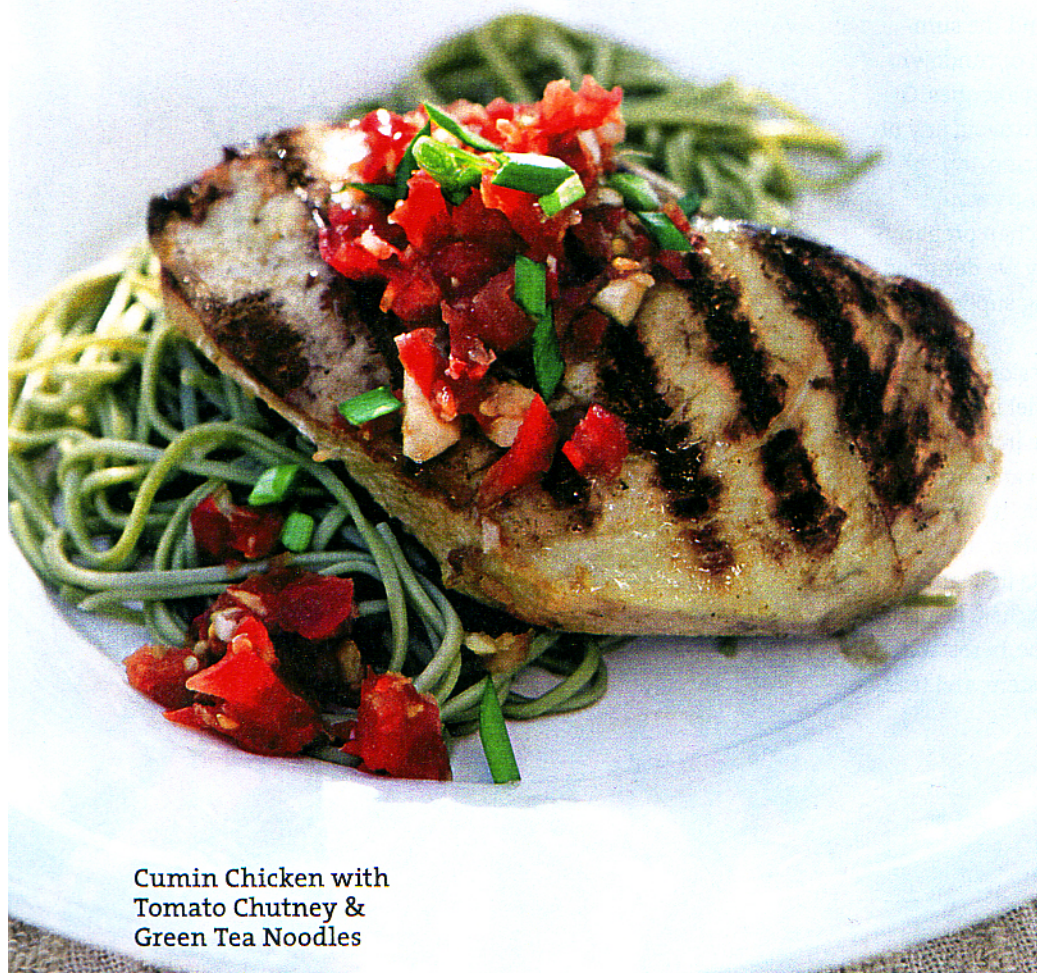
# Quick & easy healing meals

Our 15-minute meals will help you lose weight, beat fatigue, and boost your immune system.



**Fragrant Tofu Stir-Fry  
with Healing Spices**  
(recipe, page 45)

BY ROZANNE GOLD  
Photography by RAY KACHATORIAN



Cumin Chicken with Tomato Chutney & Green Tea Noodles

With Bellisfield's help, we compiled a handy guide to the most effective healing foods (see "8 Must-Have Healing Foods," page 44), plus three delicious healing recipes that can be prepared in 15 minutes or less.

### Eat to beat fatigue

"When a client comes to me with fatigue, I tell them first to get rid of the stimulants in their diet—coffee and sugar that can burn them out—then energize with protein, good fats, and dark leafy greens."

