

A MARTHA STEWART PUBLICATION

COUPLE FIGHTS
WHY YOU HAVE THE
SAME ONE EVERY TIME

HOME HAIR COLOR
HOW TO GET SALON
RESULTS, SAFELY

**MAKE OVER YOUR
MEDICINE CABINET**
THE BEST NATURAL CURES

DRY SKIN FIXES
INGREDIENTS THAT
SOOTHE AND HEAL

whole living

body + soul in balance



THE CHANGE ISSUE

A FRESH START

**MAKE THIS THE YEAR YOU DETOX YOUR LIFE, CONQUER FEAR,
TAKE CHARGE OF YOUR HEALTH**



For smoothies and other detox recipes, see p. 73

whole living
28 DAY
CHALLENGE
action plan



FEBRUARY 2011
DISPLAY THROUGH FEBRUARY 14

wholeliving.com

DINNER'S LOOKING GOOD!

Here are eight tips to enjoy dinner together as a family. Use these ideas, and getting together for a family dinner will make everyone as happy as the stylish new 2011 Toyota Highlander will.

EIGHT TIPS TO MAKE YOUR DINNER TOTALLY COOL!

- #1 Try and have dinner together as a family on days of the week that end in "Y."
- #2 Eat tonight's dinner with chopsticks.
- #3 Practice your pig Latin. Sounds un-fay, ight-ray?
- #4 Prepare mini pizzas and let everyone pick out their favorite toppings.
- #5 Need a new centerpiece? Get an easel and display kids' artwork or an A on a math test.
- #6 Take turns being the DJ and play tunes.
- #7 Divide the chores fairly. If one sets the table, another clears it.
- #8 Take a cue from road trips and play games like "I Spy" and "20 Questions."

Want more tips?

Visit marthastewart.com/recipe/tips to download the *25 Ways to Enjoy Dinner Together* guide brought to you by Toyota Highlander.

Brought to you by
THE STYLISH ^{NEW} 2011
TOYOTA HIGHLANDER.



Text DINNER to
 MARTHA to receive daily
 dinner suggestions from
marthastewart.com
 Message & Data Rates May Apply.

Sit Down to Sloppy Joes

SERVES 4

- 1 tablespoon canola oil
- 1 medium onion, finely chopped
- ½ green bell pepper, finely chopped
- 1 celery stalk, finely chopped
- 2 cloves garlic, minced
- Coarse salt and ground pepper
- 1 pound ground beef
- 1 can (15 ounces) tomato sauce
- ¼ cup ketchup
- 1 tablespoon Worcestershire sauce
- 4 hamburger buns, split and toasted

DIRECTIONS

In a large skillet, heat oil over medium-high heat. Add onion, bell pepper, celery, and garlic; season with salt and pepper. Cook, stirring frequently, until vegetables are softened, 5 to 7 minutes. Add ground beef to skillet. Cook, breaking up meat with a wooden spoon, until it is no longer pink, 6 to 8 minutes. Stir tomato sauce, ketchup, and Worcestershire sauce into beef mixture in skillet. Simmer until thickened, stirring occasionally, 6 to 8 minutes. Season the mixture with more salt and pepper, as desired. Spoon onto buns, and serve immediately.



IT'S NOT THE BACK SEAT

★ IT'S THE KID COMMAND CENTER ★



CAPTAIN'S CHAIRS

FEEL CAPTAIN-EE



THE ^{NEW} STYLISH 2011 TOYOTA HIGHLANDER.

Every now and then, parents need a little help. Thankfully, the Highlander has a second row with available perforated leather-trimmed seats², plus an optional rear-seat DVD entertainment system that helps keep kids thoroughly occupied. And with the Star Safety System™, the only thing parents have to worry about is rediscovering their inner cool. Learn more at toyota.com/highlander



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 **TOYOTA**
moving forward

action plan



Stay on Track

In January you'll get the year off to a healthy start with our 28-day challenge (p. 73). Going forward, renew your motivation with small daily goals at wholeliving.com/action-plan

TUESDAY

1

LIGHT YOUR NIGHT

We can't think of anything cozier than the glow of candlelight in winter. For every candle you light this evening, take a calming breath and think of one thing you're thankful for. [2 3 4 5 6 7]



TUESDAY

8

LOOK CLOSELY at something you haven't seen in a while—the frost crystals on your windowpane, the hue of the tea in your mug, or the swoop of your partner's eyelashes. [9 10]



MONDAY

14

SPREAD THE LOVE

It's Valentine's Day: Be kind to everyone you encounter. (Whether they deserve it or not.) [15 16 17 18 19]

FRIDAY

11 TREAT COLD FEET

Sprinkle some cayenne pepper inside your socks. This folk remedy may help warm your toes by increasing blood flow. Just don't get any in your eyes! [12 13]



SUNDAY

20

WASH UP RIGHT

In medical school, Brian Becker, M.D., was taught that "it's harder to catch a cold from kissing a sick person than from shaking his hand and then rubbing your eyes or nose." So when you wash up, use soap and rub vigorously for at least 20 seconds. [21]

TUESDAY

22

KEEP YOUR BONES STRONG

Of the 10 million Americans with fragile bones, 80 percent are women. Studies in the U.K. suggest that weight-bearing exercises, like step-ups, improve bone density. Squeeze a few in: Stand in front of a step bench or stair-case; step up with your right foot, then with your left. Step down in the same order. Do 8 to 12 reps. [23 24 25 26 27]



MONDAY

28

TAKE A CLEANER SHOWER

Vinyl or PVC shower curtains emit hormone-disrupting phthalates. For an easy upgrade, choose organic cotton. Or try hemp or responsibly harvested bamboo, which wick away moisture and have more antimicrobial properties. Plus, they're easy to keep clean because they're mildew-resistant.



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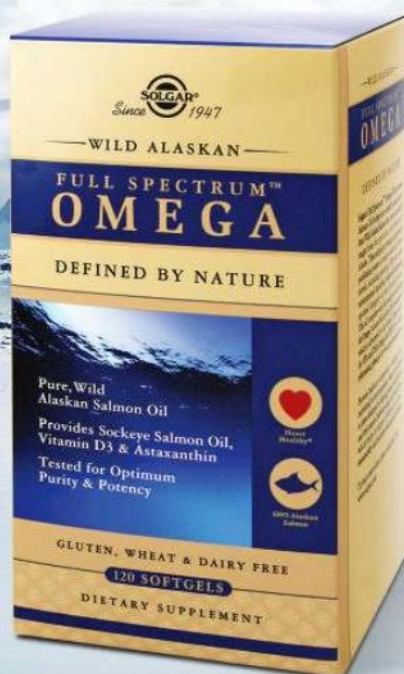
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FEATURES

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4 WEEKS TO YOUR BEST SELF

If you've been eating, drinking, and making a little too merry, have we got the cure for you! Break out of your post-holiday stupor with our annual Whole Living Action Plan, a 28-day jump-start on a year of total mind-body wellness.

BY ELIZABETH BARKER, SARAH BOWEN SHEA & TERRI TRESPICIO

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I SAVED MY OWN LIFE

When a health problem issues a wake-up call, we do just that: wake up. Here's how three women overcame health challenges and reset their paths to wellness.

BY DENISE MAHER

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COZYING UP

Coming home in the wintertime should feel like one giant restorative hug, with warmth and comfort surrounding you on all sides. Here are 13 easy ways to turn your house into a blissfully snug haven.

BY SARAH ENGLER

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LIVING FEARLESSLY

A transformation coach, a Harvard researcher, and one of the bravest women we know on why you shouldn't let anything stop you from taking the plunge.

BY JENNIFER GOODMAN LINN & ROBIN FISHER ROFFER

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THE CURE FOR THIRSTY SKIN

With these soothing strategies, winter doesn't have to be a season of discontent.

BY OLESSA PINDAK

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BeTRU TO YOU!

The New Year is a great opportunity for resolutions and reinvention. What do you like best about a clean slate? Do you like getting organized, making (and keeping) resolutions, or do you simply love the chance to celebrate with friends?

As your partner in living an honestly sweet® life, Truvia™ natural sweetener asked what you love most about the New Year. Just remember: January 1 comes but once a year, so make the most of it!

Here are your TRU reasons for loving the New Year.

- A. 35% Fresh start – January 1 is the best opportunity to start something new.**
- B. 26% Getting organized – I look forward to buying a new day planner every year!**
- C. 25% New Year's Eve – I love any chance to gather with friends to celebrate.**
- D. 14% Making resolutions – Each year, I get inspired to tackle my resolutions anew.**

Look for our BeTRU quiz on marthastewart.com to share your thoughts about spring.



Get healthy tips from Martha Stewart!

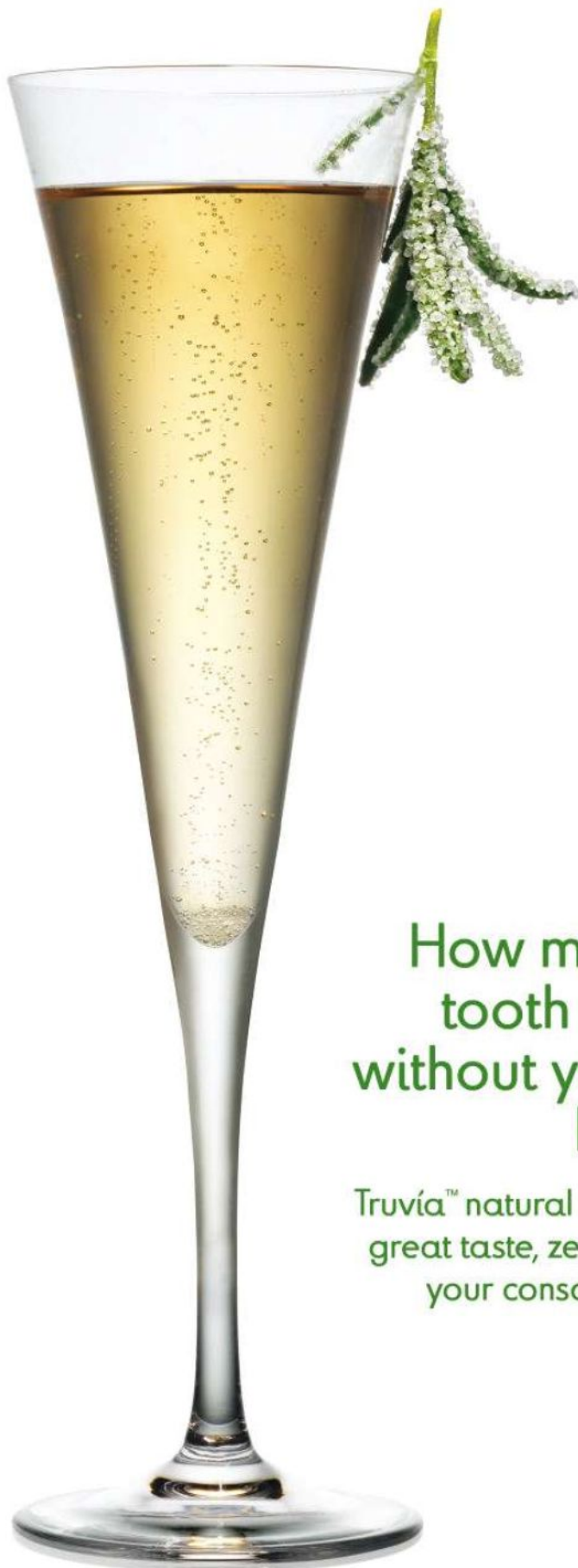
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WHAT'S ON THE WEB

57 Ways to Be Healthier in 2011

BREAK BAD HABITS

Want to bust out of your key-losing, time-wasting, nail-biting ways? Read about how to replace lousy habits with healthy ones at wholeliving.com/habits

LOWER YOUR BLOOD PRESSURE

Hypertension affects about one in three American adults. Find out if you're at risk—and learn what you can do to support your health at wholeliving.com/pressure

CONQUER CRAVINGS AT WORK

From birthday cake to day-old donuts, the workplace is rife with healthy-eating pitfalls. Find strategies for outsmarting them at wholeliving.com/snack-temptation

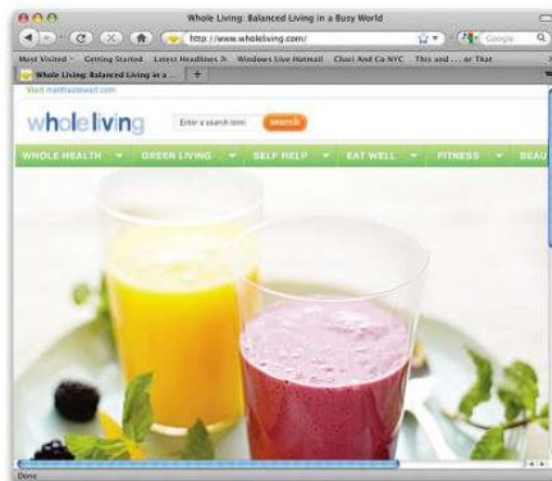
BE A BETTER FRIEND

This is the year to reexamine your friendships and show the people you love how important they are to you. Get tips at wholeliving.com/relationships



WHOLE LIVING DAILY BLOG SOPHIE HERBERT ON YOGA ON—AND OFF—THE MAT

Yoga expert Sophie Herbert teaches more than poses. She shows you how to apply the practice of yoga to your daily life for enhanced focus, relaxation, and joy. To get more centered, visit wholeliving.com/blog



Eat more fruits and veggies: It can be as easy (and tasty!) as whipping up a smoothie a day. Get 25 brand-new recipes at wholeliving.com/smoothie



TOAST

When the clock strikes 12, pop the cork in good conscience: Get our picks for organic sparkling beverages at wholeliving.com/bubbly

RESOLVE

Instead of making (and breaking) grandiose promises to yourself this year, start with a small change. Get the 10 healthiest resolutions at wholeliving.com/resolve

SLOW COOK

Toss a few healthful ingredients together in a flavorful one-pot meal. Prep—and cleanup—couldn't be easier. Get the recipes at wholeliving.com/one-pot

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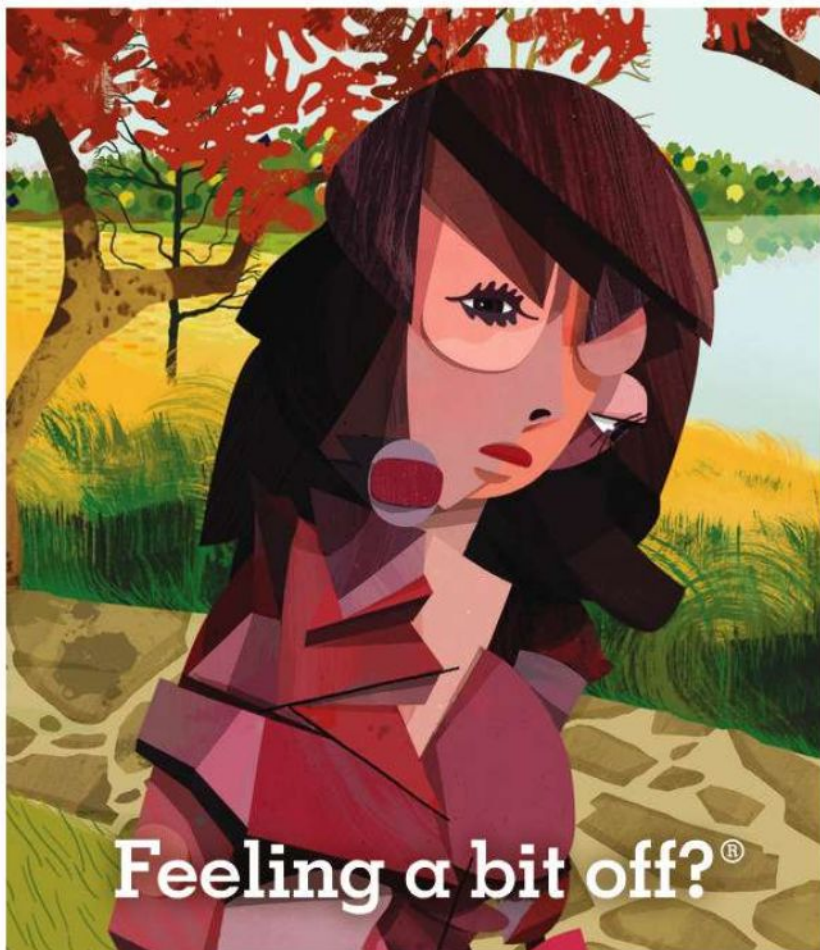
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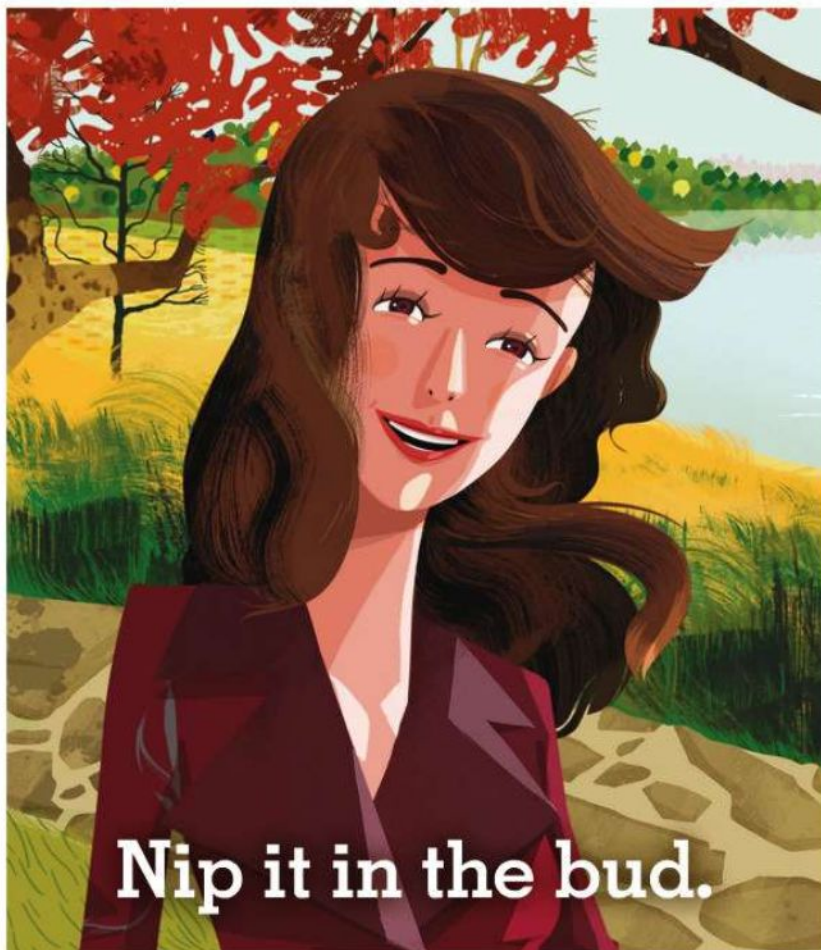
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openings

COMMUNITY MEMBER: MELISSA GRILL-PETERSEN

This 39-year-old Atlanta resident joined the Action Plan back in September. "That particular day, I had been doing way too much thinking, and the challenge spoke to me." Though she's a life coach, she needed help tapping into her own feelings. Soon after, she formed a community called Authentically Being for others striving to live more wholly. Her next goal? "To learn to cook fresh, wholesome meals." Join the movement at wholeliving.com/action-plan



READY, SET, ACTION!

THERE'S JUST ONE New Year's resolution I have ever completely adhered to, and that's to take the stairs, rather than an escalator, when I have the option. For years, that vow has propelled me up countless staircases in malls, office buildings, and train stations. (Imagine my ardor for the man who is now my husband when I discovered that his one successful resolution was to always take steps two at a time, which he claims is a superior workout.) During the last trimester of each of my pregnancies, I even made a show of regularly bounding past commuters in their rush-hour torpor as the escalator conveyed them out of the Hades-like depths of the 59th and Lexington Avenue subway station (a vertiginous 126 steps). I eventually extended my resolution to include that great enabler of our national obesity epidemic, the moving sidewalk—unless, that is, I am really, really late for a plane.

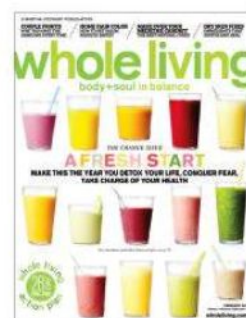
Why is this the only resolution I've managed to keep? Because it's so damn simple. Today, I merely look at an escalator and my legs start to itch while I scan the horizon for a staircase. Still, I have hope for finding another resolution that sticks this year—because simple changes are the underpinning of the Whole Living Action Plan's annual 28-Day Challenge (p. 73), which kicks off January 1.

What you'll find in this year's Challenge is a super-thorough program with two goals: For the first two weeks, we'll "Purify," cutting out all sorts of bad eating habits and indulgences, reducing unnecessary distractions and stress, doing gentle detox exercises, and restoring a sense of health and well-being. Then, for the last two weeks, we'll "Fortify," ramping up our fitness and building back healthy eating and mind-body habits. The idea is to introduce you to easy, memorable, incremental changes—a few of which, by month's end (remember, it takes 21 days to create a habit), will feel like they could become an indispensable part of your daily routine. Be sure to log on to wholeliving.com/action-plan, where you'll find extra recipes, exercises, video, and downloadable PDFs to help keep you on track.

Wouldn't it be great if this could also be the year you start living fearlessly? The brain is wired to pay attention to fear, thwarting our goals and intentions at every turn. The good news is that the brain is also highly malleable. In this issue, beginning on page 104, you'll hear testimony to that effect from Jennifer Goodman Linn, whose cancer diagnosis six years ago catalyzed her gutsy approach to living in spite of her disease; Harvard psychotherapist Srinivasan Pillay, M.D., whose pioneering brain-imaging work has proven that we can retrain our thinking; and transformation coach Robin Fisher Roffer, who shares her strategies for creating a "no-fear zone." Go get 'em! (And take those stairs—two at a time if you can.)

Alex

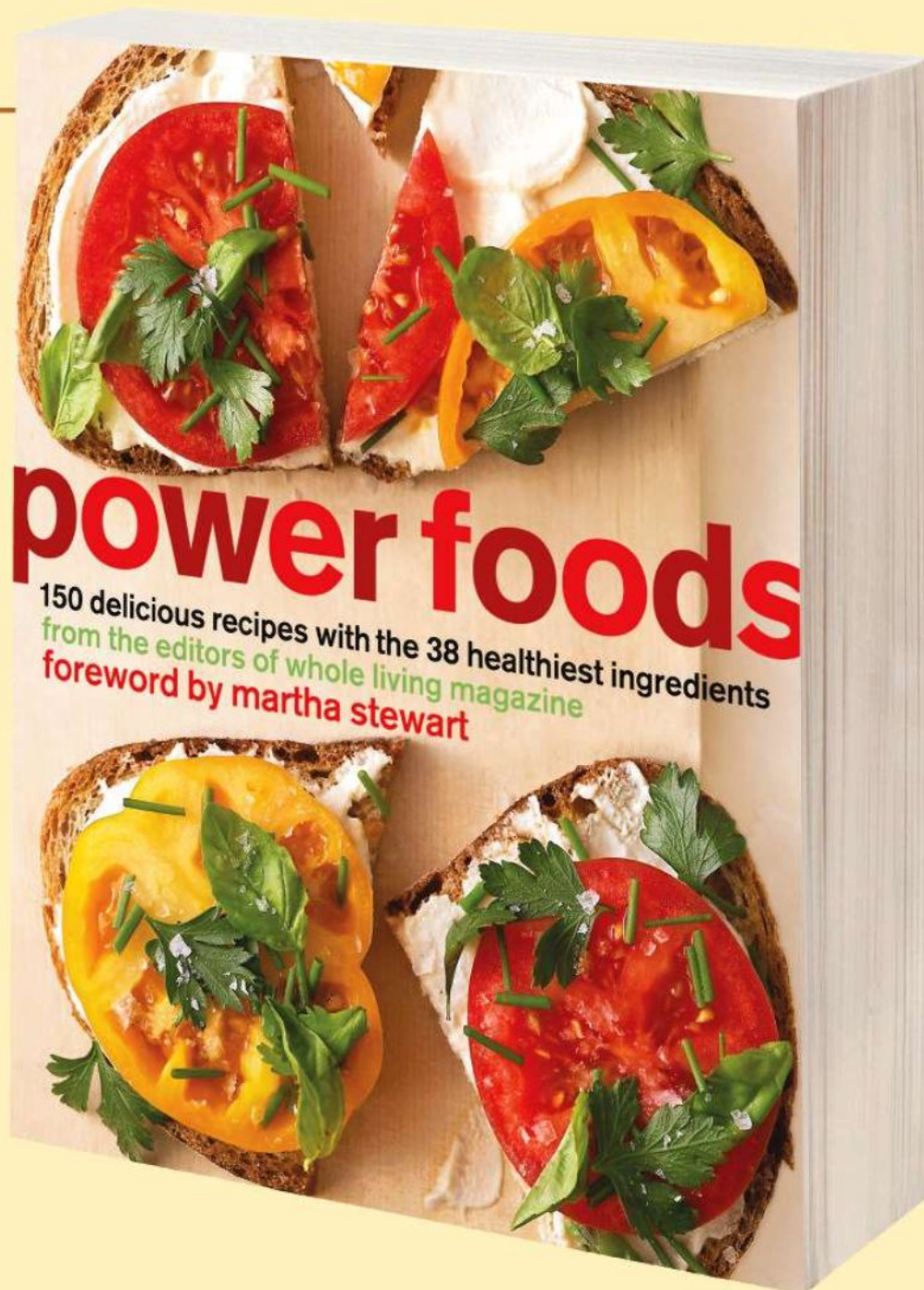
Alexandra Postman, Editor-in-Chief



DOUBLE VISION

We designed two covers for this issue. Which one's your favorite? Let us know at mail@wholeliving.com

photographs clockwise from bottom right: Johnny Miller, food styling by Shira Bocar, prop styling by Julie Ho; Johnny Miller, wardrobe styling by Sabine Feuilletoy, hair and makeup by Sylvester Castellano; courtesy of Melissa Grill-Petersen; John Dolan, wardrobe by Sabine Feuilletoy, hair and makeup by Richard Cooley, Alex is wearing an Adidas biking jacket, Trina Turk long-sleeve shirt, and Loomstate leggings; see p. 127 for buying information.



boost your health
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Packing peak nutrition into wonderfully flavorful meals is easier than you think. These 150 recipes from the editors of *Whole Living Magazine* make delicious use of the 38 healthiest ingredients. Eating well is simple and more satisfying than ever.