**Buy quality protein.** Get your protein from a combination of organic whole grains and legumes; from the meat of free-range, grass-fed, organically raised animals or low-mercury, sustainably raised seafood; or from soy-based products like tofu. Protein increases our metabolic rate, and because we digest protein more slowly than carbohydrates, we get a long-term energy boost rather than a brief burst. »

**QUICK TIP:** *Green tea soba noodles, high in fiber and antioxidants, cook up in just 5 minutes and can be found at most Asian markets and specialty food stores.*

### Cumin Chicken with Tomato Chutney & Green Tea Noodles

Serves 4

*The combination of cumin, chives, and spicy scotch bonnet peppers provides a powerful dose of antioxidants.*

#### CUMIN CHICKEN

- 4 large skinless, boneless chicken breasts
- 3 tablespoons olive oil
- 1½ tablespoons ground cumin
- 1 small onion
- 1 lemon
- 6 ounces organic green tea soba noodles
- ¼ cup coarsely chopped chives, for garnish

#### TOMATO CHUTNEY

- 1 pint grape tomatoes
- 1 large clove garlic, chopped
- Fresh ginger, chopped (about ½-inch cube)
- ½ scotch bonnet pepper, sliced with seeds removed
- 1 teaspoon ground cumin
- 1 tablespoon organic cane juice crystals

1. Bring a large pot of salted water to a boil.
2. Place chicken, oil, and cumin in a large bowl. Grate onion thickly and add to bowl. Grate lemon and add zest and lemon juice to bowl. Add a pinch of salt and toss to coat chicken. Heat pan and add chicken; cook over medium-high heat for 5 minutes on each side.
3. Pulse tomato chutney ingredients in food processor until almost smooth. Add salt to taste. Set aside.
4. Put noodles in boiling water. Cook 5 minutes, then drain well in a colander. Serve chicken topped with chutney and chive garnish and soba noodles alongside.

Per serving: 465 calories, 16 g fat (2.5 g saturated), 38 g carbohydrates, 42 g protein, 5 g fiber, 600 mg sodium (26% Daily Value).

FOOD STYLING: VALERIE AIKMAN-SMITH; PROP STYLING: JENNIFER FLANAGAN



Silky Miso Salmon with Bok Choy & Snow Peas

**Silky Miso Salmon with Bok Choy & Snow Peas**  
Serves 4

*Salmon is a great source of omega-3s, which help regulate serum cholesterol. It's even better combined with the B vitamins of leafy bok choy, and anti-inflammatory turmeric.*

- ¼ cup white miso
- 1 teaspoon finely minced fresh rosemary
- 2 large cloves garlic
- 4 6-ounce thick salmon fillets, with skin
- 1 teaspoon turmeric
- 3 tablespoons olive oil
- 2 large leafy bok choy heads
- 8 ounces snow peas, trimmed
- Pinch of salt
- 2 tablespoons toasted sesame seeds

1. Preheat broiler.

2. In a small bowl mix miso, rosemary, and 1 clove pressed garlic. Add 2 tablespoons water to form a paste. Coat skinless side of salmon with paste. Rub turmeric into salmon until it turns golden. Place fish on a lightly oiled rimmed baking sheet and drizzle with 1 tablespoon oil. Broil for 2 minutes until golden brown; immediately place in 500-degree oven for 5 to 6 minutes until just cooked through (keep it moist).

3. Meanwhile, coarsely chop bok choy. Heat 2 tablespoons oil in a large wok. Add bok choy and snow peas. Cook 2 minutes over high heat, stirring constantly. Add 1 clove pressed garlic with a small pinch of salt. Stir constantly for 3 to 4 minutes, until vegetables are crisp-tender. Remove fish from oven. Transfer vegetables to 4 large plates. Top with fish and sprinkle with sesame seeds. Serve immediately.

Per serving: 568 calories, 33 g fat (6 g saturated), 21 g carbohydrates, 47 g protein, 6 g fiber, 600 mg sodium (26% Daily Value).