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READER TO READER

How Do You Stick to Your Resolutions?

This month's winner

Instead of making New Year's the only time I reflect on my goals, I make the first of every month a new beginning. I think of a few small things I want to accomplish (drinking eight glasses of water a day, exercising four days a week) and write them on the dry-erase board on my refrigerator. Each day I track my progress. When I rely on memory, I tend to think I'm doing better than I actually am. But the calendar doesn't lie. As a result, I'm achieving more of my little goals.

LYNN J., Higganum, CT

TWEETED

Amy Gross nailed my resistance to meditation and encouraged me to try again.

—ABOUTORGANIZING

READ IT: WHOLELIVING.COM/BREATHING-LESSONS

Let others in on it

I tell my kids. Last year, I said I'd run a 5K in 2010. My 6-year-old son, who has a memory like an elephant, kept asking me when I was going to "run my race." I completed my first 5K in August and my second in September.

JENNIFER H., Webster, NY

What resolutions?

I gave up on them. It makes me feel worse when they don't get done.

KAMMY B., Elk Grove, CA

FACEBOOK

I was just telling my husband I need to find good stretches to help with my fibromyalgia. That the exercises in "Stay Strong" (November) are good for your lymphatic system is an added bonus.

CAITLIN L.

READ IT: WHOLELIVING.COM/STAY-STRONG

Just read the entire issue cover to cover. Love "10 Thoughts on Whole Living" (November), especially number 9, "Feed your creativity." It inspired me to go to the glass factory and make my own glass clock!

KAREN S.

I loved Judi Ketteler's essay "Taking Grief Step by Step" (November). My mom just died in September, and amid all the family activity, I took time to do some restorative yoga and walk.

JULIE M.

READ IT: WHOLELIVING.COM/GRIEF

WHOLE LIVING GIVEAWAY

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Share your response by mail or e-mail. Please include your name, address, and daytime phone number. We may edit letters for length and clarity. Send to **mail @wholeliving.com**, or to Whole Living, 601 W. 26th St., New York, NY 10001. For questions about your subscription or other customer-service issues, visit wholeliving.com/customerservice



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chat YOU SAID IT

TWEETED

Just looking at @WholeLiving's site has instant calming effects—like yoga for the mind.

—MLLEELISENELSON

SPOTLIGHT ON ...

COMMUNITY BLOG

Community member Amanda O'Connor shares how she's starting a better year—right now.

THIS HAS BEEN A VERY TOUGH

YEAR. Closing on six months of unemployment, I was offered an internship with an academic publishing house. In all of the exciting changes and seemingly upward turns, I stopped thinking about my Whole Living resolutions. Checking in with wholeliving.com, cooking healthy dinners, and positive thinking fell off my radar. When the internship ended in August, I thought, Now what? My loans started pouring in, and to top it all off, a furious, dramatic family dispute reared its head again. Ignoring myself quickly led to anxiety attacks. To cope with feeling overwhelmed, I made a to-do list of things that could get me on track, from finishing

a novel I've been plugging through to applying for new jobs. On the bottom of the list, I wrote "Whole Living!" That was two months ago. And here I am. I'm researching jobs and focusing on the people who bring me happiness. I'm taking my vitamin C and reminding myself to eat. Here we go again. It's time for me to get healthy mentally. The bad year ends now.

To read more of Amanda's blog or to start a blog of your own, visit wholeliving.com/community

WHOLE LIVING AWARDS: READERS' CHOICE

Know a dynamic woman who should be celebrated for her efforts on behalf of the environment, health, or sustainability? Whose inspired ideas and leadership have had a positive impact in your community? Now's your chance to nominate her for a Whole Living Award! The readers' choice winner will be featured in our April issue. Enter your submission at wholeliving.com/readers-choice by January 15.

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ANNUAL KICKOFF

Dansko is bringing its famously comfortable and supportive clog design to a new line of vegan sneakers. Made with breathable canvas fabric and an antimicrobial micro-fiber lining, they work with or without socks, so they're an ideal way to step through winter and into spring.

PICK YOUR PAIR

Also comes in red and three more colors.
Available Feb. 1, \$70,
dansko.com





TASTE TEST

MIGHTY MUGFULS

A steaming cup of cocoa is not only a sweet end to a blustery day—it's also rich in antioxidants. Our recipe developers and food editors did a lot of sipping to find the most delicious mixes with the fewest additives. And all three varieties taste even more amazing with these homemade chocolate-covered stir sticks. —SHIRA BOCAR

▲ DARK-CHOCOLATE-DIPPED BREADSTICKS

1. Melt 2 oz. **dark chocolate** and spoon over $\frac{3}{4}$ the length of 10 thin **breadsticks** (the thinnest you can find at the store). Let excess chocolate drip off.
2. Transfer coated sticks to a parchment-lined baking sheet; refrigerate 30 minutes.



E. GUITTARD GRAND CACAO DRINKING CHOCOLATE
\$9 for 10 oz., guittard.com
This one was "rich and silky." One tester simply said, "Tastes expensive."



DAGOBA AUTHENTIC ORGANIC DRINKING CHOCOLATE
\$12 for 12 oz., dagoba.chocolate.com
Like varietal chocolate, this complex blend is "full-bodied" and "fruity."



365 ORGANIC HOT COCOA MIX
\$4 for 10 oz., wholefoods.com for stores
Tasters found this convenient just-add-water packet mix "nutty" and "milk chocolaty."

WE TRIED IT



ON TAP

The dishwasher-safe Tapi slides onto your faucet, and when you pinch the bottom, the water is redirected through the top fountain-style. Perfect for quick sips—no glasses to wash. \$5, dreamfarm.au for retailers



HEALTHY COOKING SHAKE IT UP

If you dread mixing small batches of homemade dressing every time you make a salad, OXO's shaker (\$15; oxo.com) is for you. The BPA-free plastic container has measurements, a no-drip spout, and a stopper for the fridge.

DIY VINAIGRETTE

Mix $\frac{1}{2}$ cup **extra-virgin olive oil**, 4 Tbsp. **apple cider vinegar**, 2 Tbsp. **maple syrup**, 6 tsp. **Dijon mustard**, and a dash of **salt and pepper**.

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TRENDS WE LIKE

GATESIDE GOURMET

Airport dining is rarely appetizing. Terminal vendors often rely on mass-produced, frozen ingredients—the slice of pizza you ate at JFK probably isn't that different from the one you'll eat at LAX. Some, however, are starting to source local foods, making delays more digestible. Here are a few places we wouldn't mind having mealtime layovers.

—KRISTINE HANSEN



MSP/JFK/MKE

FRENCH MEADOW BAKERY & CAFE

WHERE Minneapolis—St. Paul Airport (Terminal 1), JFK in New York City (Terminal 2), and General Mitchell Airport in Milwaukee (Concourse C)

MENU HIGHLIGHTS Pan-seared walleye with wild rice, quesadillas with local mozzarella, and organic herbal martinis



MVY

FLATBREAD COMPANY
WHERE Martha's Vineyard Airport in Massachusetts

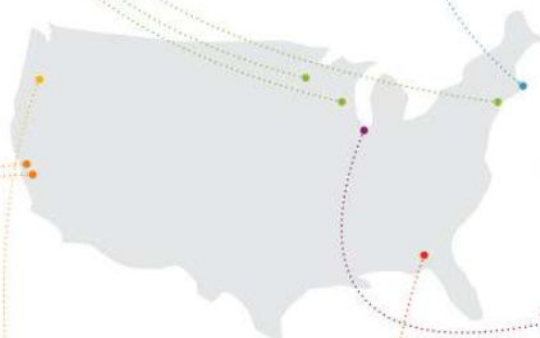
MENU HIGHLIGHTS Pizzas baked in a wood-burning oven and topped with local and organic ingredients



SMART STYLE

STRAP HAPPY

Crossbody bags aren't just a trend—they're ideal for travelers. With less strain on one shoulder, you'll have fewer neck and back pains after trekking through airports. Plus, it leaves your hands free. (No more scrambling to keep your purse from sliding off your shoulder as you wheel your suitcase with one hand and hold a coffee with the other.) We particularly love the size, storage compartments, and comfort of this Buckle Strap leather satchel. \$170; topshop.com



OAK/SJC

C.J. OLSON CHERRIES
WHERE Oakland (Terminal 2) and Mineta San Jose Airport (Terminal B)

MENU HIGHLIGHTS The perfect in-flight snacks: local fresh (when in season) and dried cherries, nuts, and chocolate



PDX

ROGUE ALES
WHERE Portland International Airport (Concourse D)

MENU HIGHLIGHTS Microbrews such as Juniper Pale Ale and Chocolate Stout, and Kobe burgers topped with Rogue Creamery blue cheese



ORD

TORTAS FRONTERAS
WHERE O'Hare International Airport in Chicago (Terminals 1 and 3)

MENU HIGHLIGHTS Chef Rick Bayless's newest outpost will serve up a variety of traditional Mexican sandwiches starting this spring



ATL

ONE FLEW SOUTH
WHERE Hartsfield International Airport in Atlanta (Terminal E)

MENU HIGHLIGHTS A pulled-duck sandwich with a relish made from toasted Georgia peanuts, local chicken-noodle soup, and an artisanal cheese plate with selections from nearby Sweet Grass Dairy



GREEN GPS

The free FindGreen iPhone app locates nearby vendors—from yoga studios to bakeries—certified eco-friendly by the experts at Gen GreenLife.com. Just plug in the type of business and get turn-by-turn walking, biking, or driving directions. iTunes.com —KRISTIN PLADSON



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GREEN LIVING

HEALTHIER HEARTHS

According to the EPA, smoke from burning wood can contain harmful air pollutants and VOCs. But if the thought of going all winter without a crackling fire chills you to the bone, there are a few things you can do to burn cleaner and greener. First, use untreated hardwoods (like oak and cherry) that have been split and dried for at least six months. Because they're denser than softwoods, hardwoods burn more slowly and evenly and produce less smoke. Or, for up to 80 percent less carbon dioxide output, try Enviro-Logs (enviro-log.net), made from recycled waxed cardboard, or Java-Log firelogs (pinemountainbrands.com), made from recycled coffee grounds. And, of course, always make sure the fireplace flue is completely open. If you can smell smoke, there's a problem.

—SARAH ENGLER



TRY THIS

HANG IT BY THE HEATER

Dry your laundry inside during the winter and the benefits are twofold: You'll use zero energy and add some much-needed moisture to the dry indoor air. After washing with an unscented detergent (like Martha Stewart Clean), place your wet garments near a heat source for maximum moisturization.

IN GOOD COMPANY

THE PERFECT PAIRING

Habitat for Humanity and the Home Depot have joined forces to build or restore 5,000 homes by 2014 using sustainable standards. Everything will be green-certified, from the quality of the insulation and ventilation to the VOCs of finishes to the appliances.



UPCYCLE FIND

ALL THAT GLITTERS IS OLD

When Lauren Embree of Lafayette, Arkansas, was laid off from her corporate job and couldn't find another, she decided to try her hand at designing jewelry with recycled vintage materials and natural gemstones. Luckily, her friends (and their friends, and their friends) were so smitten that Embree's new career was born. See her one-of-a-kind pieces at laurenembreejewelry.com.



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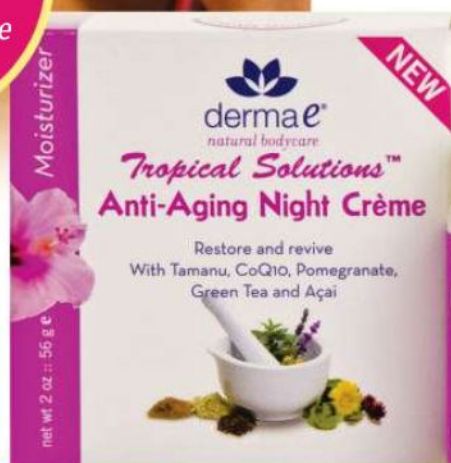
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LEARNING TO COLOR OUTSIDE THE LINES

Abstract artist Karen Kimmel's best work these days is inspired by the creative visions of disabled adults and children. Just don't call it "outsider art." **BY CHRISTINE LENNON**

KAREN KIMMEL'S small, light-filled Los Angeles studio is dotted with her colorful artwork: circular hooked rugs, Ikebana-inspired potted gardens, and clay-bead curtains. But she didn't create these pieces solo. Kimmel has many collaborators, thanks to her newest passion—teaching others, especially children and the disabled, how to foster personal creativity through abstract art.

Two decades ago, Kimmel launched her career in New York City, creating installations for prestigious museums and galleries. She became known for her signature "social sculpture," exhibits that involved some form of audience interaction. Then

VITAL STATISTICS

Name Karen Kimmel

Age 44

Hometown Los Angeles

What she does Creates abstract art and helps children and adults with disabilities express themselves

Biggest inspiration People who take chances and aren't attached to the outcome

Sanity saver Making things

Mantra "Trust your intuition; be courageous."

in 1994 she met her future husband, James Bond (yes, his real name), and soon after put her work aside. "We got married, resettled in L.A., and opened a clothing store," she says.

That store, K-Bond, a combination gallery and men's clothing boutique, soon became a buzzed-about destination for L.A.'s fashionistas and celebrities. Yet, though Kimmel and Bond co-owned the shop, she says, "the retail thing was really *his* dream."

After the couple had children (Jersey and Ace are now 8 and 4), they closed K-Bond, and James opened a chain of high-end sneaker stores. Kimmel, however, found herself in a professional identity crisis. She longed to "get out in the art world and butt up against the public again," she says, but this time, she wanted to do it more meaningfully.

Opportunity came calling in 2006. A friend told her about an artist-in-residence position at Creative Growth, a nonprofit in Oakland, California, that serves adult artists with disabilities such as autism and Down syndrome. "It was perfect for me," Kimmel says. "I'm drawn to those who have been marginalized. As an artist who grew up with dyslexia and other learning disabilities, I've felt marginalized myself sometimes."

Tapping into her love of interactive art, Kimmel spent her six-month residency developing a collaborative program called the Art of Exchange,



(1)



(2)

HOME IS WHERE THE ART IS

1 Jersey uses Kimmel Kids stencils (kimmekids.com for retailers).

2 Wall art and a tote made by Kimmel, and a planter she designed with Exchange students.

3 Ace and Jersey in the living room.



(3)

KIMMEL'S TIPS FOR CREATIVE EXPRESSION

"Creativity isn't just about art. It's about bringing your own ideas into your home, workplace, and community."

"Allow for some open time and just start something. You need to get comfortable with being uncomfortable."

"Exposing your kids to art is like giving them visual vitamins."

"Validate originality. Focusing on 'getting things right' can stop creativity dead in its tracks."

in which she invited the artists to make drawings using a set of abstract stencils she created in shapes inspired by nature, a major theme in Kimmel's art. "It can be intimidating to sit down to blank paper," she says. "The stencils give you a starting point, unlocking your brain."

Kimmel then used a selection of the drawings—there were about 200 from more than 80 artists—to design a series of rugs that became the basis for an art installation. "I was so inspired by how we could interpret each other's visions through our work," she says. "What they created wasn't 'outsider art.' It was art."

Buoyed by the success of her stencils, Kimmel set out to bring the Art of Exchange to more people. "With the pressure of work and money, we don't allow time to develop personal creativity," she says. "But our culture suffers when we don't feel empowered to express our own ideas." In the past five years, she's held workshops for groups of all ages, including 4- to 8-year-olds at Avant Garde Preschool in New York City and developmentally disabled adults at First

Street Gallery Art Center in Claremont, California.

Kimmel's ultimate goal is to create a supportive, anything-goes environment. She sets up her stencils, markers, or pencils, and something to draw on and encourages participants to experiment: "One time, I hung the stencils from the ceiling and had kids draw the shadows they made on the walls." Kimmel continues to turn some of their work into other objects, such as mobiles or screen-printed bags, either on the spot or in her studio.

Although Kimmel has to balance art and commerce (she also works as a creative consultant for Nike), she considers the Art of Exchange her most satisfying and meaningful artistic job. "My mom was always good at bringing people together," Kimmel says. "She died when I was really young, and in some ways I feel like now that's my job. I'm not just making my own art anymore—I'm reaching out and creating communities where everyone feels nurtured and free to express themselves. It's my turn now."

SUSTAINING—AND SUSTAINABLE

A few of Kimmel's favorite things.



IDEA DESIGN FUSTAL BALL "Along with being gorgeous, \$1 of the sale goes toward removing mines in Cambodia." \$72, aplusrstore.com



MY MOM'S COOKIES "Her dessert recipes are our most precious family heirlooms." To try one of her recipes, visit wholeliving.com/crescent-cookie



ECO STARS "These star-shaped crayons are made with those collected from the national Crayon Recycle Program." \$9 for 20, amazon.com



THE READ THAT FEEDS

Strike a Pose

A once reluctant yogini finds love, religion, and an acceptance of her own imperfections on the mat.

Poser
my life in
twenty-three
yoga poses
Claire Dederer

POSER (Farrar, Straus and Giroux), Claire Dederer's memoir about how she learned to love yoga, is a spiritual account for those who have also thought that finding the divine within "would only ever be a reality for other people, like Vuitton bags or a tidy spice drawer." Dederer, a Seattle writer and mother, had a "longtime policy of never entering a structure adorned with Tibetan prayer flags" and viewed her peers' sanctimonious

yogic fervor as "white female self-indulgence." But when breast-feeding caused her to throw her back out, the pain made her willing to try anything to calm the nerves pinched by not only nursing but a lifetime of people-pleasing.

While investigating her evolving relationship to yoga, Dederer gently but firmly critiques her generation's perfectionist parenting—hipster Stepford wifery that is, she suggests, a reaction to the way she and her peers were unwilling passengers on the bumpy rides to self-realization their parents chartered in the '70s. It's yoga that allows her to see how soul-killing it can be to always try to get everything right. "Somehow I had to believe that doing some work, in a wrong way," she writes, "was better than doing no work at all."

What Dederer eventually realizes while apprehensively, then optimistically, putting her body in positions she never dreamed possible—and giving herself permission to get them wrong—is how to be a better wife, mother, sister, friend, and daughter. It's a testament to Dederer's charm as a writer that she realizes this without ever sounding full of white female self-indulgence herself. She's written an unusually welcoming and unpretentious spiritual memoir, one in which love is the measure, and yoga just one of several ways to find it.

—CARLENE BAUER



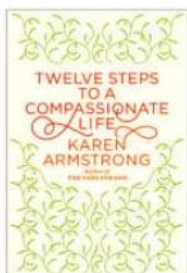
Love Is a Battlefield

That's especially true for some of history's greatest thinkers, a new book explains.

"Love takes up where knowledge leaves off," Thomas Aquinas wrote. As *Great Philosophers Who Failed at Love* (Harper Perennial) shows, when great minds get romantic, knowledge—of adultery laws, moral codes, and simple decency—indeed leaves off. And how. If you're in dutch with your valentine, give him Andrew Shaffer's book, which recounts the tortured love lives of 37 thinkers. Compared to them, you'll look as saintly as St. Thomas himself—who, Shaffer tells us, once chased a prostitute out of his room with a hot poker. —C.B.

Do Unto Others

A blueprint for cultivating kindness, torn from sacred texts.

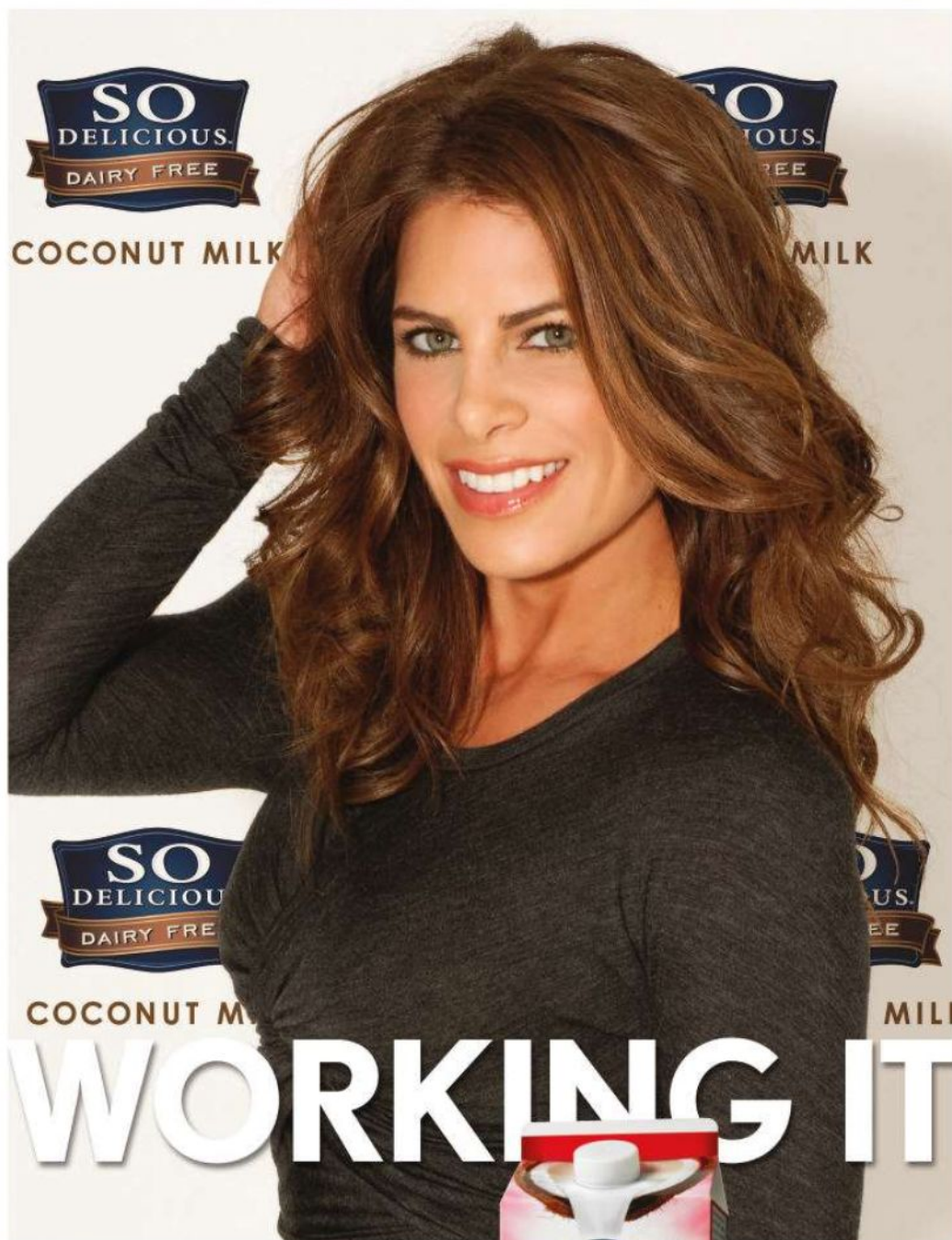
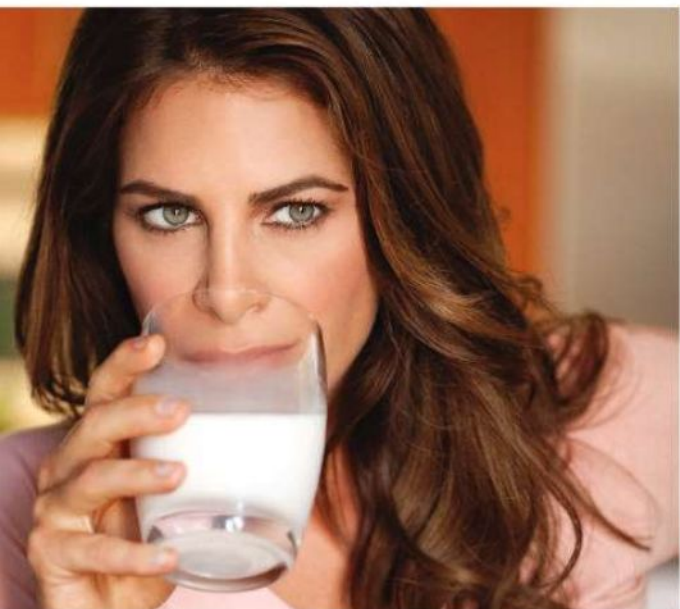
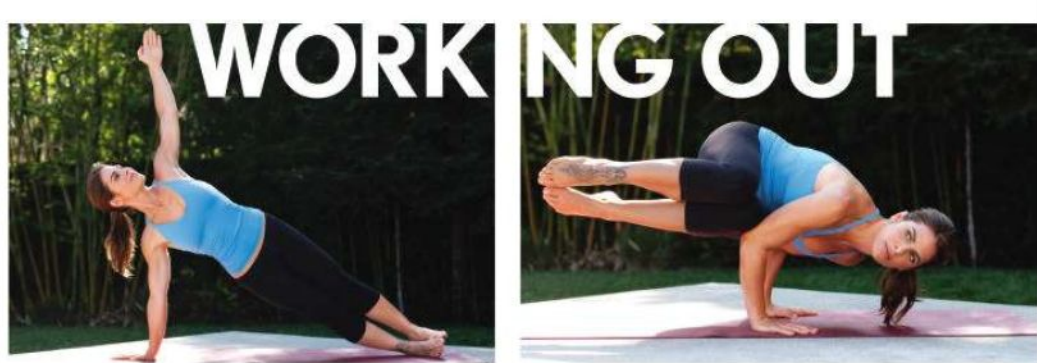


Religion scholar Karen Armstrong's latest, *Twelve Steps to a Compassionate Life* (Knopf), comes at an ideal time. As public dialogue grows more pugilistic, Armstrong reminds us that the world's religions forged their ideas about empathy and mindfulness in similarly fractious eras. Islam, Buddhism, Judaism, and Christianity all ask adherents to, as the Old Testament says, do justice, love mercy, and walk humbly with your God. Yet Armstrong's book urges us toward rigorous compassion, even without belief in a supreme being. The Golden Rule, she writes, "is not a notional doctrine. ... It's a method—and the only adequate test of any method is to put it into practice." —C.B.



ONLINE

Want more reading? Catch up with last year's editors' picks at wholeliving.com/book-reviews



Jillian Michaels, America's toughest trainer, nutritional expert, TV star, fitness god, best-selling author, cruise director, celebrity, Chihuahua rescuer, cover girl,

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Frank J. Costa, MD

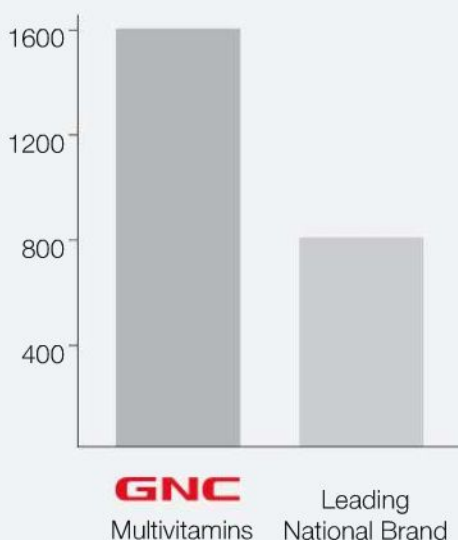
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whole health

LIGHT YOUR INNER FIRE

Ohhhhhhhhhmmm yeah. New research published in *The Journal of Sexual Medicine* suggests that regular yoga practice can enhance your sex life. After completing a 12-week program that included about an hour of yoga each day, women reported improvements in desire, arousal, orgasm, and other good stuff relating to sexual function. The researchers, who hope yoga will become a standard part of treatment for sexual dysfunction, suspect that asanas—such as Triangle pose, or Trikonasana (shown, next page)—help by strengthening pelvic-muscle tone and increasing blood flow to the genitals. Yoga may also trigger the production of sex hormones, reduce stress, ease pain, increase lubrication, and boost self-confidence and sexual performance.▶▶



►► **LIGHT YOUR INNER FIRE (CONTINUED)**

These potent poses were also part of the tested routine:

CAT (Marjarasan)

Start on hands and knees, shoulders over wrists and hips over knees. Round back and drop neck as you lift belly (like a frightened cat). Take several deep breaths, then release.

KNEE TO CHEST (Pavanmuktasan)

Lie faceup, legs extended. Exhale as you bend your right leg, pulling your knee as you raise your head toward it. Take a few breaths, then switch sides.



ONLINE Go to wholeliving.com/yoga to see more moves.

1/5

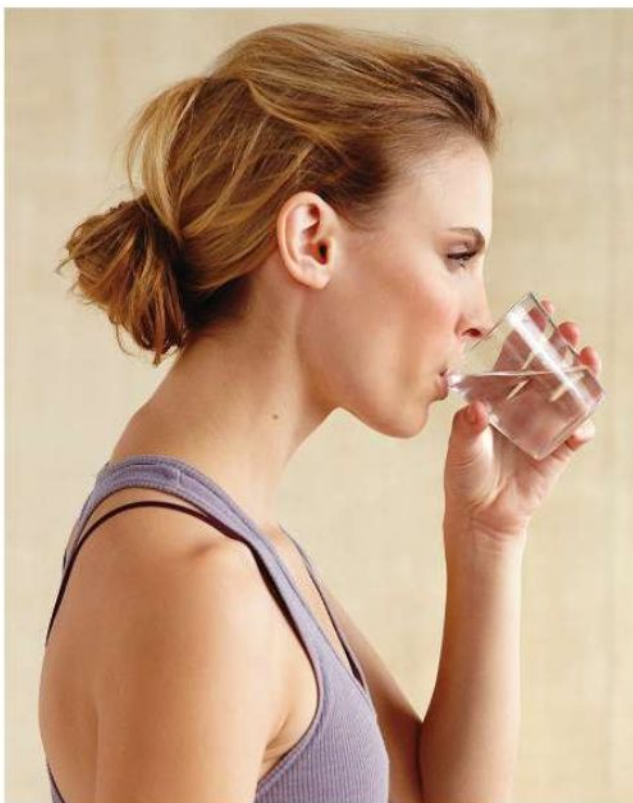
of a second

That's how long it takes to fall in love, according to new data from Syracuse University. In that split second, researchers say, 12 areas of the brain work together to release euphoria-inducing chemicals such as dopamine, oxytocin, and adrenaline.

GREAT IDEAS

NEWS TO HELP YOU LOSE

Emerging research reveals simple, holistic, and healthful ways to drop pounds. BY ELIZABETH DEVITA-RAEBURN



CHECK YOUR MEDS

A recent study found that prescription-antihistamine users were more likely to be overweight than non-users. The drugs, such as olanzapine and risperidone, carry the side effect of weight gain. Blocking histamine is good for relieving hay-fever symptoms, but cells throughout the brain have receptors for histamine, which appears to help appetite control and calorie burning. The researchers say that antihistamines, including OTCs, could contribute to overeating and slow fat breakdown. Think your meds are problematic? Ask your doctor about alternatives, including environmental fixes such as dust-proofing.

AVOID WEEKEND BINGES

New data indicates that overeating, even for short periods, appears to have

a long-term effect on your waistline. Researchers tracked subjects who doubled their daily calorie intake for four weeks. The results: The binge group gained an average of 14 pounds, while the others maintained their weight. Two years later, the bingers were still carrying the extra pounds. Besides illustrating how bingeing triggers biological changes, such as increased cravings and stomach expansion, the data illuminates a truism, says Cynthia Sass, R.D., author of *Cinch! Conquer Cravings, Drop Pounds & Lose Inches*: It's harder to lose weight than to gain it. Want to curb the urge to splurge? Try yoga to encourage mindful eating.

PRELOAD YOUR H₂O

Drinking two glasses of water before meals while cutting back on portions may help with weight loss, according to a new study in the journal *Obesity*. Half the subjects drank 16 ounces of water before meals. After three months, the water drinkers had lost 16 pounds, on average, compared with 11 pounds in the control group. And the loss appears to last: A different study showed that after a year of the same regimen, drinkers had shed another pound, while those who didn't load up on H₂O had gained about two pounds. Water may help fill you up, making you less likely to overeat; it may also serve as a reminder that you're trying to slim down.



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BLACK IS THE NEW BROWN

Brown rice is a classic, but have you heard the latest? Black rice may unseat brown as the healthiest option, according to new research by scientists at Louisiana State University. Like brown rice, black rice has an outer layer of antioxidant-rich bran, which has been shown to help lower cholesterol. Unlike the bran found in brown rice, however, black-rice

bran contains anthocyanins, the purple and reddish pigments also found in blueberries, grapes, and acai. These compounds decrease the risk of heart disease and cancer, among other health benefits. In fact, a spoonful of black-rice bran contains more anthocyanin antioxidants than a spoonful of blueberries, according to researcher Zhimin Xu. A recent study of mice found that a diet that included 10 percent black-rice bran reduced swelling of inflamed skin, adding

fuel to the theory that black rice may also help prevent diseases associated with chronic inflammation, such as diabetes. The high-fiber grain, which is cooked the same way as brown rice and sold by gourmet grocers, has a chewy texture, says American Dietetic Association spokesperson Joan Salge Blake, R.D. "Try mixing it with brown rice. Add cooked vegetables such as sautéed onions and red peppers," she says, and top it with shredded carrots, scallions, and radishes. —E.D.R.

INTEGRATIONS



**Q&A WITH
WOODSON
MERRELL, M.D.**
Department of
Integrative

Medicine at NYC's
Beth Israel Medical Center

Q Can steam really ease congestion?

A Yes, it's one of the best things for it, especially when used with essential

oils like eucalyptus, menthol, or camphor. Steam keeps sinus membranes moist and helps phlegm soften and drain. When an infection takes hold, mucus production increases and becomes difficult to move out. Unlike some drying medications, steam works with the body to help it heal. What's more, moist air can reach deep into the sinus cavity to loosen blockages; the oils add expectorant, decongestant, and germicidal properties.

The easiest way to use steam involves a towel tent. Pour boiling water into a bowl, let it cool for one minute,

HERB 1-2-3

A Coffee ... Tea?

Juice from the coffee berry—the fruit that surrounds the coffee bean—delivers a gentle lift. Try our twist on a hot toddy.



STEP 1 In a large mug, add a **green-tea bag** to 6 oz. boiling water.



STEP 2 Add $\frac{1}{3}$ cup **coffee-fruit drink** (such as Kona or Bai brands) and 1 tsp. grated **orange zest**. Use **cinnamon sticks** to stir in 1 tsp. **honey**.



STEP 3 Tear 3 **basil leaves** and add to tea. Steep, covered, for 5 minutes. Remove tea bag. Serve hot and enjoy.

then add two drops of the oil. Place a towel over your head, close your eyes, and lean over the bowl to inhale the vapors. (Keep your face at least six inches away from the water.) Repeat twice a day when congested, or even as a preventive measure. If congestion lasts for more than 10 days, see your doctor. And ask about these and any complementary or alternative medicine treatments before you try them.

ONLINE For answers to more questions and to ask your own, go to wholeliving.com/doctor-merrell

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SOLUTIONS

THREE WAYS TO TREAT CHRONIC SINUS INFECTIONS

It's as exhausting as it is painful: congestion, persistent mucus, and a dull, throbbing ache behind the eyes. An infection of the sinuses (cavities with narrow drainage ports) can last for months. Infections typically take hold when inflammation from a cold or an allergy blocks the airways and allows bacteria to flourish. Doctors often prescribe antibiotics, says otolaryngologist Marilene Wang, M.D., but overusing these drugs can breed resistant bugs that are even harder to shake. Here, Wang and other UCLA experts offer some tips to help you breathe easier. —MICHELLE HERRERA MULLIGAN

TRADITIONAL MEDICINE

A Specialist's Take

Sinusitis is hard to diagnose; symptoms can be confused with allergies, a virus, or a migraine. It's also hard to tell why you're getting it. Though a cold or hay fever could be the culprit, structural problems could also be a cause. "If sinuses cannot drain, this leads to pressure, pain, and more infection."

—MARILENE WANG, M.D.,
Director, UCLA Nasal and
Sinus Disease Center

Prevention Rx

If your sinus problems haven't improved with nose sprays, allergy treatments, or antibiotics, get evaluated by an otolaryngologist, a specialist who can use a fiberoptic scope or a sinus CT scan to see whether you have a structural issue like a deviated septum or other airway obstruction that might require surgery.



ALLERGY THERAPIES

An Allergist's Take

Allergies are a common cause of sinusitis. Though many sufferers opt for intranasal antihistamine sprays or steroids to control symptoms, "immunotherapy—injections of small amounts of allergens over time so that the body builds a tolerance—is the most effective treatment we have."

—GARY GIBBON, M.D.,
Allergist and assistant
clinical professor, UCLA

Prevention Rx

Studies show that rinsing out allergens such as pollen from the nasal passages with saline solution—with a spray, bulb syringe, or neti pot—can prevent infections. "After blowing your nose, tilt your head over a sink and gently squeeze or pour liquid into one nostril. Leaning over, let the water flow out the other nostril." And get tested for allergies. You may have new sensitivities to mold, dust, or animal dander.



CHINESE MEDICINE

A Practitioner's Take

"Acupressure or acupuncture can help." See a practitioner (nccaom.org) or try self-acupressure: Press tender points (at the bridge of the nose along the inner eyebrow; just outside the borders of the nostrils; and along the cheekbone) for at least 15 seconds a day.

—MALCOLM TAW, M.D.,
UCLA Center for
East-West Medicine

Prevention Rx

Cold temperatures can be pathogenic, causing the nose to produce excess fluids, Taw says. "Opt for room-temperature drinks and warm foods like soup. Pungent foods like ginger can warm the body and open the sinuses."

Exercise such as walking can help fight stress and infection by restoring balance to the body.



LAB RESULT

RED HOT

WHICH ONE LOOKS MORE LOVABLE?



Wearing red makes a man look sexier, says a new study in the *Journal of Experimental Psychology*. In a series of experiments, researchers showed 288 women pictures of men who were bordered by or wearing a variety of colors. The researchers then asked the women to rate the men's attractiveness and their interest in dating, kissing, or engaging in sexual activity with them—as well as traits such as likability and kindness. Red had a clear turn-on effect, a result that's part culture (red is associated with royalty and power in many parts of the world), part biology (the color is a sign of strength and dominance among primates), and all about social standing. "Women take red as a signal of status and are turned on accordingly," says Andrew Elliot, Ph.D., lead author of the study, adding that men tend to view women dressed in red as sexually receptive. —E.D.R.

 **ONLINE** What romantic qualities do you look for? Visit wholeliving.com/love-quiz

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Update Your Medicine Cabinet

Keep these holistic remedies next to your drugstore standbys for a modern heal-better, feel-better fix-it kit.

BY SOPHIA SCHWEITZER

IF YOU'RE LIKE MOST people, your medicine cabinet is packed with bottles and tubes, many of which you haven't touched in months—or years. It might be time to look at your arsenal and consider what's working and what's not. When you're coming

down with a cold, does your regular remedy make you feel better? Is it free of unpleasant side effects and safe to mix with other medication? If not, try incorporating natural medicines, which work a little differently by “stimulating the body's self-healing processes,” says Dana Ullman, M.P.H., author of *Everybody's Guide to Homeopathic Medicines*. “They work with the wisdom of the body and are generally safe.”

When you use naturals in combination with or in place of standards, you may find gentler relief with fewer side effects. ▶▶



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"Everyone is different; what works for one may not work for another," says Todd Patton, M.D., of First Med Urgent Care Center in Mineola, New York. "By trying things, you learn about yourself and how your body works." Ultimately, this can help correct imbalances before disease results.

STUFFY NOSE

The go-to medicine, pseudoephedrine, effectively dries up mucus, but it may also cause drowsiness. Next time you're feeling clogged, try Nazanol. A gentle decongestant in tablet form, this ultra-concentrated Chinese herbal formula, which contains Chinese skullcap root, supports healthy sinus function by regulating the flow of mucus without cranking you up or knocking you out. A 2007 study suggests that Chinese skullcap contains compounds called flavonoids that act directly on airway mucin-secreting cells, increasing or inhibiting mucus release as required. Try it with a few squirts of Simply Saline, Sinusin, or Sinusalia—sodium chloride and homeopathic sprays that flush out nasal passages. Australian researchers concluded in 2010 that nasal saline irrigation

is safe, although it may also lead to irritation. *Good to know:* Nazanol can be hard to find, but it's available at Metagenics.com.

MUSCLE & JOINT PAIN

Popular oral NSAIDs (nonsteroidal anti-inflammatory drugs) such as Advil or Bayer relieve discomfort by systemically blocking the effects of certain enzymes. Next time you have muscle or joint pain after a taxing workout, you might consider arnica-based skin creams, which work at the specific site of pain. Homeopathics include *Arnica montana*, a recognized anti-inflammatory for the shock and trauma of injury, which diminishes pain and swelling. Look for brands like Topricin and Traumeel. Three randomized double-blind trials conducted by the Institute of Social Medicine showed homeopathic arnica to be beneficial for patients who've had knee surgery. Swiss researchers reported in 2007 that arnica-based preparations worked as well as ibuprofen at easing osteoarthritis of the hands. *Good to know:* Massage in gently for greater effect.

COUGH

Before downing a cough suppressant, which may reduce dry hacking by loosening secretions or suppressing the brain's coughing reflex, try an alcohol-free cough medicine. These safe, tasty syrups temporarily relieve coughs without causing drowsiness. Look for food-based Maty's All Natural Cough Syrup or homeopathic versions, such as Hyland's Cough Syrup or Chestal Cough Syrup.

FLU-LIKE ACHINESS

If you act fast—as soon as you start to feel run-down—you may not need a full-blown multi-symptom medicine. Products that contain cough suppressants and antihistamines could cause drowsiness, so try reaching for Oscillococcinum instead. Derived from duck organs, this remedy has been shown to reduce the duration and severity of influenza when taken within 48 hours of developing symptoms. Another practical option: echinacea blends. In 2007, University of Connecticut researchers concluded that evidence supports the claim that echinacea reduces the frequency of colds and how long they last.



Store natural medicines in a dry, dark, cool place, such as a dedicated kitchen drawer away from the stove, sink, or natural light. Bathrooms are generally too damp. To dispose of a remedy, take it out of the container and throw it in the trash (not the toilet), unless the label gives different instructions.



*For
vaginal discomfort
after menopause,
try treating
the cause, not just
the symptoms.*

Another Pearl of Wisdom from PREMARIN Vaginal Cream. While you use it, it actually restores vaginal tissue to help relieve vaginal dryness and painful intercourse.

If you've gone through menopause and are experiencing vaginal dryness and discomfort, you might want a treatment that works beyond the surface. Menopause can cause changes in the vaginal tissues, causing uncomfortable symptoms. PREMARIN Vaginal Cream can treat the underlying cause of these symptoms by restoring the tissues that support elasticity and provide natural lubrication. And you don't need to keep using it forever—just as long as you need treatment.

Important Safety Information

What is the most important information I should know about PREMARIN Vaginal Cream (an estrogen mixture)?

- Using estrogen-alone may increase your chance of getting cancer of the uterus (womb)
Report any unusual vaginal bleeding right away while you are using PREMARIN Vaginal Cream. Vaginal bleeding after menopause may be a warning sign of cancer of the uterus (womb). Your healthcare provider should check any unusual vaginal bleeding to find the cause.
- Do not use estrogen-alone to prevent heart disease, heart attacks, strokes or dementia (decline in brain function)
- Using estrogen-alone may increase your chances of getting strokes or blood clots
- Using estrogen-alone may increase your chance of getting dementia, based on a study of women 65 years or older
- Do not use estrogens with progestins to prevent heart disease, heart attacks, or dementia
- Using estrogens with progestins may increase your chances of getting heart attacks, strokes, breast cancer, or blood clots
- Using estrogens with progestins may increase your chance of getting dementia, based on a study of women age 65 years or older
- You and your healthcare provider should talk regularly about whether you still need treatment with PREMARIN Vaginal Cream

PREMARIN® Vaginal Cream is used after menopause to treat menopausal changes in and around the vagina and to treat painful intercourse caused by these changes.

It should not be used if you have unusual vaginal bleeding, have or had cancer of the breast or uterus, had a stroke or heart attack, have or had blood clots or liver problems, are allergic to any of its ingredients, or think you may be pregnant. Most common side effects include headache, infection, abdominal pain, back pain, accidental injury, and vaginitis.

Please see Patient Information on following page. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

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PATIENT INFORMATION

PREMARIN® (conjugated estrogens) Vaginal Cream

Read this PATIENT INFORMATION before you start using PREMARIN Vaginal Cream and read what you get each time you refill your PREMARIN Vaginal Cream prescription. There may be new information. This information does not take the place of talking to your healthcare provider about your menopausal symptoms and their treatment.

What is the most important information I should know about PREMARIN Vaginal Cream (an estrogen mixture)?

- Using estrogen-alone may increase your chance of getting cancer of the uterus (womb). Report any unusual vaginal bleeding right away while you are using PREMARIN Vaginal Cream. Vaginal bleeding after menopause may be a warning sign of cancer of the uterus (womb). Your healthcare provider should check any unusual vaginal bleeding to find the cause.
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- You and your healthcare provider should talk regularly about whether you still need treatment with PREMARIN Vaginal Cream

What is PREMARIN Vaginal Cream?

PREMARIN Vaginal Cream is a medicine that contains a mixture of estrogen hormones.

What is PREMARIN Vaginal Cream used for?

PREMARIN Vaginal Cream is used after menopause to:

- **Treat menopausal changes in and around the vagina.** You and your healthcare provider should talk regularly about whether you still need treatment with PREMARIN Vaginal Cream to control these problems.
- **Treat painful intercourse caused by menopausal changes of the vagina.**

Who should not use PREMARIN Vaginal Cream?

Do not start using PREMARIN Vaginal Cream if you:

- **Have unusual vaginal bleeding**
- **Currently have or have had certain cancers**
Estrogens may increase the chance of getting certain types of cancers, including cancer of the breast or uterus. If you have or have had cancer, talk with your healthcare provider about whether you should use PREMARIN Vaginal Cream.
- **Had a stroke or heart attack**
- **Currently have or have had blood clots**
- **Currently have or have had liver problems**
- **Are allergic to PREMARIN Vaginal Cream or any of its ingredients**
See the list of ingredients in PREMARIN Vaginal Cream at the end of this leaflet.
- **Think you may be pregnant**

Tell your healthcare provider:

- **If you have any unusual vaginal bleeding.** Vaginal bleeding after menopause may be a warning sign of cancer of the uterus (womb). Your healthcare provider should check any unusual vaginal bleeding to find the cause.
- **About all of your medical problems.** Your healthcare provider may need to check you more carefully if you have certain conditions, such as asthma (wheezing), epilepsy (seizures), diabetes, migraine, endometriosis, lupus, or problems with your heart, liver, thyroid, kidneys, or have high calcium levels in your blood.
- **About all the medicines you take.** This includes prescription and nonprescription medicines, vitamins, and herbal supplements. Some medicines may affect how PREMARIN Vaginal Cream works. PREMARIN Vaginal Cream may also affect how your other medicines work.
- **If you are going to have surgery or will be on bedrest.** You may need to stop using PREMARIN Vaginal Cream.
- **If you are breast feeding.** The hormones in PREMARIN Vaginal Cream can pass into your milk.

How should I use PREMARIN Vaginal Cream?

PREMARIN Vaginal Cream is a cream that you place in your vagina with the applicator provided with the cream.

- Take the dose recommended by your healthcare provider and talk to him or her about how well that dose is working for you
- Estrogens should be used at the lowest dose possible for your treatment only as long as needed. You and your healthcare provider should talk regularly (for example, every 3 to 6 months) about the dose you are taking and whether you still need treatment with PREMARIN Vaginal Cream
- 1. Remove cap from tube.
- 2. Screw nozzle end of applicator onto tube.
- 3. Gently squeeze tube from the *bottom* to force sufficient cream into the barrel to provide the prescribed dose. Use the marked stopping points on the applicator to measure the correct dose, as prescribed by your healthcare provider.
- 4. Unscrew applicator from tube.
- 5. Lie on back with knees drawn up. To deliver medication, gently insert applicator deeply into vagina and press plunger downward to its original position.

TO CLEANSE: Pull plunger to remove it from barrel. Wash with mild soap and warm water. DO NOT BOIL OR USE HOT WATER.

What are the possible side effects of PREMARIN Vaginal Cream?

PREMARIN Vaginal Cream is only used in and around the vagina; however, the risks associated with oral estrogens should be taken into account.

Side effects are grouped by how serious they are and how often they happen when you are treated.

Serious, but less common side effects include:

- Breast cancer
- Stroke
- Blood clots
- Gallbladder disease
- High blood pressure
- High blood sugar
- Cancer of the uterus
- Heart attack
- Dementia
- Ovarian cancer
- Liver problems
- Enlargement of benign tumors of the uterus ("fibroids")

Some of the warning signs of these serious side effects include:

- Breast lumps
- Dizziness and faintness
- Severe headaches
- Shortness of breath
- Changes in vision
- Yellowing of the skin, eyes, or nail beds
- Unusual vaginal bleeding
- Changes in speech
- Chest pain
- Pains in your legs
- Vomiting

Call your healthcare provider right away if you get any of these warning signs, or any other unusual symptoms that concern you.

Less serious, but common, side effects include:

- Headache
- Irregular vaginal bleeding or spotting
- Nausea and vomiting
- Fluid retention
- Reactions from inserting PREMARIN Vaginal Cream, such as vaginal burning, irritation, and itching
- Breast pain
- Stomach/abdominal cramps, bloating
- Hair loss
- Vaginal yeast infection

These are not all the possible side effects of PREMARIN Vaginal Cream. For more information, ask your healthcare provider or pharmacist for advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

What can I do to lower my chances of getting a serious side effect with PREMARIN Vaginal Cream?

- Talk with your healthcare provider regularly about whether you should continue using PREMARIN Vaginal Cream
- If you have a uterus, talk with your healthcare provider about whether the addition of a progestin is right for you. The addition of a progestin is generally recommended for a woman with a uterus to reduce the chance of getting cancer of the uterus. See your healthcare provider right away if you get vaginal bleeding while using PREMARIN Vaginal Cream
- Have a pelvic exam, breast exam and mammogram (breast X-ray) every year unless your healthcare provider tells you something else. If members of your family have had breast cancer or if you have ever had breast lumps or an abnormal mammogram, you may need to have breast exams more often
- If you have high blood pressure, high cholesterol (fat in the blood), diabetes, are overweight, or if you use tobacco, you may have higher chances for getting heart disease. Ask your healthcare provider for ways to lower your chances for getting heart disease.

General information about the safe and effective use of PREMARIN Vaginal Cream

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use PREMARIN Vaginal Cream for conditions for which it was not prescribed. Do not give PREMARIN Vaginal Cream to other people, even if they have the same symptoms you have. It may harm them. **Keep PREMARIN Vaginal Cream out of the reach of children.**

Latex or rubber condoms, diaphragms and cervical caps may be weakened and fail when they come into contact with PREMARIN Vaginal Cream.

This leaflet provides a summary of the most important information about PREMARIN Vaginal Cream. If you would like more information, talk with your healthcare provider or pharmacist. You can ask for information about PREMARIN Vaginal Cream that is written for health professionals. You can get more information by calling the toll free number 1-800-934-5556.

What are the ingredients in PREMARIN Vaginal Cream

PREMARIN Vaginal Cream contains a mixture of conjugated estrogens, which are a mixture of sodium estrone sulfate and sodium equilin sulfate and other components, including sodium sulfate conjugates: 17 α -dihydroequilin, 17 α -estradiol, and 17 β -dihydroequilin. PREMARIN Vaginal Cream also contains cetyl esters wax, cetyl alcohol, white wax, glyceryl monostearate, propylene glycol monostearate, methyl stearate, benzyl alcohol, sodium lauryl sulfate, glycerin, and mineral oil.

PREMARIN (conjugated estrogens) Vaginal Cream—Each gram contains 0.625 mg conjugated estrogens, USP.

Combination package: Each contains a net wt. 1.5 oz (42.5 g) tube with one plastic applicator calibrated in 0.5 g increments to a maximum of 2 g (NDC 0046-0872-93).

Store at 20° to 25°C (68° to 77°F); excursions permitted to 15° to 30°C (59° to 86°F) [see USP Controlled Room Temperature].

This product's label may have been updated. For current package insert and further product information, please visit www.pfizer.com or call our medical communications department toll-free at 1-800-934-5556.

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Based on W10413C020ET01 Rev 02/10 PRM00068

Rx only

Not everyone responds to extracts from the plant alone. Esberitox chewables combine echinacea root with wild indigo root and thuja leaves. Another blend is Insure Immune Support.

GASTROINTESTINAL TROUBLE

Those who like to hit the bottle—of pink bismuth salicylate, the active ingredient in Pepto Bismol, which coats and soothes the stomach—might want to give nux vomica a try. Also known as poison nut, the remedy addresses digestive problems, especially the unpleasant side effects of overindulgence, such as heartburn. It's made by most major homeopathic companies, including Heel and Boericke & Tafel. While efficacy research is scant, a 2009 study found that the nux vomica plant contains a significant quantity of antioxidants. *Good to know:* See if you can alternate use of nux vomica with bismuth salicylate, or use the drugstore cure only when indigestion is severe.