**Enjoy fats wisely.** Incorporating olive oils, eggs, nuts, and seeds gives you the most efficient, energy-dense fuel and helps create the building blocks for compounds that fight inflammation and maintain brain health.

**Choose dark leafy greens.** Kale, spinach, and collards—all of these contain energizing B vitamins (including folate, the B vitamin critical to the generation of healthy new cells), antioxidants, and dark green chlorophyll, which helps in tissue growth and repair.

### Eat to boost your immunity

“Lately I’m really keen on ‘black foods’ like olives, berries, figs, dark chocolate, and sea vegetables,” Bellisfield says. “The darker the hue, the higher the immune boost.”

**Pile on the onions.** To ensure a healthy immune system, get your fill of onions, shallots, leeks, and fresh raw garlic. High in pungent sulfur compounds, these aromatic veggies can provide potent protection against harmful microorganisms and cancer. »

## 3 SUPER SNACKS

Our 15-minute meals are designed to give you time to slow down, savor the meal and the company, and enjoy the fruits of your labor. But for those days when even 15 minutes in the kitchen is too much, Bellisfield has some suggestions:

**1. TRY A POWER SHAKE.** Combine healing ingredients like yogurt, berries, kale, cinnamon, and almond milk in a blender and shake it up.

**2. MAKE TRAIL MIX.** Blend 3 cups nuts and seeds with 2 cups dried fruits for a healthy homemade snack.

**3. BUY WILD-SALMON JERKY.** Stock your pantry with a healthier version of beef jerky for a quick shot of protein. Look for Kodiak Solstix, available at [wildrivergrilling.com](http://wildrivergrilling.com).

# Healthy Body! Healthy Mind! Healthy New Career!

*Clayton College  
teaches you  
to be healthy  
so you can  
teach others.*

- B.S., M.S., M.A., N.D., N.M.D., N.H.D. & Ph.D. programs
- Certificate programs in Iridology, Companion Animal, Healthcare Professional, and Herbal Studies
- All programs are self-paced distance learning
- Many graduates practice as natural health or nutrition consultants

For a free catalog,  
call **1-800-659-8274**  
or visit [www.ccnh.edu](http://www.ccnh.edu)



CLAYTON COLLEGE  
OF NATURAL HEALTH®

ACCREDITED  
American Association of  
Drugless Practitioners  
American Naturopathic  
Medical Accreditation Board

EDUCATING THE LEADERS OF NATURAL HEALTH

## Healthy Appetites | HEALING MEALS

**Sprinkle in some herbs.** Fresh and dried herbs like turmeric, ginger, rosemary, and thyme, all have antioxidant, antimicrobial, and anti-inflammatory properties.

**Learn to love fermented foods.** To optimize the effectiveness of herbs and spices, Bellisfield adds foods like miso, yogurt, or sauerkraut for their ability to aid in digestion and the absorption of nutrients.

### Eat to lose weight

"Eat a rainbow," says Bellisfield, who recommends colorful fruits and vegetables—bright orange, for example, indicates beta-carotene, while dark-blue and -red produce is high in the antioxidant anthocyanin.

**Choose good proteins and carbs.** Foods low on the glycemic index, like sweet potatoes, berries, eggs, fish, and whole grains, and sweeteners like agave syrup and stevia, don't

spike blood sugar the way white potatoes and refined flours do.

**Discover low-calorie foods.** Low-calorie winners include quinoa, goji berries, black beans, and broccoli, says Bellisfield.

### Eat to detox

Bellisfield starts a cleanse with spring greens like dandelion leaves, watercress, and broccoli rabe.

**Blend sour fruits and bitter greens.** The sharp flavors of tart fruits and bitter greens increase digestive enzymes and nutrient absorption—ideal for cleansing, toning, and stimulating digestion.

**Drink tea.** Accompany your fruits and greens with organic white or green tea or a tea made with an adaptogenic plant like holy basil or ginseng (which help reduce stress and fight fatigue) to stay hydrated and ease gentle digestive cleansing.

## 8 MUST-HAVE HEALING FOODS

**ALLIUMS** Garlic, onions, leeks, and shallots help fortify white blood cells, fight disease-causing microbes, and protect against cancer.

**FERMENTED FOODS** Yogurt, miso, sauerkraut, and kimchi fight infection and inflammation and aid in digestion, the absorption of nutrients, and the growth of productive flora in the digestive tract.

**GOOD CARBOHYDRATES** Whole grains like quinoa and oats, and legumes like black and pinto beans are high in soluble fiber, which helps flush LDL (bad) cholesterol out of the body.

**HERBS AND SPICES** Turmeric, ginger, thyme, and rosemary have anti-inflammatory properties and are high in antioxidants.

**LEAFY GREENS & COLORFUL FRUITS & VEGETABLES** Linked to reduced risk of cancer and stroke, brightly colored produce like broccoli, kale, bell peppers, berries, and figs are packed with vitamins A, C, E, and K, the B vitamin folate, and antioxidants such as beta-carotene and anthocyanin.

**QUALITY PROTEINS** Tofu, organic poultry, grass-fed beef, sustainably raised fish (like salmon, herring, and sardines), and eggs provide iron and long-term energy and help to build muscle.

**ORGANIC TEAS** Flavonones called catechins make white and green teas extra potent in reducing the risk of heart attack, stroke, and cancer.

**GOOD FATS** Olive oil, avocado, and all fresh nuts and seeds (walnuts, cashews, pumpkin seeds) provide cholesterol-free, energy-dense fuel.



### Fragrant Tofu Stir-Fry with Healing Spices

Serves 4

*Tofu is a good source of protein. Buy organic and use firm blocks that hold up well in stir-fries. This dish features immunity-strengthening garlic and scallions, plus heart-healthy olive oil and pecans.*

**QUICK TIP:** *Serve your stir-fry over a mound of whole wheat couscous, which cooks up in 5 minutes, unlike rice, which can take 45.*

- 2 medium bell peppers: 1 orange and 1 red
- 14 ounces firm tofu
- 1½ tablespoons curry powder or garam masala
- 1 teaspoon chile powder (ancho chiles are best)
- ¼ cup olive oil
- 3 tablespoons finely minced fresh ginger
- 3 large cloves garlic, chopped
- 2 scallions, chopped
- 10 ounces red cabbage, shredded in food processor
- 3 tablespoons tamari
- Pinch of salt
- ⅓ cup chopped cilantro
- ½ cup chopped pecans, toasted

2. Cut tofu into 1-inch cubes and toss in a bowl with curry and chile powder.

3. Heat oil in a large wok. Add ginger, garlic and peppers. Cook over high heat for 3 minutes, stirring constantly, until peppers soften. Add scallions and tofu and cook for 2 minutes, stirring often. Add red cabbage and cook 3 minutes until wilted. Add tamari and cook over high heat for 1 minute. Add small pinch of salt. Top with cilantro and pecans.

**Per serving:** 373 calories, 29 g fat (3 g saturated), 18 g carbohydrates, 14 g protein, 6 g fiber, 600 mg sodium (26% Daily Value). 🌱

1. Cut bell peppers in half lengthwise and scrape out the seeds. Then slice peppers into ½-inch-wide strips, and cut strips in half. Set aside.

*For shopping information, see Buyer's Guide, page 108.*



**LEARN MORE:** For another easy, healing recipe, go to [naturalhealthmag.com/quickandeasy](http://naturalhealthmag.com/quickandeasy).

## Cool Comfort

After the sun goes down, replenish and rebalance your thirsty summer skin.



Look for us at better natural product retailers everywhere, or call 1-800-237-4270 to order.

Visit us online and enter this code

**N78H**

at checkout to save 15% when you order these products.

**AUBREY**  
ORGANICS

*...the intelligent choice*

All natural handcrafted beauty products for over 40 years.

[www.Aubrey-Organics.com](http://www.Aubrey-Organics.com)