NATURAL GOOD SENSE

Before using any remedy, be sure to understand what you are treating and follow usage guidelines. See your doctor if a sore throat bothers you for more than three days, a fever climbs to 102°, or when symptoms worsen or persist for more than seven to 10 days. Also, if you're currently taking any medication or if you're pregnant, nursing, or planning a pregnancy, tell your doctor before you try any supplements or herbs, and keep all remedies away from children.

SLEEP PROBLEMS

Why knock yourself out with OTC sleep aids—many of which rely on diphenhydramine, the antihistamine—when herbals may be enough to encourage a natural slumber without next-day grogginess? If restlessness is anxiety-related, consider chamomile. In a first-of-its kind 2009 controlled trial, researchers at the University of Pennsylvania found that German chamomile extract taken in capsules provided significant calming benefits. Also, check out valerian. Used in Europe for centuries, the root of *Valeriana officinalis* may improve sleep quality and ease nerves. Although valerian's effectiveness has been validated, it's not clear

how the herb acts on the brain: Presumably it stimulates production of a nerve-regulating chemical. Standardized doses are available from Nature's Way or Now. *Good to know:* It may take two weeks or longer to experience valerian's benefits. Pregnant and nursing women should steer clear.

MINOR CUTS OR BURNS

Clean a small wound with running cold water and cover with a sterile bandage. If it's closing nicely, a dab of mild calendula is a gentle alternative to an antibiotic-based ointment such as Neosporin or Bacitracin. Available in tinctures, lotions, and creams for topical use on cuts and burns, calendula acts as an antiseptic and anti-inflammatory.



YOU
still possess the abilities that
WERE
essential for learning your first language, abilities
BORN
of your brain's amazing capacity to be naturally
READY
for language learning.



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BATH BOUQUET

Eucalyptus, lavender, and bay leaves don't just make a pretty clutch of color—they can also turn your bathroom into a healing oasis. The steam from a bath or shower helps release their essential oils and herbal scent, helping clean the air and clear your sinuses. Hang the herbs fresh or bundle them dried. To buy dried: driedflowersrus.com



Makeup on a Mission

With skin-nourishing ingredients, these multitaskers conceal, brighten, and improve the hydration and texture of skin.

→ **UPLIFT** Avon Healthy Makeup Lip Conditioner in Rose and Lipstick in Blooming Berry are rich in antioxidants. \$9 each, avon.com

→ **NOURISH** Ahava Mineral Makeup-care Dead Sea Algae Light Foundation and Rich Foundation in Terra contain antiaging, vitamin-rich seaweed extracts and Dead Sea minerals to soften. \$28 and \$35, ahava.com

→ **CALM** Cover Girl Clean Sensitive Skin Liquid Makeup in Buff Beige and Classic Tan is oil- and fragrance-free. \$7, drugstore.com

→ **COVER** Avon Healthy Makeup Mousse Foundation in Ivory has a creamy texture and leaves a matte finish; vitamins A, C, and E hydrate. \$12, avon.com



MYTH BUSTER

Q
+
A

WHY DOES MY SCALP FLAKE IN THE WINTER?

▶ “A flaky and itchy scalp is nearly always worse in the cold months,” says Philip Kingsley, a trichologist based in New York. “For one, stress exacerbates most scalp issues, and we’re all more tense during winter—less relaxation, less sun, more inclement weather. We tend to equate flakes with dryness, but over 80 percent of the time it’s a microorganism that causes the scalp to produce flakes, or dandruff. This means the flakes are actually oily because they absorb the sebum [natural oil] from the scalp. To treat, practice stress reduction and use a flaky-scalp shampoo daily.”



SMEAR-WORTHY

These makeups and creams are packed full of protective bacteria.

HOT INGREDIENT

PROBIOTICS

You may be used to looking for key probiotics in your yogurt, but now the beneficial bacteria that’s become so popular for gut health is showing up in skin-care products. While research is still under way, Macrene Alexiades-Armenakas, M.D., Ph.D., a dermatologist in New York City, says, “emerging data indicates that these protective bacteria may be beneficial for common skin problems such as redness, flaking, and inflammation.” **FIND IT IN:** Nude Skincare Advanced Cellular Renewal Serum, \$92, nudeskincare.com; Clinique Redness Solutions Makeup SPF 15, \$25, clinique.com; Bioelements Probiotic Anti-Aging Serum, \$65, bioelements.com



WARD OFF THE CHILL

Unfortunately, you can't hide everything under a cozy turtleneck. Treat your cheeks, lips, and hands with products that are designed to sit on top of the skin and shield it from water loss, which leads to chapping.

SAVE FACE



1. A classic winter cream that's been tested on an expedition to Greenland, Kiehl's Ultra Facial Cream (\$25, kiehls.com) contains botanicals from rugged climates—Antarctica and the Australian outback.



2. A natural balm with botanical oils, shea butter, and vitamins A and E, Nuxe Family Balm (\$40, beautyhabit.com) can be used on lips, cheeks, or anyplace that's chapped, to keep moisture in and cold out.

SHIELD YOUR SKIN



3. Bright winter sun can be deceiving—it may be cold, but the sun is still strong, and UVA rays penetrate skin even if you're not getting a sunburn. Protect your face with Mission Skincare Anti-Sting Sunscreen SPF 30+ Facestick (\$9, mission-skincare.com).

PROTECT YOUR HANDS



4. Neutrogena Norwegian Formula Hand Cream (\$4, drugstore.com) is rich in glycerin, which pulls water from the atmosphere into the skin, helping it heal.

WE TRIED IT

WARMING PRODUCTS

Potions that warm the skin with capsicum (an extract from red chile peppers), magnesium sulfate, and zeolite.



1. Olay ReGENERIST Daily Thermal Mini-Peel, \$13, olay.com

"The peel was pleasant, like a hot-water bottle, and left my skin looking brighter," says executive editor Amy.

2. Upper Canada Soap Warming Foot Scrub, \$13, uppercanadasoap.com

"It became toasty as soon as it touched my skin, and the granules left my feet and calves feeling smooth," says deputy editor Geraldine.

3. Ole Henriksen African Red Tea Self Heating Body Soufflé, \$65, sephora.com

"My skin was velvety after applying this, and there was a nice warming aftereffect," says senior health editor Denise.

4. Super by Dr. Nicholas Perricone Supermodel Legs, \$30, sephora.com

"This gave my legs a warm glow and a subtle sparkly tint," says senior editor Terri.

HOT TREND

SOLID PERFUME

Tiny yet potent, solid perfumes are turning up in pockets everywhere. With scents concentrated in a waxy base, they feel like lip balm and smell like your favorite fragrances. Rub them on pulse points.

Tocca Solid Perfume in Cleopatra, \$30, sephora.com; Ituri Wood Cured Perfumes Glacé in Chenza, \$24, ituri-forest.com; Diptyque Solid Perfume in L'Ombre dans l'Eau, \$48, diptyqueparis.com; Estée Lauder Pleasures Golden Bird, \$89, esteelauder.com; LUSH Solid Perfume in Imogen Rose, \$16, lushusa.com



BUY OR DIY

LIP BALM

Take a little medicine right in the kisser with chapped-lip healers like cocoa butter and vitamin E. If you've got a pioneering spirit (or just want to impress your crafty friends), get to your stove and create a homemade balm—it's easier than you think.

DIY IT

Blending natural butters and oils conditions lips, says beauty pro Janice Cox, author of *Natural Beauty at Home*.

CHOCOLATE-VANILLA LIP BALM

Directions: Combine 1 Tbsp. grated **cocoa butter**, 1½ Tbsp. **coconut oil**, 2 tsp. grated **beeswax**, ⅛ tsp. **vitamin E oil**, 10 **chocolate chips**, 1 to 2 drops **vanilla-flavored oil**, and any additional flavors of your choice, like **raspberry** or **mint**, in a double boiler on the stovetop. (You can also use a small microwave-safe container and heat on low for about 1 minute or until the ingredients just begin to melt.) Stir until the mixture is completely melted and well blended. Pour into a small, clean container and let cool completely.



INGREDIENTS

1. **Vitamin E Oil**
2. **Coconut**
3. **Mint**
4. **Raspberries**
5. **Vanilla**
6. **Chocolate Chips**
7. **Beeswax**
8. **Cocoa Butter**

BUY IT

Our favorite ready-made lip soothers.

Out of Africa Organic Shea Butter Lip Balm with Vitamin E in Tropical Vanilla is made with African shea butter and natural vanilla flavor. \$3, outofafricashea.com

Indigo Wild Coco Zum Shea Butter Chocolate Lip Balm features organic chocolate chips and cocoa butter. \$4, indigowild.com

Own Nighttime Lip Therapy is rich in shea butter and glycerin, which plump lips while you sleep, and the roller ball makes it zippy. \$10, ownproducts.com

Softlips Beeswax Lip Conditioner, with jojoba oil and vitamin E, has a refreshing mint flavor. \$2, softlips.com





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10-1130AHRA



Think Inside the Box

Nervous about home hair coloring? Fear not. Simple techniques and advanced technologies make it easy to take matters into your own hands. **BY ABBIE KOZOLCHYK**

“WHEN HAIR COLOR IS PERFECT, it looks like water on a sunny day—equal parts movement, dimension, and shine,” says Eric Muroski, a colorist at the Marie Robinson salon in New York City. Alas, between hormone shifts and environmental exposure, hair tends to lose both pigment and luster with age. Lucky for us, perking up a dull hue doesn’t take much—not even a salon visit.

“Home hair-color kits have come a long way since the days of a streaking cap and a knitting needle,” Muroski says. “Not only are the kits themselves easier to use, but the color has gotten more vibrant and longer lasting.” And despite persistent questions

about the potential link between hair color and cancer, most available evidence—from more than a decade of human studies—does not support such a link, according to the American Cancer Society. “Plus, we’re more aware of what colorants are potential sensitizers, allergens, and irritants—and these have been removed or replaced with safer alternatives,” says cosmetic chemist Joe Cincotta.

To make home hair color look good, you do need a few tricks up your sleeve. “When you’re looking for a new shade, think about what nature does for you—or has done in the past,” Muroski suggests. “Look back at old pictures to the palette of your childhood, when hair color tends to have a lot more natural dimension than when you’ve aged. The shades in that mix will still likely work best with your skin tone.” You should also stand outside “to see which colors emerge when the sunlight hits your hair,” he says. They’re good leads when you shop the hair-color aisle. If you’re simply trying to cover grays, you can just match your current shade—unless, that is, you’re blond. “If you’re blond or a very light brown, you want to go a shade darker for full gray coverage,” Muroski says.

Before you pull out the rubber gloves, the first question you need to ask is: Am I going darker or lighter?

GOING DARKER

Whether you want to add just a hint of richness or go noticeably deeper, you can get pro results at home. But if it’s a dramatic change you’re after, approach the coloring process gradually to keep it believable (and avoid the coloring catastrophes of lore).

Henna Derived entirely from shrub leaves, it’s an eco-friendly choice, but it isn’t for everyone: Use it only if you’re hoping to warm up and redden your hair a bit: “At-home hennas are full of red tones,” Muroski says, “so they aren’t good for simple darkening.” If you want to try henna, avoid over-reddening by leaving the solution on for 5-to-10-minute increments. Note: If you’re blond skip the henna altogether, unless you want pumpkin-color hair.

Semi-Permanent Color Semi-permanents are low-commitment and non-damaging, with pigment molecules small enough to penetrate the hair shaft, but usually no ammonia or peroxide to permanently alter its structure and make the new color “stick.” Within 8 to 12 shampoos, you should be back to your normal shade, unless of course it happens to be blond. “If you’re trying out a semi-permanent brown or black on light hair, the color isn’t going to go away so quickly,” Muroski warns.

Demi-Permanent Color Though it contains a small percentage of peroxide to enable a greater degree of pigment penetration (expect results to last six to eight weeks), demi-permanent color is still only minimally damaging. But stay within a shade or two of the color you have now, advises colorist Rita Hazan, owner of the eponymous New York salon. “You can always go darker after the first round.”

GOING LIGHTER

Lighteners contain a melanin-oxidizing (i.e., bleaching) agent—most commonly peroxide. Though color lifters need not ravage your hair, they can dry it out, so use moisturizing conditioner (often included in the box) and wash minimally.

Highlights Unlike all-over color, which leaves a solid line of demarcation as your hair grows out, “properly weaved-in highlights leave no such line, making them one of the most natural-looking color options,” notes John Masters, owner of the organic New York City salon and hair-care line of the same name. You can even use highlights to make your entire head look lighter over time, Hazan says. Adding a few subtle highlights gradually will create an overall lightening effect,

with minimal damage. Place extra streaks in the top layers and around your face to mimic lightening from the sun.

All-Over Permanent Color This is fine for home use if you want to go only a shade or two lighter than your natural hair color, the pros concur. But going from dark brown to blond or honey to platinum is best left to them, lest you wind up with the all-too-common orange effect. If you want more dramatic lightening at home, consider going a shade or two lighter all over, then adding highlights, Muroski notes.

TIPS FOR COLORING

If you’re using permanent color, don’t wash your hair for one to two days before coloring, Muroski says. “Your scalp will build up a natural oil barrier that helps prevent irritation.” If you’re using semi- or demi-permanent color, shampoo and dry your hair just beforehand, but skip conditioner. “This puts the hair in its most porous state, allowing it to soak up the most color,” Muroski explains. When you color, start the timer as soon as you begin applying the product, Hazan says. Never leave the colorant on longer than recommended. “It won’t get richer,” Muroski says, “just inkier.” A brighter future awaits.

LIVE FREE AND DYE Gentle care before, during, and after coloring helps protect locks from excessive damage.

BEFORE COLORING



(1) (2)

Applying a protective oil to the area just around your face helps prevent staining and irritation.

1 SUKI HAIR/SCALP CONDITIONING OIL is rich in natural oils like lavender, rosemary, and neem. \$30, sukiskincare.com

2 DR. HAUSCHKA SKIN CARE NEEM OIL stimulates the scalp and can be massaged into hair and head after coloring to condition dry tresses. \$40, drhauschka.com

GOING DARKER



(3) (4)

Semi- and demi-permanents allow for color change without a big commitment.

3 CLAIROL NATURAL INSTINCTS, a semi-permanent formulation with vitamins C and E. \$9, clairol.com

4 GARNIER HERBASHINE is an ammonia-free demi that moisturizes with shea butter and avocado, and should last for 28 shampoos. \$8, drugstore.com

GOING LIGHTER



(5) (6)

Be sure of the color when you lighten—your choice is permanent.

5 FEKKAI SALON COLOR is an all-over permanent with rich pre- and post-conditioners, to keep hair in supple, glossy shape. \$30, fekikai.com

6 ECOCOLORS are permanent colors with antioxidants for protection and silk for strengthening. They can be applied as highlights, among other options. \$20, ecocolors.net

AFTER COLORING



(7) (8)

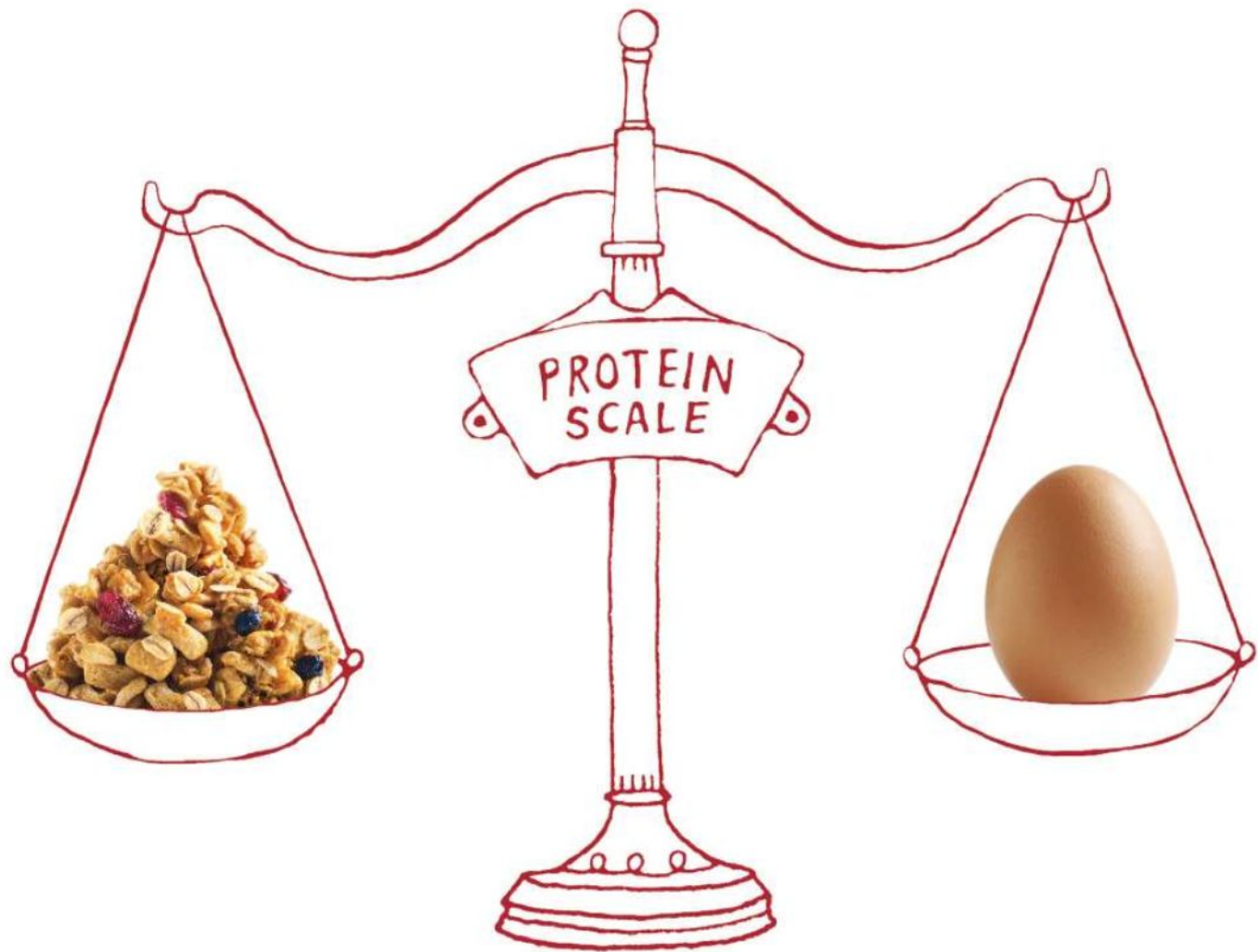
Seek out shampoos specifically designed for color-treated hair. Harsh surfactants, such as detergents, can strip pigment, leaving color faded and dull.

7 PANTENE COLOR HAIR SOLUTIONS COLOR PRESERVE SHAMPOO has strengthening panthenol. \$4, drugstore.com

8 AVEDA COLOR CONSERVE SHAMPOO protects with plant extracts. \$15, aveda.com

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WHAT DO I DO WITH ... **MEYER LEMONS?**

TEXT BY KATE WINSLOW
RECIPES BY SHIRA BOCAR

IT'S EASY TO UNDERSTAND what botanical explorer Frank Meyer saw in the cheery citrus fruit he found in China in 1908. Thought to be a cross between mandarins and lemons, Meyer lemons (as they've come to be known) have a thin, smooth skin and an alluring floral fragrance. But the biggest draw is their taste—wonderfully sweet with very little pucker. That means the whole fruit can be chopped and folded into salads, salsas, and desserts (unlike a regular old lemon). Plus, Meyers are a great way to get your daily dose of vitamin C, one of nature's most essential antioxidants. So when you're enjoying this blast of sunshine on a bleak winter day, thank Frank.



ONLINE

For more ways to cook with lemons, limes, and oranges, go to wholeliving.com/citrus-recipes

MACKEREL WITH ROASTED FENNEL, MEYER LEMON, AND OLIVES

SERVES 4

1. Preheat oven to 400°. Slice 1 head **fennel** into ½-inch wedges (reserve fronds), arrange on a rimmed baking sheet, and drizzle with 1 Tbsp. **extra-virgin olive oil**. Season with **kosher salt** and freshly ground **black pepper** and roast, flipping fennel halfway through, until caramelized and golden, about 25 minutes. Let cool. Cut into ½-inch pieces. Transfer to a medium bowl. 2. Peel **zest** from 1 **Meyer lemon**, avoiding white pith. Thinly slice zest on the bias. In a medium bowl combine lemon zest with fennel, ¼ cup coarsely chopped pitted **Kalamata olives**, 2 Tbsp. fresh **Meyer lemon juice**, and 1 Tbsp. olive oil. Set aside. 3. Butterfly 1 whole **mackerel** (2 to 3 lbs., head off) by cutting lengthwise along belly of fish toward tail, then slicing along backbone (but not all the way through the fish). Gently open fish and arrange skin-side down on a parchment-lined baking sheet; flatten slightly. Drizzle with olive oil and season with **kosher salt** and **black pepper**. Bake until cooked through and flaky, 10 to 12 minutes. Transfer to a serving platter and top with fennel mixture. Garnish with chopped fennel fronds.

PER SERVING: 812 calories; 12g saturated fat; 38g unsaturated fat; 202 mg cholesterol; 6g carb; 413 mg sodium; 65g protein; 2g fiber



MAKE A TOPPING



TOSS THEM IN

MEYER LEMON RADICCHIO SALAD

SERVES 6 

Chop 1 **Meyer lemon** into ½-inch pieces and remove seeds. In a medium bowl toss with 1 cup chopped **Vidalia onion**, 1 cup fresh **parsley**, chopped, 1 15-oz. can rinsed and drained **chickpeas**, 2 cups sliced **radicchio**, ¼ cup crumbled **feta**, 2 Tbsp. fresh **Meyer lemon juice**, and 3 Tbsp. **extra-virgin olive oil**. Season with **kosher salt** and freshly ground **black pepper**. Toss to coat. Serve immediately.

PER SERVING: 215 calories; 2g saturated fat; 7g unsaturated fat; 6 mg cholesterol; 26g carb; 222 mg sodium; 8g protein; 7g 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

MEYER LEMON UPSIDE-DOWN CAKE

SERVES 8 

1. Preheat oven to 350°. Rub bottom and sides of an 8-inch cake pan with 2 Tbsp. softened **unsalted butter** and sprinkle bottom with ¼ cup **light brown sugar**. Thinly slice 2 **Meyer lemons** and remove seeds. Arrange lemon slices in concentric circles over brown sugar. Set aside. 2. In a food processor pulse 1½ cups **toasted whole almonds** until finely ground. Add ½ tsp. **baking soda** and ½ tsp. **kosher salt** and pulse to combine. In a medium bowl whisk together 4 large **egg yolks** and ⅓ cup **honey**. Stir in almond mixture. 3. Beat 4 large **egg whites** until doubled in volume (but do not form soft peaks). Gently fold whites into almond mixture until just combined. Transfer batter to prepared cake pan. 4. Bake until top is deep golden brown and a skewer inserted into middle comes out clean, 30 to 35 minutes. Let cool in pan for 5 minutes. Carefully turn out onto a serving plate. Serve warm or at room temperature. Slice with a serrated knife.

PER SERVING: 289 calories; 4 g saturated fat; 14 g unsaturated fat; 113 mg cholesterol; 27 g carb; 184 mg sodium; 9 g protein; 4 g fiber



BAKE THEM



PRESERVE THEM

PRESERVED MEYER LEMONS

MAKES 6 PRESERVED LEMONS   

Scrub 6 **Meyer lemons** and dry well. Quarter lemons lengthwise, leaving ½ inch at bottom intact. Toss fruit with ⅓ cup **kosher salt** and transfer to a sterile 4-cup glass jar. Use a wooden spoon to press lemons to fit. Add ⅔ cup fresh **Meyer lemon juice** (from about 5 lemons) and any remaining kosher salt. Seal jar tightly and shake to combine. Let stand at room temperature for 3 days, shaking jar each day. Transfer to refrigerator for 3 weeks until rinds are soft. (Preserved lemons can be refrigerated for at least 3 months.) Rinse before using. Try them in salads or stews, or whisk the pulp into a salad dressing or a Bloody Mary.

PER SERVING: 22 calories; 0 g saturated fat; 0 g unsaturated fat; 0 mg cholesterol; 12 g carb; 1,123 mg sodium; 1 g protein; 5 g fiber

+ GOOD TO KNOW

When a Meyer lemon's fully ripe, its thin, smooth skin should be a rich yellow-orange. Look for organic, unsprayed fruit so you can enjoy the peel, which is delicious when zested over risotto or pasta just before serving.

nourish

Power Up

Surprise! Some of nature's most nutrient-dense foods are in season all winter.

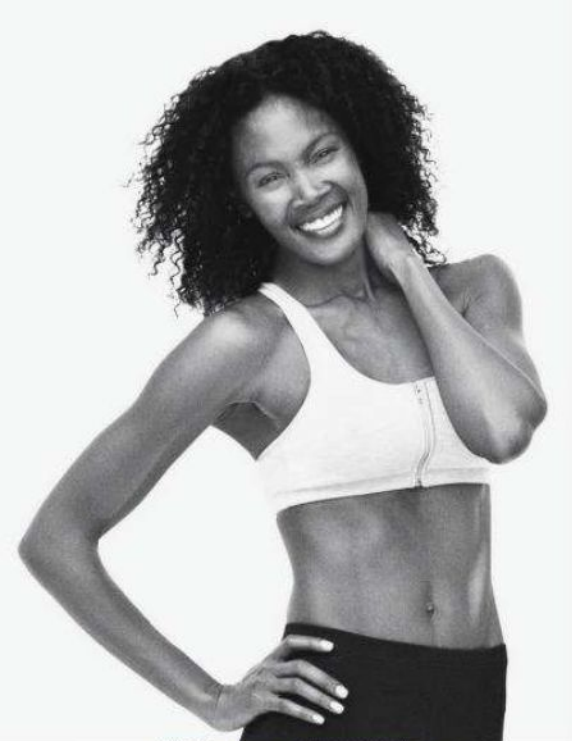
In cold weather, you may be tempted to give up on the farmers' market and head straight to the tropical-fruit aisle of your grocery store. But don't turn away so quickly. Those durable, sturdy veggies that last long after the peaches and blueberries have come and gone are secret stores of vitamins, minerals, fiber, and more; plus, they all have a proven track record of fighting disease and promoting good health. Don't let their pesky peels or unwieldy tops intimidate you: They're all fairly easy to prepare. Turn the page for tips on how to get the most out of these seasonal superstars. And once your appetite's whetted, check out *Power Foods*, the new book from *Whole Living*—our first!—out this month.



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EVEN AFTER THE FROST, WHAT'S ON YOUR PLATE NEED NOT BE SHADES OF BEIGE. BEAT THE WINTER-FOOD BLAHS WITH THE VIBRANT, DELICIOUS, NUTRIENT-RICH VEGETABLES OF THE SEASON.

BEETS

Known for their earthy sweetness, beets have the highest sugar content of any vegetable. Nevertheless, they're low in calories, high in fiber, and rich in iron; they're also loaded with heart-healthy folic acid and the cancer-fighting antioxidant beta-carotene. The leafy greens, which can stand in for their botanical cousin Swiss chard, are even more nutritious than the roots, with double the potassium, folic acid, calcium, and iron.

Buy & Store At farmers' markets and gourmet grocers you'll likely find golden, white, and striped beets—called Chioggia or Candy Cane—alongside the red ones. Look for bunches of firm beets with hearty greens. (Wilted tops don't necessarily signal bad beets, but fresher greens mean more vegetable for your money.) Unless you're planning

to chop or grate the beets, choose a uniform-size bunch so they'll cook in the same amount of time. Leaving an inch of stem attached to the root, cut away the greens and refrigerate the beets and tops in separate plastic bags. Beets will last at least a month, but you should use the greens within three or four days.

Preparation Tip Cooking beets can be a messy business, but if you do it with their skins on, all those bright purple juices won't leach out. It's easy to slip the skins off once the beets are cooked and ready to eat.

To roast beets, trim both ends. Drizzle with olive oil and wrap them in parchment-lined foil. Roast at 450°

until tender, 1 to 1½ hours, depending on their size. Let cool slightly, then rub off skins with paper towels. Don't forget the greens: Sauté the chopped stems and leaves in oil with minced garlic, and voilà, another side dish is born.

BRUSSELS SPROUTS

Diminutive in size, brussels sprouts are nutritional giants, packed with nutrients that benefit the heart, boost the immune system, and promote healthy, resilient skin. A member of the phytochemical-heavy cruciferous family, sprouts also contain a wealth of glucosinolates, thought to

fight cancer. (They also give the sprouts that pungent smell when they're cooked.) Isothiocyanates, a by-product of these sulfurous compounds, trigger the liver to produce detoxifying enzymes that aid in the elimination of potential carcinogens. Research has shown that eating cruciferous vegetables may reduce the risk of premenopausal breast cancer. Need more reasons to love them? These baby cabbages are also loaded with vitamin A, which promotes a strong immune system, as well as fiber, vitamin C, and folate.

Buy & Store Look for hard, bright-green heads with tightly packed leaves. You can buy sprouts still on the stalk or, more commonly, loose. Refrigerate them (separated from stalks) in an airtight reusable container for up to three days.

Preparation Tip Trim whole sprouts at the base and cut a ¼-inch-deep X into the flat end so heat can penetrate evenly. If steaming, cook the sprouts no longer than 10 minutes. If you're cooking for people who claim they don't like brussels sprouts, try roasting them. Spread trimmed and halved sprouts on a rimmed baking sheet and toss with olive oil, salt, and pepper; cook in a 425° oven until brown and tender, tossing occasionally, 20 to 30 minutes. The resulting rich, caramelized flavor can convert even the most crucifer-phobic eater.

CARROTS

This sweet, crunchy root contains more carotenoids, the antioxidants that give carrots their yellow-orange pigment, than any other veggie. That helps explain why they're so good for you: Carotenoids may protect against certain types of cancer, heart disease, and cataracts. What's more, beta-carotene is converted by the body into vitamin A, essential for healthy skin and a strong immune system. Other virtues of carrots: soluble fiber, vitamin C, and bone-strengthening calcium.

Buy & Store Choose firm, deep-orange carrots without splits or cracks. If the leafy tops are attached, they should be bright green. Trim them down immediately to one inch; otherwise the roots will go limp and lose nutrients more quickly. Compost or discard the greens, or toss them into a salad (they taste a bit like parsley). Stored in an airtight container in the refrigerator, carrots without their tops will stay fresh for about two weeks.

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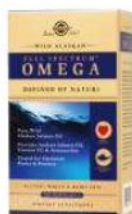
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Preparation Tip Since beta-carotene is fat-soluble, combining carrots with a little healthy fat—for instance, tossing them in a salad with a vinaigrette—will help your body absorb the antioxidant more fully. If you're cooking carrots, try steaming them: Put carrots in a basket or colander, covered, over simmering water until crisp-tender, about 5 to 7 minutes. Just be sure not to reduce them to mush—overcooking carrots can destroy all that precious beta-carotene.

KALE

These low-calorie greens—actually “non-heading” cabbage—provide an excellent source of vitamins A, B6, and C, along with a decent amount of fiber, iron, and calcium. In fact, kale is one of the healthiest greens you can eat: Our bodies can better absorb the calcium in kale than in spinach, as its leaves contain less oxalic acid, a substance that can disrupt the nutrient's absorption. Kale contains more vitamin K—essential for proper blood clotting—than broccoli, spinach, and Swiss chard. Perhaps most impressive, this versatile green contains especially high amounts of lutein and zeaxanthin, two powerful phytochemicals that may help safeguard the eyes from conditions such as macular degeneration and cataracts.

Buy & Store Look for dark, crisp leaves free of blemishes or yellow spots. Avoid bunches that appear to be wilted or limp. Kale stored loosely in a tightly sealed container should stay fresh for two to three days in the refrigerator.

Preparation Tip Strip the leaves of extra-thick or woody stems with a paring knife. (Compost or discard the stems.) For easy cutting, stack the leaves, roll them, and cut crosswise into thin ribbons. Braising or sautéing kale in olive oil works well, but don't boil it; you'll lose some vital nutrients.

SWEET POTATOES

More colorful—and better for you—than a regular old spud, this root vegetable comes in a variety of hues, from yellow to dark orange to reddish purple. When cooked, an enzyme in the sweet potato breaks down the tuber's starch and turns it into maltose, creating an appealingly sweet flavor. Like carrots, brightly colored sweet potatoes are packed with beta-carotene—so they may be good for vision, help prevent some kinds of cancer, and

boost immunity. Low in calories and high in fiber, sweet potatoes are also great for weight loss or maintenance. And as if all that weren't enough, they deliver folate and vitamins B6, C, and E.

Buy & Store Look for small or medium sweet potatoes that feel firm and heavy, with smooth, unblemished skin and no sprouts. In ideal conditions—perfectly dry, cool, and dark—sweet potatoes will keep for up to four weeks. Don't refrigerate them; at temperatures below 50° they can develop a condition called *hardcore* that causes their centers to stay solid even after cooking.

Preparation Tip You can bake and roast them, of course, but to mix it up a little, try sticking them on the grill. Slice the tuber lengthwise about ½ inch thick. Brush all over with oil and season with salt and pepper. Grill over medium heat until browned and tender, about 2 minutes per side.

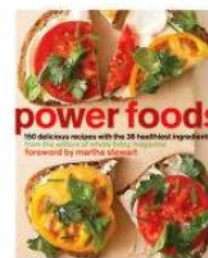
WINTER SQUASH

These robust, versatile gourds come in all kinds of quirky shapes, colors, and textures, from the striped carnival squash to the elongated butternut. Winter squash get their incredible antioxidant and anti-inflammatory properties from beta-carotene and high levels of vitamin C. They also provide significant amounts of potassium (good for bone health), vitamin B6 (essential for the immune and nervous systems), and plenty of fiber, making them an especially heart-friendly choice. Folate adds yet another boost to their heart-healthy reputation and, when consumed during pregnancy, helps guard against some birth defects.

Buy & Store Look for squash that are firm, free of mold, and heavy. Squash can keep for several months in a cool, dry, dark spot.

Preparation Tip Place a halved squash, cut side down, on an oiled baking sheet and roast in the oven at 400° for 30 to 40 minutes, until you can pierce it with a sharp knife. Or you can remove the skin using a peeler and cut the flesh into chunks for roasting, steaming, or sautéing. Once cooked, mash the squash, purée it for soup, or fold it into pasta or risotto.

Adapted from the book Power Foods: 150 Delicious Recipes with the 38 Healthiest Ingredients from the Editors of Whole Living Magazine. Copyright © 2010 by Martha Stewart Living Omnimedia, Inc. Published by Clarkson Potter, a division of Random House, Inc. Available at wholeliving.com/power-foods



GOLDEN RULES

Ten basics for whole eating

1. Choose a wide variety of natural, unprocessed foods.
2. Buy organic, especially for produce most heavily treated with pesticides.
3. Shop locally, eat seasonally. Check farmers' markets for produce at its peak, which is more flavorful and healthful.
4. Think of produce as a rainbow: Eat a range of colors to get nutrients.
5. Limit salt intake and season with herbs, spices, or lemon juice.
6. Buy grains, nuts, and seeds in bulk.
7. Choose oils that contain “good” mono- and polyunsaturated fats, such as olive oil.
8. For cooking, use organic, low-sodium broth in cartons, or make it from scratch and freeze.
9. Plan ahead and shop wisely. If a recipe calls for half a package of tofu, use the rest in a stir-fry.
10. Fill half your plate with veggies, a quarter with whole grains, and a quarter with lean protein.

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The Flaws of Attraction

You and your partner are probably having the same fight over and over. And that, says one couples therapist, is what brought you together in the first place. **BY RORY EVANS**

WE ARE HURTLING SOUTH on the West Side Highway in Manhattan—one of those perilously narrow strips of pre-SUV highway. The speed limit is 50, but the red needle of our speedometer nudges 70. Jamie's knee presses against the four o'clock of the steering wheel—which frees up his hands.

To color-sort jelly beans.

And this, in a sugar-coated shell, is my husband: Man enough to take the wheel and boy enough—dumb enough?—to abandon it for fear of polluting his licorice mouthful with a rogue cherry flavor.

I think this little scene would infuriate the most easy-going wife but it especially enraged me, because I'm a stick-in-the-

mud. A funny and social stick, to be sure, but mud-residing nevertheless. To let me enter a room is to unwittingly ask me to report back—in 30 seconds or less—on how many strangulation hazards, accidents waiting to happen, and gruesome death traps are contained therein. Wanna crank up the music and dance? Yeah, well turn it down—you'll give yourself lifelong tinnitus. (And take off your shoes before you scuff the floor!)

My first reaction when I saw Jamie separating his jelly beans was to dramatically clasp a hand onto the steering wheel. The second was my usual rejoinder when he is doing something asinine on the open road: "You realize there are two beating hearts in this car that would stop beating due to your idiocy?" I've noticed that gory medical stuff tends to snap Jamie back to the realm of the grown-ups. And my tugging him back into adult territory is the recurring theme of our marriage.

Does that mean we prove ye olde "opposites attract" chestnut that dominates so much mating pop-psychology? Not according to marriage counselor Stephen Betchen, Ph.D., author of the recent book *Magnetic Partners: Discover How the Hidden Conflict That Once Attracted You to Each Other Is Now Driving You Apart* (Free Press, 2010). Based on Betchen's 30 years as a couples counselor, he presents an intriguing new theory about why couples fight—and it may help explain why so many seem doomed to repeat some version of the same argument over and over.

It's not that couples are opposites, Betchen says. Rather, his theory is this: Within each individual are two opposing inner forces: a "master conflict." It's like "two politicians inside you, arguing about some issue, and you can't make up your mind whom you should believe." One example of a common conflict is

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“conformity vs. rebellion”; one part of you may want to fit in, while the other yearns to break rules.

When you look for a mate, Betchen argues, you’re drawn to someone harboring the same master conflict as your own. There’s a sense that someone with your same conflict understands you deep down where it counts. And yet, he explains, that same shared inner struggle that draws couples together often pushes them apart. The key to maintaining a happy relationship is stabilizing these forces. “It’s like a see-saw,” Betchen says. “Each side of the conflict is in one seat. Everything is

I HATE THAT NAGGY-WIFE STEREOTYPE, IN WHICH THE HUSBAND STARES DOWN LIFE THROUGH THE WINDSHIELD WIPERS OF HER WAGGING, TSKING FINGERS.

going to be OK as long as you are balancing your conflicts.”

In his book, Betchen identifies 18 other master conflicts, including biggies like “closeness vs. distance” and “justice vs. injustice” (see p. 71 for more). His argument dovetails with conflict theory, the basis of most psychoanalysis, which posits that “unfinished business” from childhood, as relationship therapist Harville Hendrix, Ph.D., calls it, shapes who we are as adults. According to Betchen, our “family of origin”—a.k.a. dear old mom and dad—not only factors into our master conflict but essentially creates it. Deadbeat parents might beget kids with trust vs. distrust conflict; parents with lots of strict rules may raise kids with justice vs. injustice conflict.

Hendrix, creator of Imago Relationship Therapy, a counseling regimen rooted in his notion that we choose

romantic partners who resemble our parents or early caregivers, backs up Betchen’s assertion that individual master conflicts affect adult romantic relationships and determine who we’re attracted to. “Unresolved issues in childhood impact our choice of partners,” he says. “You’re looking for someone who can heal the wounds.” Essentially, we’re not so much destined to become our mothers but to marry our mothers.

Just as weekly shrinkage aims to help patients be aware of how their inner conflicts affect their behavior, Betchen urges his patients to identify how their master conflicts influence (or infect) their

romantic relationships. Mostly it boils down to recognizing recurring themes: What’s the fight you keep coming back to? What feelings get roiled up, or what behavioral patterns emerge around those arguments? And does that remind you of how you felt or were treated as a kid?

As I read Betchen’s book, I found it disconcertingly easy to diagnose all the master conflicts at play in my friends’ relationships (hello, M. & husband and your textbook closeness vs. distance dynamic!) but nearly impossible to pinpoint my own. Then I talked to Betchen on the phone and gave him a brief run-down of the recurring flash points in my marriage (yes, jelly beans were mentioned). He delicately suggested that it might be the power vs. passivity conflict, in which one of us likes to be in charge and the other is happy to follow. Betchen was onto something.

Look no further than our mailbox for proof: My husband doesn’t have a key to it. For the first five years we were married, he didn’t once get the mail. (It was only when our daughter, still in utero,

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was sitting breech and there was a chance I would need an emergency C-section and be hospitalized for a week; he temporarily added a mailbox key to his key chain.) Then there's the fact that whenever we travel, I spend days making lists and amassing what we'll need to bring, sorting it into piles and putting it into bags; usually the only thing he has to remember is his own toothbrush—and I will still (still!) wake the next morning in the hotel to find him up and at 'em ... and a fresh dampness to my Aquafresh Flex.

Unsurprisingly, when I talked to Betchen, he wanted to know what our families were like. Not to get too pop-psych, but I am certain that along with my mom's nose and right-foot bunion, I got her penchant for being a stick-in-the-mud. And for being highly organized, hyper-efficient, and always scanning for the next hidden danger. She got everything done around our house, but I can't think of a single time she ever plopped down on the floor and played with me and my three sisters. In reaction to my mom's type-A ways, I could have gone in the opposite direction, Betchen points out, and become kind of a slacker (which might explain about 93 percent of the habits of my little sister, Baby Alex).

"You wanted someone to play with," Betchen told me. With Jamie, I found that person. He's been playing with his parents since he was born. His mom was always game for anything—once she hand-drew an intricate road system on which he and his brother played with their Matchbox cars. On summer nights, his dad met him at the golf course after work to play nine holes. To this day, his entire family still plays golf together in a scrum of tan legs and sand wedges and can after can after can of beer.

Part of my allergy to recognizing the power vs. passivity dynamic in my marriage is I hate that naggy-wife stereotype, in which the husband stares down life through the windshield wipers of her wagging, tscking fingers. Long before I knew of Betchen's theory, my blood has run cold when I've overheard men react to a simple request from their wives with an exasperated, "Yes, Moooooommmmm." Surely, my mud-encased stick was more nuanced than that, wasn't it?

According to Betchen—bless him—it actually is. Because on the seesaw of our master conflict (or a custom tweak of it, the "power vs. play" conflict), I'm not always the joyless scold. Sometimes my side teeters away from "power" to "play,"

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and I get to be that person on the rear seat of a tandem bike, my feet resting happy-go-luckily on the fixed handlebars—maybe a daisy tucked behind one ear. And while I rarely admit this, I have inner lazy bones. I almost never vacuum. I rarely wash dishes (and when I do, I do a lousy job). Whenever anything goes wrong with the plumbing/heating/electricity/woodwork in my home, I never have to worry because Jamie takes care of it. It turns out that although I spend so much time trumpeting how powerful I am in my marriage, I don't acknowledge how passive I can be too.

What will keep Jamie and me happiest (and our master conflict well calibrated), Betchen says, is balancing our power dynamic on a regular basis—making certain that I am not in full-on joyless mode, and that he is not in full-on idiotic-child mode. Maintaining equilibrium is as easy as making a habit of checking ourselves, committing to projects that exercise both sides of our equations, and talking, talking, talking. Or, at the very least, alternating between who has the power and who gets to play. In some ways, it's a lot like taking turns driving and being the passenger. And from here on, only the passenger gets to sort jelly beans.

THE SEVEN MOST COMMON MASTER CONFLICTS

POWER VS. PASSIVITY

Both partners feel conflicted about responsibility. The one "in charge" needs power yet feels "burned out." The passive one wants to be taken care of but not controlled.

GETTING YOUR NEEDS MET VS. CARETAKING

Some kind of addiction is often involved. One "selfless" partner focuses on the troubled mate to the detriment of his or her own needs.

CLOSENESS VS. DISTANCE

The partners will shift between periods of wanting and shunning intimacy, and they may be out of sync.

CONFORMITY VS. REBELLION

One side of each partner wants to conform to others' expectations; the other side is rebellious.

JUSTICE VS. INJUSTICE

The partners share a strong sense of fairness and a heightened sensi-

tivity to injustice. People with this conflict can become very angry when they feel wronged.

SUCCESS VS. SABOTAGE

Both partners have potential to succeed but find ways to block themselves from reaching their goals.

SPECIALNESS VS. ORDINARINESS

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¹National Kidney Foundation. www.kidney.org/news/newsroom/fs_new/prblmkt&urologd.cfm Accessed July 2010.

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1

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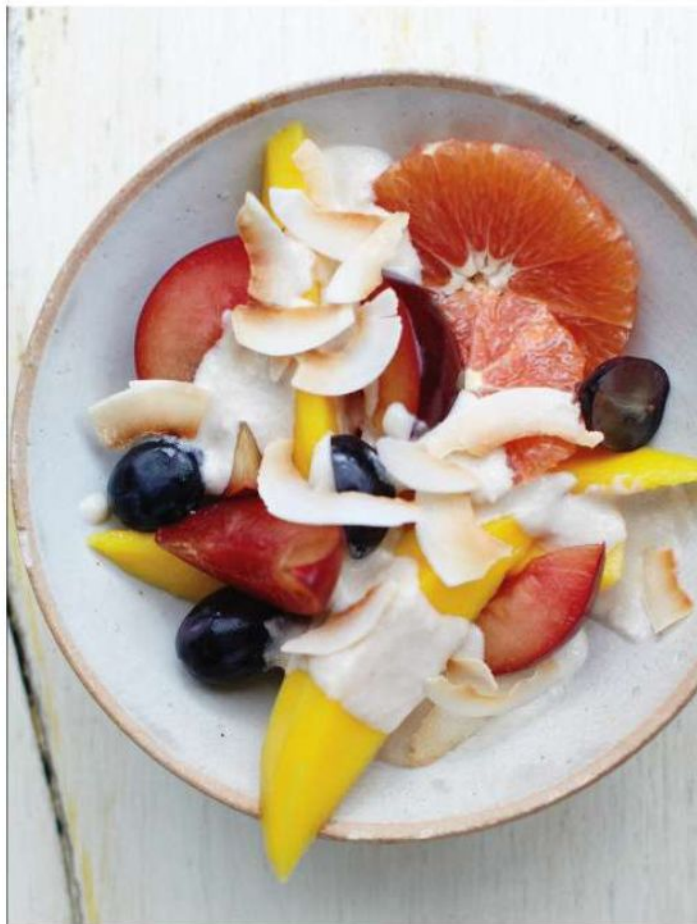
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Hit the ground running with our clear-the-slate detox. This week is all about simplicity—in what you eat, drink, and do. Get ready to feel lighter in body and spirit.

> WHAT TO EAT

We begin with a gentle, food-based detox. Yes, you will be cutting out lots of things you may normally eat, like wheat, dairy, and caffeine (see “Foods to Avoid,” opposite). But the payoff is worth it. “By removing these common allergens, you boost nutritional intake and support your digestive tract,” says naturopathic physician Brooke Kalanick, coauthor of *Ultimate You*. Each day eat five or six small meals rich in fruits, vegetables, and other complex carbs. Supplement with organic, hormone-free animal protein if you want. A typical meal might be three ounces of protein (the size of a smart phone), ¼ to ½ cup carbs (whole grains, sweet potatoes, or fruit), and unlimited nonstarchy veggies like leafy greens. It might also be an apple with 2 tsp. almond butter or a smoothie.



> FRESH FRUIT WITH APPLESAUCE-SWEETENED TAHINI

SERVES 4

- ¼ cup tahini
- ½ cup unsweetened applesauce
- 1 Tbsp. honey
- 2 Tbsp. water
- 4 cups sliced fruit, such as mango, black grapes, plums, and citrus
- ¼ cup toasted, unsweetened coconut flakes

Combine tahini, applesauce, honey, and water in a food processor. Pulse until smooth. Arrange fruit in serving bowls. Drizzle with tahini sauce and top with toasted coconut.

PER SERVING: 104 calories;
4 g saturated fat;
7 g unsaturated fat; 36 g carb



ONLINE
For more smoothie recipes,
visit wholeliving.com/action-plan

> FRUIT AND
VEGETABLE SMOOTHIE

SERVES 2

V V S

- 1 small red beet, peeled and coarsely chopped
- 1 medium-size carrot, peeled and coarsely chopped
- 1 sweet apple, such as Honeycrisp or Pink Lady, cored and coarsely chopped
- 1 ripe pear, such as red Bartlett or red Anjou, cored and coarsely chopped
- 2 cups water
- 2 Tbsp. lemon juice
- 2 tsp. minced fresh ginger

1. Steam beets and carrots until tender, about 10 minutes. Let cool to room temperature.
2. Combine all ingredients in a blender and mix until smooth.

PER SERVING: 126 calories;
0 g saturated fat;
0 g unsaturated fat; 33 g carb

> GREEN SMOOTHIE

SERVES 2

V V S

- 1 cup kale or collard greens, firmly packed, stems removed, and coarsely chopped (4 oz.)
- ½ cup loosely packed fresh flat-leaf parsley leaves
- 1 Granny Smith apple, cored and coarsely chopped
- 1 large, ripe banana, coarsely chopped
- 2¼ cups water

Combine all ingredients in a blender and mix until smooth. If it's too thick, add a little more water.

PER SERVING: 113 calories;
0 g saturated fat;
0 g unsaturated fat; 28 g carb

> ANTIOXIDANT
SMOOTHIE

SERVES 2

V V S

- 2 cups mixed frozen berries (9 oz.)
- 1 cup unsweetened pomegranate juice
- 1 cup water

Combine all ingredients in a blender and mix until smooth.

PER SERVING: 130 calories;
0 g saturated fat;
0 g unsaturated fat; 35 g carb

>MILLET BOWL WITH BLACK BEANS AND VEGETABLES

SERVES 2 V V S

MILLET:

¼ cup millet

- 1 15-oz. can black beans, drained and rinsed
- 2 Tbsp. minced fresh ginger
- Kosher salt
- 1 cup water

VEGETABLES:

- 4 shiitake mushrooms (2 oz.), sliced ¼ inch thick
- 1 medium carrot, peeled and cut into ¼-inch-thick rounds
- 2 baby bok choy, halved
- ½ cup shredded red cabbage
- 1 scallion, thinly sliced
- Freshly ground black pepper
- 2 Tbsp. toasted sunflower seeds

DRESSING:

- 3 Tbsp. extra-virgin olive oil
- 3 Tbsp. apple cider vinegar

1. Place millet, black beans, and ginger in a small saucepan. Add ½ tsp. salt and water. Bring to a boil, stir once, then reduce heat and simmer, covered, for 25 minutes. Allow to rest for 10 minutes, then fluff with a fork.
2. Steam shiitakes in a steamer over boiling water, covered, for 3 minutes. Add carrots and bok choy and steam 4 to 6 minutes more. Remove steamer from heat.
3. In a small bowl, whisk together oil and vinegar to make dressing. Season with a dash of salt.
4. Transfer millet to bowls and garnish with steamed and remaining raw vegetables. Season to taste with salt and pepper. Pour dressing over top and sprinkle with sunflower seeds.

PER SERVING: 672 calories;
4 g saturated fat;
22 g unsaturated fat; 89 g carb

- V **vegetarian** no meat products
- V **vegan** no animal derivatives
- S **special diet** no dairy, wheat, soy, fish, shellfish, eggs, peanuts, or tree nuts

* ALL NUTRITIONAL INFO IS APPROXIMATE;
EXPANDED ANALYSIS AVAILABLE ONLINE

THE RECIPES

SIMPLIFY AND CLEANSE

Our detox recipes for Weeks 1 and 2 were designed by chef Louisa Shafia, author of *Lucid Food*, and emphasize clean, flavorful ingredients. “These dishes are satisfying and hearty but also gentle on your body,” she says. For daily recipes, plus 25 smoothies that make nutritious mini-meals, visit wholeliving.com/action-plan

FOODS TO AVOID

- ✗ Added sugar
- ✗ Processed foods or beverages
- ✗ Alcohol
- ✗ Caffeine
- ✗ Wheat/gluten
- ✗ Eggs
- ✗ Dairy
- ✗ Peanut products
- ✗ Fruit juices (very high in sugar and calories)
- ✗ Soy, including soy sauce
- ✗ Corn



WEEK 1: PURIFY

> DETOX YOUR BOD

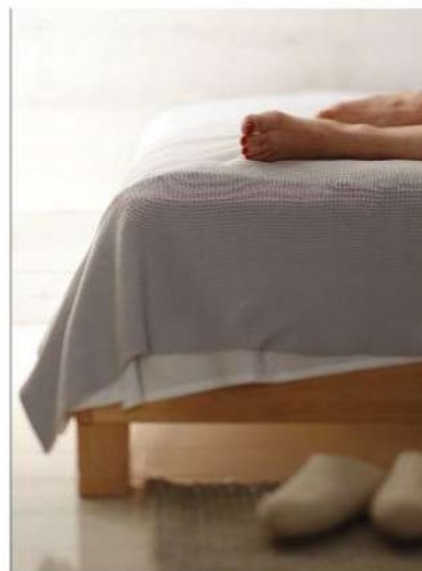
"You may feel bouts of low energy this week, so go easy," says fitness expert Ellen Barrett, creator of the DVD *Fusion Flow*. "The twists and bends in this series massage the low back and kidneys, enhancing the detox." Do the yoga and back strengtheners on alternate days for the first four days; double them up to finish the week strong.

FITNESS PLAN

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
YOGA RELEASE	x		x		x	x	x
BACK STRENGTHENERS		x		x	x	x	x
WALK (min.)	10	10	15	20	20	25	30



SAY NO TO AT LEAST ONE THING (AN INVITATION, AN OBLIGATION) THIS WEEK. SAVE A LITTLE TIME FOR YOU.



DETOX YOUR MIND

Detox is not just about food—it's about lifestyle. Don't underestimate the effect your thoughts and habits have on your health and well-being.

> **DAY 1** Begin a week-long media fast: No TV, and cut back on online time.

> **DAY 2** Move your sleep time back by 10 minutes each night, starting now.

> **DAY 3** Start a stress log: Write down what stresses you out and why.

> **DAY 4** Avoid office gossip.

> **DAY 5** Catch yourself complaining (and stop).

> **DAY 6** Spend 1 to 3 hours decluttering your home.

> **DAY 7** Swap out toxic cleaners for green ones.

YOGA RELEASE



> FORWARD BEND

With feet 4 to 6 inches apart, drape your torso over your knees and let your head relax. Hold for 5 breaths, then roll up.



> BASIC BRIDGE

Lie on your back with knees bent and feet firmly on the floor. Extend your arms down by your sides and relax your neck. On an exhale, lift your hips off the floor, forming a diagonal line from knees to shoulders. Hold for 5 breaths.

BACK STRENGTHENERS



> CAT/COW

Get on all fours, with hands below shoulders, knees under hips. Exhale and round your back, pressing navel toward spine. Next, arch your back as you inhale. 8 to 10 times.



> SEATED TWIST

Sit on the floor and bring both legs over to the left, knees bent. Keeping your spine straight, take a deep breath, then exhale and twist to the right, reaching your left hand across your right knee and your right arm around the back of your waist. Look straight ahead or over your right shoulder. Hold for 5 breaths and repeat on the other side.



> EXTENDED PUPPY

From all fours, exhale and press your heart toward the floor, lifting your hips and elongating the spine. Hold for 5 breaths.



> KNEE SWAY

Lie on your belly with knees bent. Rest forehead on hands. On an exhale, drop the lower legs to the left, keeping hips in contact with the floor. Hold for an inhale and return to center. Alternate side to side. Repeat 10 times.



ONLINE

For a complete list of exercises, go to wholeliving.com/action-plan

BY THE END OF WEEK 1 YOU WILL HAVE:

- ☐ CUT OUT PROCESSED FOOD
- ☐ TAKEN A MEDIA BREAK
- ☐ FREED UP YOUR SCHEDULE
- ☐ ADDED AN HOUR OF SLEEP



THIS IS WHERE TRUE WELLNESS BEGINS™

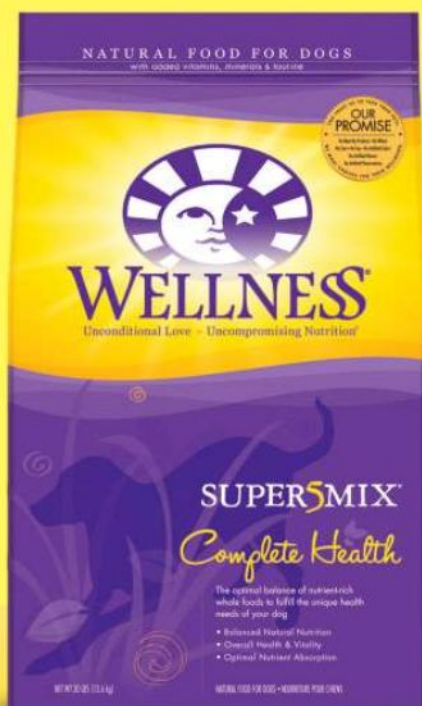
We're each on our own path to wellbeing. If you are lucky, you've got company along the way. And if you're like us, you believe it all starts with food you can trust... for us, and for them.

People are discovering the value of high-quality food by returning to local farmers' markets and enjoying real food: simple, pure and natural. This same thinking inspired us to create Wellness® natural food for pets.

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2

PURIFY

THIS WEEK'S GOAL

LAY A WHOLESOME FOUNDATION

Put cleaner, healthier habits in place and cultivate practices that help you rediscover clarity and calm.

> WHAT TO EAT

Keep going with your detox. "At this point, you may feel different," Kalanick says. "Some people find that during a detox, symptoms like headaches, brain fog, and digestive problems improve." This week try adding some foods back in to see how they affect you (see "Add In Gradually," right). If you find you feel great without sugar or soy, you can steer clear for the plan—or for life! Stick with the five to six smaller meals or switch to a more traditional eating schedule. But don't skip meals or let hunger run you off the rails.

> CREAMY KALE SALAD

SERVES 4  

- 1 ripe avocado, halved, seed removed
- 2 Tbsp. white wine vinegar
- 2 tsp. Dijon mustard
- 3 Tbsp. walnut oil or extra-virgin olive oil
- Kosher salt and freshly ground black pepper
- ½ bunch kale (8 oz.), stemmed and coarsely chopped
- 1 small red beet, peeled and thinly sliced
- 1 sweet, crisp apple, cored and cut into thin wedges
- ½ cup toasted walnuts, chopped

1. Combine avocado, vinegar, mustard, and oil in a food processor. Pulse until smooth. (It will be thick.) Season with salt and pepper.
2. Combine kale, beets, apple, and walnuts in a large bowl. Toss with avocado dressing. Season with salt and pepper. Serve immediately.

PER SERVING: 325 calories;
3 g saturated fat;
24 g unsaturated fat; 20 g carb

> MOROCCAN-STEAMED SALMON WITH QUINOA AND CARROTS

SERVES 2

- ½ cup quinoa
- 1 cup water
- Kosher salt
- 1 carrot, finely diced
- 2 cups cilantro leaves, plus more for garnish
- 1 clove garlic, crushed
- 2 Tbsp. lemon juice
- 3 Tbsp. olive oil, plus more for brushing
- ½ tsp. cumin powder
- ¼ tsp. red chile flakes
- 2 5-oz. fillets wild salmon, skin removed

Freshly ground black pepper

1. Rinse quinoa under cold water. In a small saucepan, bring water and ¼ tsp. salt to a boil. Add quinoa and carrots and bring to a boil, then reduce heat and simmer, covered, for 20 minutes. Let quinoa rest, covered, for 10 minutes, then fluff with a fork.
2. Combine cilantro, garlic, lemon juice, olive oil, cumin, chile flakes, and ½ tsp. salt



in a food processor. Process until smooth.

3. Lightly season salmon with salt. Brush bottom of a metal steamer basket with oil. (If using a bamboo steamer, line bottom with a large leaf of lettuce or a piece of parchment paper.) Arrange fish in steamer and set over boiling water, covered, for 6 to 9 minutes, or until fish is cooked through.
4. Lift fish out of steamer. Serve over quinoa. Spoon cilantro sauce on top and garnish with fresh cilantro leaves.

PER SERVING: 590 calories;
3 g saturated fat;
24 g unsaturated fat; 34 g carb



THE PLAN

ADD IN GRADUALLY

When you reintroduce a food, note how you feel immediately and hours later. Watch for symptoms like stomach pain, bloating, diarrhea, headache, and congestion—even difficulty focusing or an increased heart rate, Kalanick says.

REINTRODUCE

DAY 1 WHEAT (start with a small amount)

DAY 4 DAIRY

DAY 6 SOY (some soy foods may be easier to digest than others)

FOODS TO AVOID

Use this much smaller list as your what-to-skip guidelines for Week 2:

- ✗ Added sugar
- ✗ Processed foods/beverages
- ✗ Alcohol
- ✗ Fruit juices—a splash is fine, but don't guzzle OJ. The sugars add up.



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SUSTAINABLY CAUGHT
WILD SEAFOOD

WEEK 2: PURIFY

> BUILD STRENGTH

Focus on core and arm strength while increasing your cardio. "Try to hold the poses a little longer each day for greater stability and strength," Barrett says. Alternate the core and arm toners through Day 4, then combine the series to double the challenge. As you transition from walking to jogging, do both for the time shown or walk/jog in comfortable intervals.

FITNESS PLAN

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
CORE SERIES	x		x		x	x	x
ARM TONERS		x		x	x	x	x
WALK/JOG (min.)	10/5	15/5	10/10	10/10	5/15	5/15	5/20



RESIST THE URGE TO BE PRODUCTIVE RIGHT UP UNTIL THE MOMENT YOU FALL INTO BED. TAKE TIME TO UNWIND.



RESHAPE YOUR ROUTINE

Negative emotions, like junk food, have a way of clogging us up and bringing us down. "Clear out stale thoughts and you create a breeding ground for positivity," says Kate Hanley, author of *The Anywhere, Anytime Chill Guide*.

- > **DAY 1** Sit and breathe for 5 minutes, exhaling for a count of 4 and inhaling for a count of 2.
- > **DAY 2** Spend time on an activity that engages and de-stresses you (knitting, reading—not online shopping or watching reality shows).
- > **DAY 3** Visualize yourself completing a job and feeling revitalized afterward.
- > **DAY 4** Listen to relaxing music for 20 minutes, doing nothing else.
- > **DAY 5** When you get annoyed, focus on something you're grateful for.
- > **DAY 6** Take the first step toward making amends with someone.
- > **DAY 7** Make a household chore meditative by giving it your undivided attention.

CORE SERIES



> PLANK

From all fours, come into the top of a push-up position. Engage your core with your neck in a neutral position so that you form a straight line. Hold for 5 breaths or 30 seconds.



> BOAT

From a sitting position, tip your torso back slightly (using your arms to support you), keeping your spine straight. Bend knees, lift feet off floor, and if possible, extend your legs to form a V. Extend your arms out in front, parallel to the floor. Aim to hold for 30 seconds, longer if you can.



> CROW

Start with feet hip-width apart and hands flat on floor. Turn legs out 45 degrees and let your shins rest against the backs of your upper arms. Slowly tip forward until your weight is balanced over your wrists and hands, then lift one foot off the floor at a time. Balance for a few breaths.

ARM TONERS



> MERMAID PRESS

Sitting on the floor, swing your legs around to the left side with your right arm out, palm flat on the floor, about a foot away from your body. Slowly lower your torso to the right, bending your right elbow, then straightening. Repeat 20 times on each side.



> TRICEPS PUSH-UP

From plank position, lower your body with elbows tucked in to your sides, bending elbows straight back behind you. (You can also do these on your knees.) Do 2 sets of 10, pausing in between.



> TRICEPS DIP

From a sitting position, put feet and palms flat on the floor, fingers pointing toward your feet. Lower your body, bending elbows straight back, then push yourself up. Do 2 sets of 10, resting in between.



ONLINE

Got a question? Tune in and ask the experts on *Whole Living*, hosted by Terri Trespicio on Martha Stewart Living Radio. Find out more at wholeliving.com/radio

BY THE END OF WEEK 2 YOU WILL HAVE:

- ☐ COMPLETED THE MIND-BODY DETOX
- ☐ TRANSITIONED FROM WALKING TO JOGGING
- ☐ STARTED A SIMPLE MEDITATION PRACTICE

*warm up
your throat
before
you use it.*



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WEEK

3

FORTIFY

THIS WEEK'S GOAL

GAIN MOMENTUM

It's time to take things up a notch. To kick off this portion of the plan, you'll ramp up fitness and nutrition.

whole living
28 DAY
CHALLENGE
action plan

> INVIGORATE YOUR BODY

It's time to intensify your workouts. And you're more ready than you think, says fitness expert and Reebok master trainer Sara Haley. "Since you've already changed your diet and removed the junk from your system, you'll have a lot more energy and focus." Haley designed this series to boost cardiovascular endurance, burn fat, and sculpt and tone the body. By working your muscles within different planes (side to side, forward and back, rotationally), you'll keep yourself from falling into a fitness rut. You'll also go from jogging to running in intervals—for Day 1, walk for 5 minutes, run for 5, then repeat for a total of two run/walk cycles. For Week 4, repeat the walk/run cycle three times. And if Day 1 leaves you a little sore? "Take a day easy, not a day off," Haley says. "Consistency is key." For more exercises, visit wholeliving.com/action-plan

FITNESS PLAN

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
UPPER BODY	x	x		x	x	x	x
LOWER BODY		x	x	x	x	x	x
CARDIO	x		x		x	x	x
WALK/RUN *2 (min.)	5/5	3/7	5/10	5/10	5/10	3/12	3/12

UPPER BODY



> PUSH-UP TWIST

Begin in plank position, lower yourself, then push back up, bringing right knee toward left shoulder. Repeat, switching legs. 8 to 12 reps.

WEEK 4 UPGRADE Elevate legs on a chair or low table. Lower, then push up, kicking right leg toward left shoulder. Repeat, switching sides. 8 to 12 reps.



> T-Y BACK SERIES

Start in a squat with a flat back, arms at sides with thumbs to ceiling (no weights). Lift arms straight out to sides, forming a T, squeezing shoulder blades. Lift arms, pressing shoulders away from ears to form a Y. 10 to 15 reps.

WEEK 4 UPGRADE Use a set of 3- to 5-pound hand weights and do 6 to 10 reps of each.

LOWER BODY



> SQUAT RAISE

Start in squat position and hold for 2 counts. Straighten legs, rising onto balls of feet and reaching for the ceiling. Press shoulders away from ears; squeeze abs and butt, holding body in one long line. 20 reps.

WEEK 4 UPGRADE Repeat sequence, staying on balls of feet throughout.



> PLIÉ SQUAT TWIST

With feet wide, legs turned out, and hands behind head, lower into a plié squat. As you return to standing, lift one knee and reach for it with the opposite elbow. 20 reps, alternating sides.

WEEK 4 UPGRADE From the twist position, extend the lifted leg out to the side and then back in to the twist. 20 reps.

CARDIO

> JUMPING JACKS

Begin with feet together, knees bent. Jump legs apart, arms in a Y, and land with soft knees. 60 seconds.

WEEK 4 UPGRADE Do cross jacks, jumping legs into an X and wrapping arms.

> SHUFFLE

Step right foot out to the side in a low squat and quickly bring left foot in to meet it. Repeat 3 times in one direction and return. Stay low throughout. 30 seconds.

WEEK 4 UPGRADE Do 2 shuffles right, then rotate 180 degrees and continue in the same direction. Keep switching every 2 shuffles.

> HIGH KNEES

Run in place, lifting knees toward chest, squeezing abs, and pumping arms. Keep chest lifted. 45 seconds.

WEEK 4 UPGRADE Pick up speed, running in place while lifting knees as high as possible.

WEEK 3: FORTIFY

> WHAT TO EAT

After the detox, focus not just on what you're restricting, but on what you're bringing in to your diet—like healthy flavor. "Aim to include a spice or an herb in every meal," says Kathie Swift, R.D., founder of MyFoundationDiet.com. "Each herb has unique medicinal properties. Thyme, for instance, stimulates the immune system, and parsley can tame asthma." Explore sweet and savory spices, such as cinnamon and cloves on granola, turmeric in stir-fries, and cumin and ginger on roasted chickpeas. Deputy food editor Shira Bocar's recipes for Weeks 3 and 4 make healthy eating easy—just keep portion sizes in mind and in check. For more recipes, visit wholeliving.com/action-plan



> CREAMY BROCCOLI-WHITE BEAN SOUP

SERVES 4

- | | |
|--|---|
| 1 head broccoli (1 lb.), cut into florets, stems thinly sliced | 1 15-oz. can cannellini beans, drained |
| 2 Tbsp. extra-virgin olive oil | 2½ cups chicken stock |
| 1 yellow onion, diced | Kosher salt and freshly ground black pepper |
| 2 garlic cloves, thinly sliced | 1 Tbsp. pine nuts, toasted |
| | ½ oz. shaved Parmesan, for serving |

1. Steam broccoli florets and stems until tender and bright green, about 3 minutes. Let cool slightly. Reserve ½ cup florets for garnish.
2. Heat oil in a medium pot over medium heat. Sauté onion and garlic until translucent, about 6 minutes. Add beans and stock and bring mixture to a simmer. Remove from heat and add broccoli; purée in batches in a blender until smooth. Season to taste with salt and pepper. Garnish each bowl with broccoli florets, toasted pine nuts, and shaved Parmesan.

PER SERVING: 247 calories; 2 g saturated fat; 8 g unsaturated fat; 28 g carb



> AMARANTH CLUSTERS

MAKES 18

- 1½ cups rolled oats
- ½ cup amaranth
- ½ cup macadamia nuts, toasted and chopped
- ½ cup dried cherries, chopped
- ½ cup dried apricots, chopped
- ¼ cup honey
- 2 large eggs (whites only)
- Kosher salt

1. Combine oats, amaranth, macadamia nuts, dried fruit, and honey in a medium bowl. Whisk egg whites with ¼ tsp. salt until foamy. Pour over dried fruit and stir to combine.
2. Preheat oven to 350°. Line a baking sheet with parchment. Scoop 3 Tbsp. mixture (using an ice cream scoop) and pat into a 3-inch round on baking sheet. Bake, rotating tray, until clusters are golden brown, 15 to 18 minutes. Let cool completely. Store in an airtight container for up to 1 week.

PER SERVING: 120 calories; 1 g saturated fat; 3 g unsaturated fat; 19 g carb

THE PLAN

UPGRADE YOUR EATING HABITS

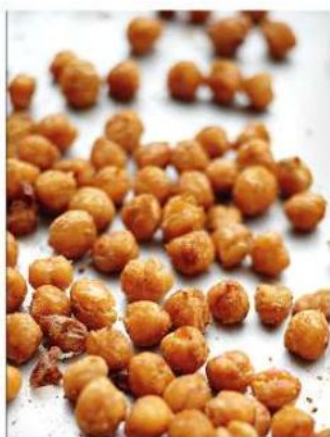
Cleaning up your diet doesn't mean going without. Try these simple swaps to ratchet up the nutrition quotient of your daily meals.

HEALTHY SWAPS

Instead of	Try
White rice	Brown or black rice
Pita bread	Flax roll-up
Semolina pasta	Whole-grain pasta
Packaged salty snacks	Roasted chickpeas (see opposite page)
Artificial sweeteners	Honey, maple syrup, blackstrap molasses, or stevia
Baked goods	Baked fruit (try baked apple or pear sprinkled with cinnamon)



FIND WAYS
TO BRING NEW
FLAVORS TO
EACH MEAL:
**EXPERIMENT
WITH HERBS
AND SPICES
YOU'VE NEVER
USED BEFORE.**



>ROASTED SPICED CHICKPEAS

MAKES 1 CUP **V V S**

- 1 15-oz. can chickpeas, drained and rinsed
- 1 Tbsp. vegetable oil
- ¼ tsp. ground cumin
- ¼ tsp. ground coriander
- ¼ tsp. ground ginger
- ¼ tsp. ground hot paprika
- ½ tsp. kosher salt

Preheat oven to 425°. Toss chickpeas with oil and spices until evenly coated. Spread on a rimmed baking sheet. Roast, shaking pan occasionally, until chickpeas are golden and crunchy, about 30 minutes. Let cool completely. Store in an air-tight container up to 2 weeks.

PER SERVING: 412 calories;
1 g saturated fat;
10 g unsaturated fat; 59 g carb



ONLINE

Swap advice, meet new folks, and blog about your experience at wholeliving.com/action-plan

>POACHED EGGS WITH ROASTED TOMATOES

SERVES 2 **V**

- 1 pint cherry tomatoes (10 oz.)
- 1 Tbsp. extra-virgin olive oil
- Kosher salt and freshly ground black pepper
- 1 Tbsp. fresh thyme leaves, plus more for garnish
- 2 large eggs
- 1 whole-wheat English muffin, split and toasted

1. Heat oven to 425°. Arrange tomatoes in a baking dish. Drizzle with oil and season with salt and pepper. Toss with thyme. Roast until tomatoes begin to burst, about 20 minutes. Scrape tomatoes and any juices into a bowl and let cool slightly.

2. In a medium straight-sided skillet, heat 2 inches of water over medium until bubbles cover bottom and sides of pan. Crack each egg into a separate small bowl. Gently pour eggs into pan, leaving room between them. Cook eggs, undisturbed, until white is just set and yolk is still loose, 4 to 5 minutes. Use a rubber spatula to gently release eggs from bottom of pan, if necessary. Using a slotted spoon, remove eggs from water. Blot bottom of spoon on a paper towel to remove excess water before serving.

3. Serve eggs over English muffin halves. Season with salt and pepper. Top with roasted tomatoes.

PER SERVING: 225 calories; 3 g saturated fat;
9 g unsaturated fat; 20 g carb



OVERHAUL YOUR OUTLOOK

Boost your mental energy by creating conditions that help you get the best out of yourself—every day.

- > **DAY 1** Rethink your to-do list so that you spend your energy and attention on what matters most.
- > **DAY 2** Before the morning rush, do one thing that feels good—stretch, walk, go outside.
- > **DAY 3** Visualize yourself doing work you love.
- > **DAY 4** Take a 15-minute break in the middle of the day; leave your desk and walk instead of Web surfing.
- > **DAY 5** Set a date to spend time with a friend who energizes you.
- > **DAY 6** Give something to two people today—whether it's a cup of coffee, a hug, or a compliment.
- > **DAY 7** At the end of the day, reflect on what you accomplished, not on what you should have done.

BY THE END OF WEEK 3 YOU WILL HAVE:

- ☐ RUN FOR MORE THAN 1.5 HOURS
- ☐ ADDED HEALTHY FLAVOR TO EACH MEAL
- ☐ RE-ENERGIZED YOURSELF MENTALLY

WEEK

4

FORTIFY

THIS WEEK'S GOAL

KICK-START A NEW YOU—FOR GOOD

How do you feel now, compared to three weeks ago? During this final week, you'll push yourself to your full potential and beyond.

> WHAT TO EAT

You've cleansed. You've cut back. You've swapped this for that. Now it's time to raise the nutritional bar even further—and keep it there. "The goal is to increase the plant-to-animal ratio in your diet with at least eight servings of fruits and veggies daily: three to four of fruit, and five to six of veggies," Swift says. "This supports a more alkaline cellular environment, which is optimal for disease protection." Here's how: Up your servings of green, red, purple, orange, and yellow fruits and veggies, and substitute more roots and starchy vegetables for grains. If you're a meat eater, opt for grass-fed meats, and eat them sparingly. What to avoid? "Hydrogenated oils, high-fructose corn syrup, artificial sweeteners, and preservatives," Swift says. "I consider them unacceptable."



ONLINE

Keep the momentum going! Sign up for your year-round action plan at wholeliving.com/action-plan



> CHIPOTLE-AVOCADO SANDWICH

MAKES 4

- 1 15-oz. can red kidney beans, drained
- 1 chipotle in adobo, finely chopped, plus 1 Tbsp. sauce
- 8 slices whole-grain bread, toasted
- 1 avocado, sliced
- 4 radishes, sliced
- 4 leaves escarole
- 1 cup sprouted beans
- Kosher salt and freshly ground black pepper

Mash beans, chipotle, and sauce until combined. Spread on bread. Top with avocado, radishes, escarole, and sprouts. Season with salt and pepper.

PER SERVING: 325 calories; 2 g saturated fat; 7 g unsaturated fat; 47 g carb

THE PLAN

FINE-TUNE AND ENHANCE

Consider this the first week of the rest of your life. From here on out, rather than worrying about what you shouldn't eat, focus on how to get healthy carbs, proteins, and fats into every meal.

CHALLENGE YOURSELF TO

- + Eat 2 cups of dark leafy greens and 1 cup of fresh fruit every day
- + Have 2 servings of oily fish per week
- + Use 2 or more herbs/spices at every meal
- + Manage portion sizes

WHAT TO BANISH PERMANENTLY

- ✗ Artificial sweeteners
- ✗ Artificial colorings
- ✗ High-fructose corn syrup
- ✗ GMOs
- ✗ Nitrates (found in processed deli meats and bacon)
- ✗ Foods with a high pesticide load (see foodnews.org)

> LINGUINE WITH TOASTED ALMONDS, PARSLEY, AND LEMON SERVES 4

- | | |
|--|--|
| 8 oz. whole-wheat linguine | Zest of 1 lemon |
| Kosher salt | Juice of 1 lemon |
| 1 cup raw almonds, toasted and chopped | 2 Tbsp. almond oil or extra-virgin olive oil |
| 1 cup parsley leaves, chopped | Freshly ground black pepper |
| | ¼ cup Pecorino-Romano (½ oz.), grated, for serving |

Cook pasta in generously salted water until al dente. Reserve 1 cup pasta water. Toss pasta with remaining ingredients. Adjust consistency with reserved pasta water as desired. Season with salt and pepper. Serve with cheese.

PER SERVING: 492 calories; 3 g saturated fat; 23 g unsaturated fat; 51 g carb





> GRILLED BEEF SKEWERS WITH ZUCCHINI AND MINT

SERVES 4 

- | | |
|--|---|
| 1 cup short-grain brown rice | Kosher salt and freshly ground black pepper |
| 2 cups water | Extra-virgin olive oil, for drizzling |
| 3 scallions, thinly sliced | ½ cup fresh mint leaves |
| 8 oz. grass-fed sirloin steak, trimmed, cut into 1½-inch cubes | ½ tsp. red chile flakes |
| 2 zucchini, halved and cut into spears | 1 lime, cut into wedges, for serving |

1. Bring rice and water to a boil. Reduce heat to a simmer and cover. Cook 45 minutes, until tender. Let stand, covered, for 5 minutes. Fluff with a fork. Stir in scallions.

2. Preheat a grill pan over medium-high heat. Thread beef on skewers. Season beef and zucchini with salt and pepper and drizzle with oil. Grill, turning, until cooked through and blackened in parts, about 6 to 8 minutes. Serve over rice. Top with mint leaves and red chile flakes.

PER SERVING: 275 calories; 1 g saturated fat; 2 g unsaturated fat; 43 g carb



> INTENSIFY

Build on last week's fitness regimen with challenging upgrades (see page 83). For the full list of exercises, visit wholeliving.com/action-plan

TRANSFORM INSPIRATION INTO ACTION

One of the benefits of easing stress? Having energy to go after what you want most! This is the week you identify your next goal and ways to reach it.

> **DAY 1** Choose a goal, whether you want to launch a website or learn to cook, and write it down.

> **DAY 2** Break your goal down into steps. Take the first step today.

> **DAY 3** Enlist a friend or family member to keep you accountable.

> **DAY 4** Spruce up your workspace so it's a place you want to be.

> **DAY 5** Spend your money mindfully.

> **DAY 6** Explore creative ways you can give back to your community.

> **DAY 7** Take a good look at how you're spending your time and determine whether your actions are moving you in the right direction—or way off track.



MAKE IT A POINT TO REALLY TASTE YOUR FOOD. SLOW DOWN AND CHEW MORE MINDFULLY. FEEL WHAT IT MEANS TO BE TRULY NOURISHED.



BY THE END OF WEEK 4 YOU WILL HAVE:

- ☐ IDENTIFIED YOUR NEXT GOAL
- ☐ PUT NEW FITNESS HABITS IN PLACE
- ☐ SET THE WHEELS IN MOTION FOR HEALTHY EATING IN 2011



CHANGE YOUR LIFE IN 4 WEEKS

Here it is—the entire plan boiled down to a single page. Tear this out and stick it to your fridge or carry it with you to keep you on track. Sign up for free daily tips, strategies, and bonus recipes at wholeliving.com/action-plan

WEEK

1

PARE DOWN AND PURIFY

This week is all about simplifying—your diet and your lifestyle. Clear the decks and make way for a whole new you.

> FOOD Cut out processed foods and common allergens, including wheat, dairy, caffeine, and alcohol. Eat five to six small, veggie-based meals a day, quietly and mindfully.

> FITNESS Start walking daily; alternate the yoga release and back strengthener series.

> LIFE Start a week-long media fast, clear clutter, swap out toxic cleaners for green ones; scale back your schedule; hit the hay 10 minutes earlier each night.

WEEK

2

LAY A WHOLESOME FOUNDATION

You're feeling lighter already—keep things clean by continuing your detox and finding ways to rejuvenate.

> FOOD If you want, start gradually adding certain foods back in, taking note of how they make you feel. Don't skip meals.

> FITNESS Lengthen your walks and start doing some interval jogging. Do the arm toners and core series.

> LIFE Trade toxic thoughts for healthy mental habits: Take time to decompress, make amends with a friend, swap frustration for gratitude.

WEEK

3

GAIN MOMENTUM

Start to turn healthy choices into habits as you ramp up fitness and boost your mood.

> FOOD To start establishing healthy habits for a lifetime, focus on nutritious swaps (brown rice instead of white, whole-grain pasta instead of semolina). Use fresh herbs and spices to boost flavor without adding excess salt.

> FITNESS Start upper-body, lower-body, core, and cardio workouts; go from walking and jogging to running.

> LIFE Reorder your to-do list to maximize your efforts (and energy); spend time with people who energize you; make a habit of giving every day.

WEEK

4

KICK-START A NEW YOU—FOR GOOD

You've raised the bar on health in your daily life. The goal now is to keep it there.

> FOOD Fine-tune the eating strategies. Take a "flexitarian" approach to food, with eight or more servings of fruits and veggies a day, healthy proteins, and the occasional organic, hormone-free dairy or meat.

> FITNESS Push yourself to full capacity and beyond with an even more challenging full-body workout, plus a more intense walk/run routine.

> LIFE Look beyond this week to what you want to achieve this year. Identify a personal or professional goal, gather support, and go for it.

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10 THOUGHTS ON WHOLE LIVING

- 1 Make this the year you follow through.
INVIGORATE BODY AND MIND:
EXERCISE UNTIL YOUR SPIRIT SOARS.
- 2 Other people may have opinions about
where your life is headed, but only you
have the power to prove them wrong.
- 3 The path to fearless living goes
straight through the roadblocks,
NOT AROUND THEM.
- 4 SEEK OUT FOODS THAT SUSTAIN,
NOURISH, AND WARM YOU.
Creativity goes beyond sheer artistry;
IT TAKES COURAGE TO EXPRESS YOUR IDEAS.
- 5 Disagreements offer invaluable insights.
Don't avoid them—study them.
- 6 To truly detoxify your lifestyle, think about
what you can add in, NOT JUST TAKE OUT.
- 7 The coziest homes aren't
merely filled with stuff;
THEY'RE DESIGNED TO
BRING PEOPLE CLOSER.
- 8 An ending doesn't have to be sad.
IT'S THE ONLY WAY TO BEGIN SOMETHING NEW.
- 9
- 10

BY TERRI TRESPICIO



I
Saved
My
Own

Life

When a health problem issues a wake-up call, we do just that: wake up. Here's how three women overcame health challenges and reset their paths to wellness.

AS TOLD TO DENISE MAHER PHOTOGRAPHY BY ANNA WILLIAMS



"SO MANY WOMEN BECOME DEPLETED AND DEPRESSED, BUT IT'S NOT WELL RECOGNIZED. THAT'S WHY IT'S CRUCIAL TO GIVE YOURSELF PERMISSION TO CARE FOR YOURSELF, SO YOU CAN BE STRONG ENOUGH TO CARE FOR OTHERS."

THE HELPER

Sue Jones, 45

Founder, yogaHOPE, a nonprofit that brings yoga to women in need, Boston

HOW I FELT When I look back on my thirties, I realize I was depressed, though I didn't know it at the time. I was 25 when I met my husband, and we moved to Maine, where I grew isolated and stressed out trying to be a good mom to two small children while living with a man who didn't provide emotional support. Even though I was running my own successful restaurant, something was wrong. Somewhere, I had lost my connection with myself.

WHAT CHANGED I moved to Boston and began practicing hot yoga, and started really *feeling* again. The sweating was incredible: It was as if all the emotional toxins were pouring out of me, and I was hooked instantly. But the comfort and euphoria I felt after class evaporated at home. The discrepancy made me question my happiness, and I separated from my husband to figure things out. It was hard—I felt like I was ruining the lives of my children—

»»

▶▶ THE HELPER (CONTINUED)

but I kept practicing and started therapy. Yoga helped me notice my feelings without judging them, and therapy made it easier to put words to the emotions.

WHAT I LEARNED My therapist sent me to a psychopharmacologist, who diagnosed me with severe depression and warned that I was a danger to myself. I had to hand over the painkillers I'd been collecting, and I started taking an antidepressant. It didn't exactly make me happy, but it allowed me to continue with yoga and therapy without hitting bottom again. I returned to my marriage and started yogaHOPE, an organization that teaches yoga to women in domestic-violence shelters and wellness programs. The work helped me heal, too, because I was surrounded by teachers who supported my ideas and valued me. Soon it became clear that my husband wasn't the person I thought he was. Slowing down and learning to be mindful was empowering; it helped me end a marriage that wasn't healthy for me and allowed me to find compassion for myself, my ex, and for others.

I'm still helping myself by helping other women, and I've received so much. Giving back reminds me that I have something to offer.

THE DOCTOR'S TAKE "When you're depressed, you need to step outside yourself, away from the negative thought cycle," says Pamela Hops, M.D., who practices integrative family medicine at the Continuum Center for Health and Healing in New York City. "Yoga, which builds strength while promoting calm, is powerful; research shows it helps improve mood, perhaps by increasing the brain chemical GABA. Some women want to avoid medication, but as Sue discovered, correcting a chemical imbalance can shift enough to give you clarity. Volunteering has been linked to the production of neurotransmitters, like endorphins, that decrease pain and boost feelings of well-being." 🌀



WAYS TO TAKE CHARGE OF YOUR HEALTH

LISTEN TO YOURSELF.

Your doctor almost certainly knows more about anatomy, but you're the expert when it comes to your body. "When I ask patients what they think their diagnosis will be, they frequently turn out to be right," says Pamela Hops, M.D., an integrative physician in New York City. When your gut tells you to see a doctor, listen. Or if instinct says your doc's wrong to dismiss your complaints, push back.

FIND AN M.D. YOU TRUST.

You'll feel comfortable relying on your doctor's advice if you've carefully selected her in the first place. That means finding someone who respects even your dumbest questions, sees enough patients in your age and ethnic group to be up on relevant research, and seems vibrant and healthy herself. You also want someone who shares your health philosophy. "Doctors with training ▶▶

THE FIGHTER

Aziza Myers, 35. Account Manager, New Hampton, New York

HOW I FELT A few years ago I was nauseous for a week or so. I thought nothing of it until one day at work, my headache wouldn't go away. I saw my physician, and when she took my blood pressure, the top number was in the 200s. "Your pressure is so high, you could die!" she said. "I'm gonna have to keep you." "Keep me?" I said. "I'm just out to lunch!" I'd had high blood pressure for a while, but no one had suggested it could lead to anything more serious. At checkups I was usually told that my BP was slightly high, but since I was too young for medication, I should just watch what I eat.

I was admitted to the hospital and tested, and a specialist confirmed that I had kidney disease. When the doctor said that within a year I'd be on dialysis, I felt like my life was over. I didn't want to be on dialysis six hours a day. I thought, I'm young and hip, I want to be healthy!

WHAT CHANGED I kept asking God, Why me? What did I do? I prayed for strength. Eventually my mom—who has high blood pressure herself—convinced me to get a second opinion. The next doctor was easier to talk to. She gave me confidence and explained that kidney failure and dialysis weren't inevitable.

She encouraged lifestyle changes to help lower my blood pressure and improve my kidney function. I began to understand that I wouldn't need dialysis if I could get my kidneys healthy enough to take care of my body, and if I could minimize the work they had to do by losing weight. I stopped eating so much soul food and switched to more veggies and whole grains. It's still hard to stick to a healthy diet, but now that it's life or death for me, I have more motivation. Luckily, I found my exercise niche: boxing. I've lost over 30 pounds, and I've seen the results in my blood work, my urine tests, and everything else. I feel better, have more energy, and sleep better. I'm managing—and lowering—my diabetes risk factors, and I don't need dialysis to help control my blood pressure.

It's a plus that boxing helps me lose weight, but it's more than exercise. I love it. I use my pink gloves to work out stress. Boxing has made me more in tune with my body than I ever was. Now when I get angry, I can feel my body grow hot as my pressure goes up. I know I need to calm down and take it out on a punching bag.

WHAT I LEARNED Do your own homework, and don't rely only on the person giving you test results to put them into context. Ask questions. And don't wait to do all the stuff you know you should. I wish I'd made changes earlier.

THE DOCTOR'S TAKE "Doctors should never dismiss symptoms based on age, because there are always exceptions," Hops says. "Since lifestyle is such a big component of common diseases, like hypertension, discuss your diet and exercise habits—along with whether you smoke or take medications—at your first appointment with any new doctor. While it's important for physicians to be realistic, don't tolerate one who is discouraging. The mind-body component is important; plus, feeling defeatist can easily zap your motivation to make needed changes. If you have high blood pressure, ask for a blood test called glomerular filtration rate, which measures how well your kidneys work; while it's recommended for all at-risk patients, few doctors order it." 🌀

"ASK YOUR DOCTOR QUESTIONS,
ESPECIALLY IF A CONDITION RUNS IN
YOUR FAMILY. KNOW YOUR RISKS
SO YOU CAN BE YOUR OWN ADVOCATE."



ALL SMILES Aziza Myers, right, with her mom, Linda Myers.

"UNDERSTANDING
HOW MY BODY
WORKED, AND
LEARNING THAT
THE STRESS
RESPONSE WAS
NATURAL, WAS
INCREDIBLY
THERAPEUTIC."



THE SEEKER

Jennifer Edwards, 37

Performing artist and content creator, New York City

HOW I FELT Growing up, I was the kid who always had the stomachache. Despite being active (I was a dancer) and eating well, I never felt right. In retrospect, I was in a stressful situation: My mom had cancer, and from age 7, I witnessed her long battle. She died when I was 15, leaving me to cook and care for my father. Over the next few years, I went through a lot. By the time I was 18, I was married, pregnant, and experiencing severe urinary tract and bladder infections. After I had my son, my symptoms shifted; in addition to stomach troubles, I suffered from blurry vision, oral ulcers, headaches, and panic attacks. In 1992 my doctors diagnosed me with irritable bowel syndrome and told me that, eventually, I would develop colitis and might need surgery. This was in rural New Jersey—no one talked about stress management or IBS. I was just offered antianxiety and pain medication. But I was determined to get to the bottom of my condition without drugs. Over the next few years, things intensified (my father died suddenly, I navigated my grandmother's elder care, and I got divorced), but I continued to investigate self-healing solutions whenever I could. I tried every diet—gluten-free, vegan, cleansing—and I gave up anything (caffeine, alcohol, sugar) if I thought it would help. My symptoms persisted, and looking back, most of the restrictive routines just stressed me out.

WHAT CHANGED I started taking classes from a woman who was helping herself recover from Lyme disease. Her breathing and self-massage techniques helped me reconnect to my physical side, and I realized that my rela-

tionship with my body was based on manipulation. Like many dancers, I pushed my body to extremes. By trying to overcome my symptoms, I had been using the same approach. After a while, I learned to calm myself by putting my hands on my chest or stomach, and I started to feel comfortable in my body.

WHAT I LEARNED As I researched the biology of the stress response, I began to understand that my symptoms had to do with the fight-or-flight instinct—they were related to the hormones that our bodies release when we feel threatened. I'd been doing a lot of experiments, thinking I would find the answer. But when I couldn't eat the right foods or do the right exercises, I panicked and triggered the stress response, worsening my symptoms.

Over time I developed a daily practice of listening to myself instead of fighting my natural reactions. Whenever I have downtime, like when I'm waiting for a call, I take a moment to relax. If there is an answer, it's this: breathing, stretching, and nurturing a comfortable space within. Today, these are my only guidelines, and I've been free from serious symptoms for 10 years. Sure, I still have occasional stomachaches when things get intense, but they're manageable.

THE DOCTOR'S TAKE "Stress is behind many conditions, because it causes inflammation," Hops says. "The gut is especially sensitive, which is why antidepressants help IBS. Also key: the realization that you don't have to live a life with pain. Mind-body methods can raise your pain threshold to the point where it stops bothering you." 



ONLINE

To try one of Jennifer's breathing exercises for tension relief, go to wholeliving.com/jen

6 WAYS TO TAKE CHARGE OF YOUR HEALTH (CONTINUED)

in integrative medicine understand the importance of metabolism, hormones, digestion, sleep, stress, eating habits, and family and life history," says Carolyn Matthews, M.D., of Baylor University Medical Center in Dallas.

SEEK A SECOND OPINION.

Although you want to lean on your primary care physician, tap other doctors, particularly specialists, when you want a fresh perspective.

STAY ON TOP OF HEALTH SCREENINGS.

Common screens like mammograms can fall through the cracks in a busy doctor's office, which is especially problematic if your family history means you should be tested earlier or more often than average. Most women need cholesterol and skin cancer screens starting in their twenties, eye screens in their forties, and colon screens after age 50. To learn more, visit womenshealth.gov/prevention

CONSIDER ALTERNATIVE TECHNIQUES.

Acupuncture, meditation, and other non-Western paradigms have all been proven to boost health. You'll likely need to seek

out these practitioners on your own, but it's important to share your results with your doctor. (Herbs in particular—while most are side-effect-free—can interact with medications.) Also important: You're helping others. "I've learned how effective some techniques are by hearing how they've worked from my patients," says Laurie Senol, M.D., an internist in St. Louis.

STAND UP FOR INSURANCE RIGHTS.

Advocates say up to a third of claims are denied when first submitted, but many are subsequently approved. Work with your doctor to write an appeal letter (within your insurer's timetable) detailing why the treatment is needed. Got a second denial? Ask for a ruling by an independent reviewer; all new policies are required to offer this option under the health-care reform bill. —Meryl Davids Landau



ONLINE

For more inspiration, or to share your own story, go to wholeliving.com/lifesaver

Cozying Up

Coming home in the wintertime should feel like one giant restorative hug, with warmth and comfort surrounding you on all sides. Here are 13 easy ways to turn your house into a blissfully snug haven. Go ahead and nest all season long while the cold winds blow.

BY SARAH ENGLER

PHOTOGRAPHY BY DAVID PRINCE



HANG DRAPES They'll not only help block drafts but also add a nice layer of softness to the walls. Choose tightly woven fabrics with an insulated lining (often foam acrylic) for the most warmth, and hang them from ceiling to floor, which will maximize coverage and anchor the room, creating a pleasantly cocooning effect.

2

KEEP SOME SLIPPERS BY THE DOOR

Mr. Rogers had the right idea: Nothing says "welcome home" like ditching your street shoes for something comfier. Plus, you'll avoid tramping around all the dirt and toxic chemicals (like lead and pesticides) from outside. *Burgundy felt slippers by Sophie Prieur, \$80, ochre store.com*

3

CREATE A NOOK "DESIGNATE ONE CHAIR AS YOUR 'QUIET CHAIR,'" SAYS ZEN BUDDHIST PRIEST AND AUTHOR KAREN MAEZEN MILLER. PULL IT INTO A CORNER AND ADD A FLUFFY THROW FOR CURLING UP WITH. *LUDDÉ SHEEPSKIN BY IKEA, \$40, IKEA.COM*



4

HEAT UP YOUR PALETTE

Blues, greens, and purples are calming, but they can make a room feel cold. Instead, mix warm neutrals (tans, oatmeals, creams, and grays) with a few accents in fiery colors such as deep reds, yellows, and oranges.

5 GET CUDDLY ACCENTS
Pick pillows and blankets that resemble your favorite sweaters. Feeling crafty? Use a previously loved sweater to sew a cover for a pillow you already have. *Alpaca pillow cover* by West Elm, \$29, westelm.com. *Chunky knit throw*, \$160, and *chunky knit decorative pillow*, \$80, by Martha Stewart Collection only at Macy's; macys.com for stores

6 STRATEGICALLY GROUP FURNITURE
Push sofas, chairs, floor lamps, and tables away from the walls and into the center of large rooms. You'll create more intimacy and no doubt feel warmer if you're farther from the windows. (Just be sure to allow enough space for traffic flow around the pieces.)

7 WARM THE FLOORS
ENCOURAGE YOUR FAMILY TO GATHER CLOSER BY CREATING LITTLE ISLANDS OF COZINESS. LAY SOFT AREA RUGS IN SOCIAL SPACES AND SCATTER A FEW FLOOR PILLOWS AND CUSHIONS ABOUT. *KNITTED POUF (IN BLOOD ORANGE)* BY CB2, \$80, CB2.COM



8 SIMMER DOWN
A stewing pot or slow cooker will infuse your home with delicious aromas and warmth. Allow us to recommend the soup recipe at right. *3½ quart round French Oven* by Le Creuset (in cherry red), \$255, amazon.com

**RICH ONION SOUP
MAKES 8 CUPS**

1. Melt 4 Tbsp. **unsalted butter** in a heavy-bottomed Dutch oven over medium heat. Add 4 medium **onions**, halved lengthwise and cut into ¼-inch slices. Cook, stirring occasionally, until caramelized and very soft, about 45 minutes.
2. Deglaze pan with 3 Tbsp. **Cognac** and ½ cup **white wine**, scraping up bits from bottom of pan with a wooden spoon.
3. Sprinkle 1 Tbsp. **all-purpose flour** over onions; stir. Add 7 cups low-sodium **beef stock** and 1 Tbsp. **fresh thyme leaves** and bring to a simmer. Cook, partially covered, until heated through, about 20 minutes. Season with **salt** and **pepper** to taste.
4. Preheat broiler. Arrange 4 ounces of thinly sliced **Gruyère** on 8 slices of **whole-grain rustic bread** and broil until cheese is melted, about 1 to 2 minutes. Serve with soup.

11

LIGHT RIGHT Table and floor lamps paired with compact fluorescent lightbulbs marked “warm” or “soft” can give rooms a cozier glow than bright overhead lights. Or you can soften those overhead lights (and save energy) by installing dimmer switches from any hardware store. “Not using a dimmer is like buying a radio with no volume knob,” says Joseph A. Rey-Barreau, a lighting designer with the American Lighting Association. Just keep in mind that they tend to work better with incandescent bulbs than with CFLs.



TAKE CARE OF DRAFTS

TEST FOR LEAKS BY HOLDING A CANDLE NEAR YOUR WINDOW FRAMES TO SEE IF THE FLAME WAVERS, SAYS MINDY PENNYBACKER, AUTHOR OF *DO ONE GREEN THING*. SEALING GAPS WITH NO-VOC CAULK (AVAILABLE AT HARDWARE STORES) CAN SAVE YOU HUNDREDS OF DOLLARS IN HEATING COSTS EACH YEAR. IF YOU WANT TO GO EVEN FURTHER, PENNYBACKER RECOMMENDS CLEAR LOW-EMISSIVITY FILMS. JUST STICK THEM ON WINDOW PANES TO KEEP INDOOR HEAT FROM ESCAPING THROUGH THE GLASS.



10

SURROUND YOURSELF WITH HAPPY MEMORIES Don't relegate your family photos, kids' artwork, or keepsakes to one place. Sprinkle them everywhere and you'll spread warm and fuzzy feelings throughout the house.



12

SHOW OFF YOUR BOOKS

A stuffed shelf or a stack here and there makes a room feel more lived in—especially if your titles look like they've been read a time or two. Prominently display the books that are most meaningful to you.



13

THINK TEXTURE Quilts, nubby wool blankets, and tufted duvets offer cloudlike comfort. Warm things up even more with brushed cotton or flannel sheets. *Handknit throw by West Elm (in Platinum), \$59, westelm.com. Pure Comfort quilt and sheets (in Thunder) by pureDKNY, \$70 to \$170, dknyhome.com*



(make this your year of...)

living fearlessly

DON'T LET ANYTHING STOP YOU
FROM TAKING THE PLUNGE.

BY JENNIFER GOODMAN LINN

I'VE ALWAYS BEEN a “seize the day” type of person, but everything I really know about fearless living began on December 21, 2004. Although New York City was buzzing with pre-holiday preparations, I was on the Upper East Side of Manhattan at a radiology office, emerging from a CAT scan machine where I'd been wedged uncomfortably. The radiologist looked like he could use a vacation; he was unshaven and had large, puffy bags under his eyes. His tone was compassionate but had an all-in-a-day's-work edge as he said, “Are you aware that you have a tumor roughly the size of a football in your abdomen?” No, I wasn't aware—I was the opposite of aware. *Tumor? Who has a tumor?* I thought. The doctor couldn't possibly be talking to me.

This would be the first of many out-of-body moments to come. Ten days later, while most people were toasting New Year's Eve with champagne and dancing, I was shuffling around Memorial Sloan-Kettering Cancer Center on an IV drip after a grueling five-hour abdominal surgery.

The diagnosis was MFH sarcoma, a rare cancer of the connective tissue, which affects only about 1,500 people a year in the U.S. The doctors said my odds of beating it were 50-50, and we had no clear blueprint for how to proceed. There was little available information about the disease, and treatment consisted of some antiquated chemotherapy cocktails. We'd all be working without a net.

But this story isn't about my disease. It's about how I've chosen to live my life in spite of the disease.

If I told you fearlessness was my go-to response after the diagnosis, I'd be lying. During the first few weeks, I wasn't exactly saying, “Cancer? Bring it on!” I felt it all: terror, shock, uncertainty, helplessness. I was 33 years old, I had just gotten married, I had a career I loved, and there was so much more I wanted to do. My mind raced through a montage of those dramatic cancer moments in movies like *Beaches* and *Terms of Endearment*. I actually found myself asking the clichéd questions: “Why me?” “How long do I have?”

And then, in a moment of clarity that I still don't completely understand, I realized that fear would eat me up if I let it—and I couldn't afford to let it. Cancer hadn't taken away all my options. I still had a choice about how I was going to live my life from day to day. I could give up, or I could fight like hell. That's when I made a vow to myself: to live fearlessly.



PHOTOGRAPH BY JOHN DOLAN

This wasn't the first time I'd looked fear in the face. Let's flash back here to my third-grade talent show: I was doing a baton routine set to Donna Summer's "Last Dance," and the most challenging part was the "step-out," where I needed to throw the baton high, do a 360-degree turn, and then catch it. I had never done this move successfully, though I had practiced it a thousand times. But I got on stage wearing a blue leotard with fringe across my backside and flung that baton as if I couldn't imagine doing anything else besides catching it. It made a slow-motion arc over my upturned head, and then—on the 1,001st time—I caught it. (I was so stunned I forgot the next few seconds of the routine.)

I would feel that same exhilaration in my late twenties, when I found myself jumping out of a United States Army airplane, not something I usually did as a management consultant. My team had just finished a project for the Army, and when a client there asked how he could thank us, a testosterone-fueled teammate suggested they let us make a run with the Golden Knights, the Army's acclaimed paratroopers. Two days later, I was in a plane in full gear, ascending over Fort Bragg, North Carolina, strapped onto a Golden Knight. My internal dialogue was zinging between *How cool!* and *What the f@#%?*

I should mention that I'm terrified of heights. If jumping out of a plane is rational behavior, then why were seat belts invented? Or walls? All those years growing up, authority figures had cautioned me to stay away from the edge. How could I now jump out of a plane? Honestly, because I was up there with a bunch of competitive guys and was too chicken to say no.

But as the plane climbed higher, my internal pressure gauge shifted. I realized I was expending a lot of energy trying to remove myself mentally from a situation to which I was clearly committed. Since there was no turning back, I moved toward acceptance. I admitted to myself I was scared: My palms were sweaty, my heart was racing, and I wanted to throw up. I had never been so uncertain of anything in my life. Somehow, when I acknowledged my fear, the situation became more manageable—it was less about the emotion and more about being where I was at that moment.

I didn't jump out of the plane. I somersaulted out at 15,000 feet and loved every minute of it. This experience gave me a rare glimpse of what I believed I was capable of becoming.

When I got my cancer diagnosis, I needed a way to consistently channel the third-grader reaching out confidently for that falling baton, the woman gleefully suspended in mid-air. I needed a guidebook for fearlessness.



PROFILES IN COURAGE

FROM LEFT: Jennifer taking a moment before performing a baton-twirling routine in the third grade; sky-diving with the Golden Knights; and speaking at a Cycle for Survival event in New York City, 2010.



I started by looking up *fearlessness* in the dictionary, and I didn't like what I read: Fearlessness is a state of "no fear." I don't believe it's possible to live without fear. Everyone has some fear in their lives. I actually think the people who are truly fearless are those who "fear less," because they're willing to confront their fears and embrace them. I turned instead to the lives of leaders I've always admired: Nelson Mandela, Martin Luther King, Rudy Giuliani in the wake of the World Trade Center attacks. They were beloved because of their vulnerabilities. Once they looked fear in the face, they realized they could handle it and thrive, and they made other scared people feel that way too.

I went on a fact-finding mission, tracking down articles and books about fear—its psychology, its physical symptoms, even the link between fear and spirituality. I was inspired by people like Wayne Dyer—who wrote, "When you change the way you look at things, the things you look at will change"—and kayaker Chris Joosse, who draws analogies between navigating white-water rapids and navigating life. Kayakers have a phrase they use when they're about to capsize: "Roll with it." That means having the confidence to embrace the waves and not falter, which is what puts your life at risk.

Joosse also writes that often the most difficult part of fear is anticipation. Paralyzed by it, we hesitate to push further, so we don't exercise our "fear muscles" and thus never develop the resilience that comes from repeated exposure to risks.

Early in my diagnosis, I spent a lot of time anticipating—thinking about the effects of chemotherapy or what might happen if a particular treatment didn't work. My doctor gently told me, "Year by year all is unclear, but day by day we find our way." I hear those words at least once a day and find my way back to the present. Fear is about what might happen, not what is happening right now. It takes us to a place of panic, not power. The only thing you have to master is the thing right in front of you, this very second. Instead of thinking, *I'm having major stomach surgery*, I broke everything into baby steps: *Today my job is to get the pre-surgical test. Tomorrow my job is to stop taking fluids.* And so the overwhelming turned into something manageable.

When it comes to making big changes, I can't say cancer would be the first method I'd recommend. But when I began to embrace fearlessness, it paid back in every aspect of my life. Shortly after my diagnosis, I was still working in corporate America, where so many of the day-to-day concerns are about office politics or what other people might think. When you're dealt a hand of cancer, you start to wonder why you've been wasting so much time on the small stuff. I had work to do, and I started to focus on the ideas rather than the ifs. (What if the client doesn't like it? What if my colleagues don't support me?) Cancer didn't lower the bar for what I expected from myself, but raised it. And when I stopped being afraid of being authentic at work, I was more productive and sensed that I was getting more respect. I got promotions and raises that I might have been too fearful to ask for before. When my fears dissolved, my life began to happen.

MFH sarcoma is what I call an "orphan cancer," a rare type that hasn't been the subject of much research. No one knew better than I did how desperately these orphan cancers needed attention. I had sort of developed a taste for making things happen, and one night in 2006, I sat down to figure out how I could raise \$10,000 for research. I knew I wanted to include cycling in some way, because spinning had been my therapy through treatment, a way to tackle the road ahead. I came up with Cycle for Survival, an indoor fund-

raiser that would benefit research trials for rare cancers like mine. Needless to say, I'd never done anything like this before. As with my disease, there was no real blueprint for success, but I decided I'd just forge ahead and do my best to figure it all out along the way.

We started in 2007 with 50 teams in New York; now it's an 850-team event in multiple cities around the world. We've raised more than \$5 million and initiated more than 13 medical trials. Ironically, I'd never thought of myself as a gifted saleswoman, but over the past five years, I've asked probably thousands of people to donate, participate, or volunteer, and virtually everyone has said yes. When you're passionate about something, people want to follow you—something I'm not sure I completely understood before, even though I'd spent more than 15 years in the business of persuasion.

Every life is the result of a million little choices. Living fearlessly—fearing less—is no easy task. But it's possible. And it can make all things possible. There's a quote from Ivy Baker Priest, a former U.S. Treasury secretary, that I love: "The world is round and the place which may seem like the end may also be only the beginning." Day by day we find our way. We begin again. And it's never too late to start.

JENNIFER GOODMAN LINN is a motivational speaker and marketing consultant. To learn more, visit youfearless.com or cycleforsurvival.org

creating a no-fear zone

BY ROBIN FISHER ROFFER

In small doses, fear can be a great motivator. It can help us discover what we're capable of and how far we can go. However, an overload of fear can be paralyzing. As the head of a brand-marketing agency, I've helped hundreds of clients reinvent themselves and have witnessed firsthand how fear prevents people from reaching their potential and enjoying their lives. Whether you fear change, true love, imperfection, pursuing your passion—to live in fear is essentially not to live. How to fight it: Find a place I call the No-Fear Zone. When we face our fears, we begin to see our true nature and life's purpose. Knowing what we can do in challenging moments helps us find the courage to move forward, no matter how scary things get.

1 ASK YOURSELF: WHAT AM I REALLY AFRAID OF?

To move past your fear, you first must identify it. I have a client who had a powerful spiritual message to share but was afraid of public speaking.

When I asked her to pinpoint the root of her fear, she said she worried people would think she was boasting by putting herself in the spotlight. So rather than having her write a motivational speech, which could be seen as a sales pitch, I asked her instead to compose an uplifting sermon. That simple assignment reframed her purpose and removed the fear. When anxiety surfaces, try to describe the source of your distress. It could be something concrete, such as looming layoffs or relationship trouble. Or maybe it's less tangible—say, failure, rejection, or the future and what it holds. Either way, the conscious act of naming your fear is the first step to making it manageable.

2 PUT IT IN PERSPECTIVE

What would happen if your fear came true? To get a grip on the potential fallout—and see how it might not be a big deal after all—walk yourself through this "fear tree" of questions. First, describe the fear or problem. Ask, What's the worst possible outcome? Could it be reversed? Would you lose income? Would your family survive? Would it cause you or someone else bodily harm? Could you ask for help? Would it be possible to repair or control the damage? What can you do today to protect yourself? When you think it through like that, you'll see that even if your worst fears come true, it won't be the end of the world.

3 DO WHAT'S IN YOUR POWER TO DO

The fact is, we can't control the future or other people's behavior. But by focusing on what we *can* control—our own actions—we can help dispel our fear. I tell my clients to take concrete steps to address whatever they're afraid of, and then let go of the outcome. One client feared going home to visit her family, believing that inevitably there would be some kind of drama. I suggested she devise a getaway plan just in case things got challenging. By renting a car, she'd have an escape and wouldn't feel trapped and fearful. I also asked her to write down everything she needed to accept about her family and the things she could change. She realized the only change she could make was from within and she couldn't judge or place blame; she had to love herself and love her family for who they are. Now when she goes home, her anxiety is lessened and she can actually focus on trying to enjoy her family.

5 PRACTICE YOUR ABCs: ACTION + BELIEF + COURAGE

The fearless among us overcome doubts by practicing what I call their ABCs: *A* stands for purposeful action, or just taking the plunge and doing what you've been afraid to do. You can always rehearse first: For example, before initiating a difficult work conversation, try role-playing with a friend. *B* is for having belief in your own abilities. Fear loses its power when confronted with a positive mind-set. Use positivity to act "as if" everything is all right, and soon it will be. *C* stands for the courage that comes from remembering that if you've succeeded before, you can do so again. And chances are, you *have* succeeded before. A client of mine had a fear of never being good enough at her job as a mediator. When I asked what her track record of cases was, she said she had a 98 percent success rate. I wrote "98 percent" on a whiteboard and told her what that meant: She was an "A" student. Because she always focused on the other 2 percent, she never saw herself in that way. But from this exercise, she realized her fear of being a failure was intellectually unfounded. By focusing on her winning record, my client now espouses well-earned confidence. Try it yourself: Make a mental list of all the right moves you've made in the past. Acknowledging your own success will give you the courage for your next fearless act.

ROBIN FISHER ROFFER

is a reinvention specialist and the author of *Make a Name for Yourself: 8 Steps Every Woman Needs to Create a Personal Brand Strategy for Success* and *The Fearless Fish Out of Water: How to Succeed When You're the Only One Like You*. She's also the CEO of Big Fish Marketing, Inc. (bigfishmarketing.com)

4 KNOW WHEN TO ASK FOR HELP

Most fears cannot be conquered alone. One of my most successful clients was getting burned out and bored running her thriving company all by herself. She worried that if something didn't change, her company would tank. After nine years of doing it on her own, she asked her sister to become her business partner. Working with her sister gave her a reason to get out of bed in the morning. Turning her sole proprietorship into a family business renewed her passion and proved she could achieve a longtime goal of growing her company. By asking her sister for help, she found an ally in fearlessness. Allowing others—family, friends, coaches, mentors—to help you navigate life is like having an anchor in rough seas.

6 BE YOUR AUTHENTIC SELF

One of the most common fears is the fear of simply being ourselves, especially when we end up in unfamiliar or uncomfortable situations—when we're "fish out of water." Thus, many of us tend to shy away from the attention that may come from being different. As a result, we try to hide who we truly are. We don't want to stand out, so we may find ourselves doing everything possible to stamp out our individuality in favor of conformity. We then wind up projecting an image we assume, and hope, will please others. That's one road you can choose to travel when you're feeling out of place. The other is to celebrate who you are without apology.

Let's face it, no one wants to be rejected. And yet, think about the people you truly admire in this world. Without a doubt, they conduct their lives with authenticity and conviction, and to realize your full potential, you'll need to do the same. Case in point: One of my clients rose to the top of a major corporation in large part due to her commitment to authenticity. As a Cuban-American, and a minority in her workplace, she worked her way up from customer-service rep to head of the company's global-diversity program. She achieved this by getting a business degree, championing women, and expressing herself with standout personal style—wearing colorful clothing rather than standard-issue dark suits. She succeeded not in spite of her differences but *because* of them.

Becoming comfortable in your own skin isn't easy. It takes practice. It takes tuning in to your inner voice and honoring it, asking yourself, What if I just go for it? What if I just say what's on my mind? And it takes trusting your intuition. With practice, authenticity will become your norm.

Let this be the year you find your passion and step into your personal power. If you follow these six steps, you will be well on your way to unearthing the real you and reaching your next peak—fearlessly.

your brain on fear

Is fear sabotaging your potential? A Harvard researcher says you can blame a primitive nerve center deep in your brain.

Q&A WITH SRINIVASAN S. PILLAY, M.D.

IF YOU WORRY a lot, don't be too hard on yourself: The human brain is virtually wired for fear. Historically, that's served the species well, protecting us from marauding saber-toothed cats and other primitive mortal dangers. Yet even as humans have evolved, a run-for-the-hills instinct remains on alert within us, even when we're unaware of it. And while an occasional well-justified pang of terror may be a boon to our survival, an unending state of unconscious worry is, of course, a hazard to our quality of life. As Harvard psychotherapist and brain imaging specialist Srinivasan S. Pillay, M.D., suggests, when the primitive part of our brain runs amok, fear trumps other critical functions. Pillay says the good news (you knew there was some, right?) is that the brain, for all of its preprogrammed, hardwired habits, is also malleable and very much capable of change—and ultimately overcoming fear.

HOW EXACTLY DOES OUR PRIMITIVE BRAIN KEEP US IN A STATE OF FEAR?

It starts in the amygdala, an almond-shaped mass of nerve cells deep in our brains. The amygdala is a small but vital inheritance from our ancestors. It's been called the "guard dog" of the human brain, activating whenever danger looms. The amygdala plays a key role in regulating all of our emotions, but to ensure our survival, it's wired to process fear first. The problem is that the amygdala can start buzzing even when we're experiencing fear unconsciously. If something frightening is happening around you, the brain will pick it up. The amygdala is so sensitive that images of fearful faces can activate it even in those who are cortically blind.

WHAT HAPPENS TO THE REST OF OUR BRAINS WHEN THE AMYGDALA STARTS WHIRRING?

When we're anxious, shock waves from the amygdala start blasting through the brain's frontal cortex, the area responsible for planning and assessing a decision in terms of risk and reward. When the prefrontal cortex is affected, we have a shorter attention span and we're more easily distracted. A lot of people think they have ADD, when in fact they don't: It's not a problem of attention but of the anxiety center. If the amygdala continues to fire, it may cut off impulses to the thinking part of the brain, making it difficult to focus on simple tasks. Fear captures attention and makes us look for potential threats. We tend to see things more negatively, because that's what the fearful brain was designed to do. Fear and stress turn the conscious brain off, and what we have left to help us figure out solutions is the unconscious brain, which works quickly but not always accurately. When we're under stress, we tell ourselves not to do things, and then we'll wind up doing exactly the things we told ourselves not to do. You've seen this at work if you've ever concentrated hard on not spilling red wine on a white couch.

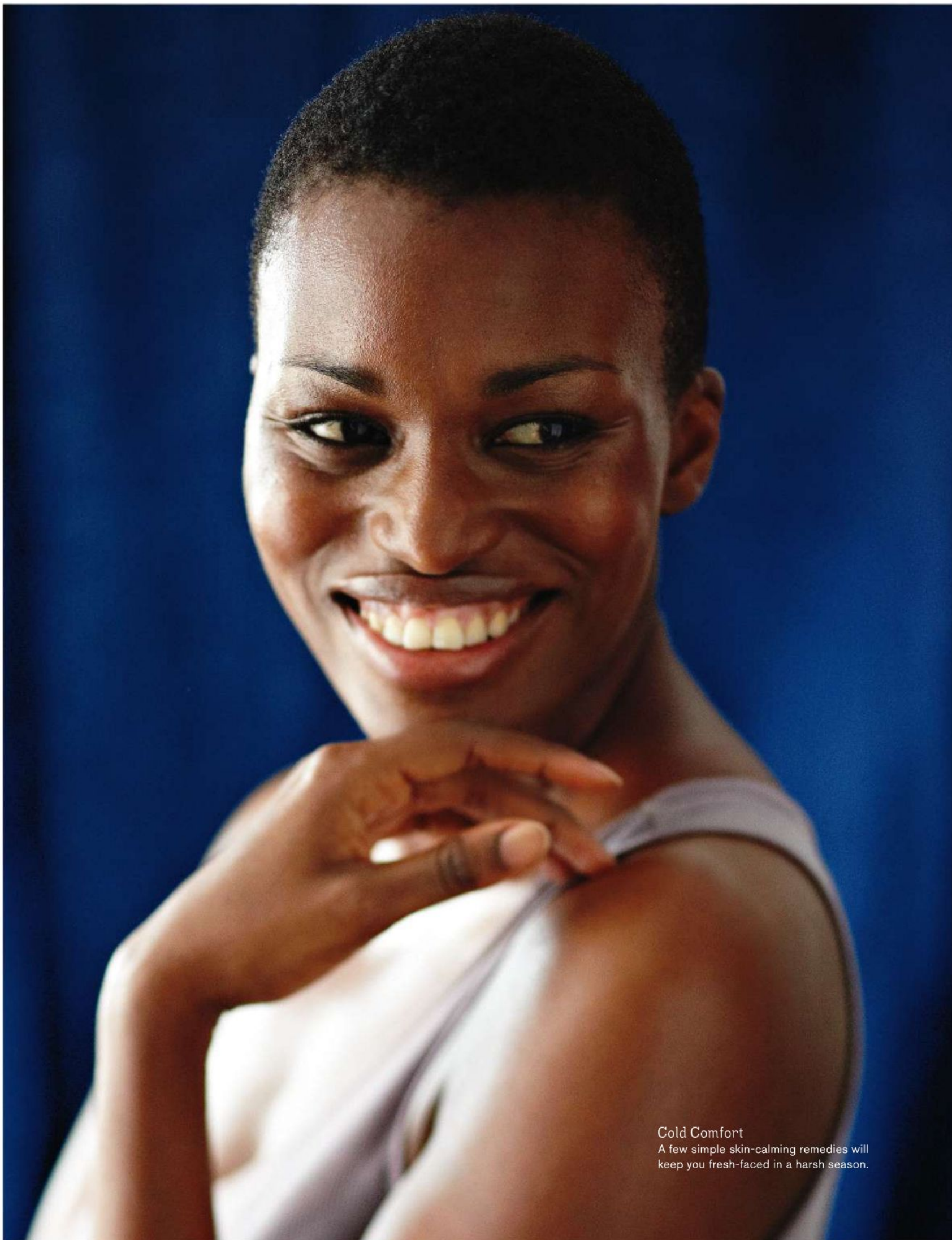
IF THIS IS UNCONSCIOUS, HOW CAN WE DO ANYTHING ABOUT IT?

We have to retrain the amygdala, forming new connections through new associations. That's why visualization can help us reach our goals. When you imagine something happening, that activates the action center. Stress and fear deactivate the parts of the brain that are needed to mount an image, so we have to give the brain information to figure out a course of action for what we want. Imagined action and actual movement activate the same

parts of the brain, so it's important to picture your intended outcome from behind your own eyes, not to observe yourself as an onlooker. If you want to run a marathon, look down and see yourself in black shorts. See the road ahead. You want to give yourself the feeling of being in the race. Tell yourself a goal may be difficult but possible. When you think a goal is possible, that gives the brain permission to reach it. Take Roger Bannister, who ran the first four-minute mile. Everyone thought it was a barrier that couldn't

SRINIVASAN S. PILLAY, M.D., is an assistant professor of psychiatry at Harvard Medical School and author of *Life Unlocked: 7 Revolutionary Lessons to Overcome Fear*. He is also a certified master coach and CEO of NeuroBusiness Group, a brain science-based executive-coaching firm.

be broken. But since then several people have done it. You're more likely to reach for what you want if you tell your brain that it's possible. Beyond visualization, meditation can stabilize the amygdala, particularly loving-kindness meditation, which involves cultivating compassion toward self and others through silent or spoken mantras. The amygdala isn't just a fear processor, it's an emotion processor, and loving-kindness is a positive emotion that can displace fear. Also, meditation can increase oxytocin, which increases trust, which decreases amygdala activation. It's all about training your brain.



Cold Comfort

A few simple skin-calming remedies will keep you fresh-faced in a harsh season.

A clear glass filled with water, covered in condensation droplets. The text "the cure for thirsty skin" is written in a white, lowercase, sans-serif font across the front of the glass. The background is a dark blue gradient, and the glass sits on a brown, textured surface.

the cure for thirsty skin

With these soothing strategies,
winter doesn't have to be
a season of discontent.

BY OLESSA PINDAK

PHOTOGRAPHY BY RAYMOND HOM

This time of year, despite the Antarctic weather, your skin may feel as parched as a desert. "Dryness, dullness, flaking, or roughness is a sign from your skin that it's time to pay attention," says Diane Madfes, M.D., assistant clinical professor of dermatology at Mount Sinai in New York City. "But it can be easy to forget about your skin in winter when you're bundled up," she adds. That means self-care rituals, including skin care, often go out the window, right when you need them most. "The lack of humidity in the air changes skin's structure," Madfes says. "As water evaporates from your skin into the atmosphere, it causes dryness, scaling, and fissures." So it's critical to lock in the moisture your skin already has.

But seasonal dry skin doesn't just come from the onslaught of weather. It's usually related to poor circulation from skipping exercise or a lack of essential dietary nutrients. Plus, from October to April in the north, when the sun isn't strong enough to convert vitamin D in the skin, most of us suffer from declining levels of the so-called sunshine vitamin. "While there are no studies to confirm the effect of low vitamin D on the skin's appearance and function, I suspect that this contributes to unhappy winter skin," says Valori Treloar, M.D., the founder of Integrative Dermatology in Newton, Massachusetts, who recommends daily vitamin D3 supplements of 1,000 to 2,000 IU. While winter keeps us snug indoors, it's the perfect opportunity for quiet and reflection, giving our bodies—including our skin—a chance to heal.

(1) Red Flower Isla das Rocas Revitalizing Sea Salt Scrub (2) MuFace Daily Moisturizing Complex (3) St. Ives Intensive Healing Advanced Body Moisturizer (4) Weleda Gentle Cleansing Milk (5) Bobbi Brown Hydrating Face Cream (6) Nature by Canus Hydrating Facial Scrub with Goat's Milk. For product details, see pages 113–114.



SKIN CARE FOR THE FACE: TREAT & NOURISH

BRIGHTEN DULL SKIN

What happens: Tiny flakes trap the light rather than reflecting it, making skin appear dull. Flakiness usually indicates skin-barrier damage, which means the skin loses water and feels rough.

How to treat it: If you see flakes and dry skin, your impulse may be to slather on tons of moisturizer, but first you need to remove those dead skin cells with an exfoliant, Madfes says. Just be gentle—you want to lift off the dead cells, not irritate the fragile barrier. Next, apply a cream that will hydrate the new cells and plump and brighten dried-out skin. For a little something extra, put on lotion after leaning over a sink of warm water—the air just above the surface of the water is super-hydrated and helps to moisten facial skin, Treloar says.



FACE SCRUB

Nature by Canus Hydrating Facial Scrub gently exfoliates with organic acai powder. A blend of jojoba oils and castor beans helps soften skin while you scrub. \$16, canusgoatsmilk.com



BRIGHTENING MOISTURIZER

New technology in L'Oréal Paris Youth Code Day/Night Cream works by activating repair genes. This rich, deeply hydrating moisturizer is designed to help skin recover from environmental damage. \$25, drugstore.com

FICTION VS. FACT

Does sleep really affect the skin? Yes, says Treloar. While we sleep our bodies move into an anabolic state, during which tissues gather energy for growth and maintenance. Overnight, we produce more collagen and elastin—the building blocks of healthy skin—and core temperature rises, so creams and lotions absorb better, Madfes says.

SOFTEN DRY, CHAPPED CHEEKS

What happens: Look closely and you'll see that chapped skin actually has tiny fissures in the top layer. That's partially due to a lack of essential fatty acids (EFAs) in the body, which can lead to scaly dermatitis. "Our bodies don't make EFAs," Treloar says, "so you need to make sure you have enough healthy oils in your diet."

How to treat it: To heal the fissures, cleanse gently and apply moisturizer directly afterward, to form a barrier that will help the skin stay hydrated. To avoid stripping the skin of its natural oils, wash your face only at night and just splash it with water in the morning. To boost EFAs, try supplementing. "Many of my dry, itchy patients improve when they take a tablespoon of high-quality flaxseed or fish oil capsules daily for a few months," Treloar says.



MILKY CLEANSER

A creamy face wash, Weleda Gentle Cleansing Milk uses organic jojoba seed oil to remove dirt and oil; antioxidant-rich organic sesame seed oil nourishes skin. \$19, usa.weleda.com



NOURISHING OIL

Chock-full of natural oils like argan, jojoba, avocado, coconut, and neem, plus antioxidant turmeric extract and soothing honey, MuFace Daily Moisturizing Complex is a calming blend. \$45, mubeauty.com

SMOOTH OUT SPLOTCHY SKIN

What happens: Winter invites skin conditions such as rosacea, seborrheic dermatitis, eczema, and flushing. The change in temperature and dry indoor air mean your skin loses water; these conditions, which are aggravated by dryness, flare up.

How to treat it: Anti-inflammatory antioxidants like green tea and vitamin C can help calm things down. To maintain your skin's natural barrier, use creamy cleansers that don't dry it out further and simple moisturizers with emollients and humectants such as glycerol. If you tend to break out, look for lightweight lotion; if you have eczema, pick products that are gentle and fragrance-free. Increase the moisture in the air by using a steam vaporizer in your bedroom and at your desk.



GENTLE CLEANSER

Featuring antioxidant-rich fruits, Yes to Blueberries Age Refresh Smoothing Daily Cleanser is high in vitamin C and contains a gentle, natural cleanser that doesn't strip skin. \$10, yestocarrots.com



HYDRATING CREAM

Soothing algae protects and calms in Bobbi Brown Hydrating Face Cream, a rich formula that helps keep skin moisturized all day long. \$50, bobbibrown.com

SKIN CARE FOR THE BODY: HEAL & PROTECT

What happens: Even though much of your skin is protected from cold winds by layers of clothing, it's still susceptible to the effects of low humidity, dry indoor air, and lapsed skin-care routines.

How to treat it: "The biggest complaint I hear from patients is that they don't like to put on moisturizer immediately before dressing because it takes too long to soak in," Madfes says. "I advise applying a nourishing body lotion or oil immediately after showering and then wrapping up in a robe to let the moisturizer soak in while you brush your teeth and do your hair." By the time you dress, your skin should be soft and the moisturizer should have absorbed. If not, try using less moisturizer or a lighter product. If you have dry and irritated skin, consider adding a thin cotton tee under sweaters; Lycra/cotton blends and wool often cause irritation and dry patches. "I don't advise exfoliating too often on the body," Madfes says. "While it takes only 21 days for new skin cells to grow on the face, it takes 28 to 40 days on the body." If you're flaky, use a gentle exfoliating product made with nourishing oils.



LONG-LASTING MOISTURIZER

Burt's Bees Naturally Nourishing Milk & Honey Body Lotion contains natural oils, milk extracts, and honey and is clinically proven to moisturize for 24 hours. \$8, burtsbees.com



GENTLE EXFOLIANT

Red Flower Isla das Rocas Revitalizing Sea Salt Scrub is packed with essential oils and skin-calming aloe vera and algae. \$36, redflower.com



THERAPEUTIC LOTION

Cetaphil Restoraderm Skin Restoring Moisturizer is specially designed for eczema and atopic dermatitis, with ceramides to help replenish lost moisture. \$15, drugstore.com



NATURAL BALM

St. Ives Intensive Healing Advanced Body Moisturizer contains olive-leaf extract and cranberry and grapeseed oil. It's fragrance-free for sensitive skin. \$5, stives.com



DIY DRY-SKIN CURES

1. Soothing Oatmeal Facial Mask

Whole-grain oats comfort and nourish skin, says Janice Cox, author of *Natural Beauty at Home*. Rich in protein, potassium, iron, phosphorous, magnesium, and silicon, they're ideal for sensitive skin because they're naturally gentle and mild. Take ¼ cup ground oats and grind them into a fine consistency in a clean coffee grinder or small food processor. Mix them with 2 Tbsp. whole milk. Spread the mixture on your face and leave on for 15 minutes. Rinse well with warm water and pat your skin dry, then apply a moisturizer.

2. Calming Herbal Soak

For a full-body treatment that benefits skin and spirit, create your own bath mixture with herbs and flowers. Combine 1 Tbsp. dried chamomile flowers or chamomile tea, ½ Tbsp. dried lavender flowers, ½ Tbsp. dried rose petals, and 2–3 drops of bergamot essential oil in a bowl and mix. Tie them up in a piece of cotton cloth (or a tea ball) and hang the bundle under the water spout as your tub fills with warm water, or let it float in your bath water. Soak for 15–20 minutes and make sure to thoroughly moisturize your skin afterward to lock in hydration.

Skin So Soft

Winter-proof your skin—and put flakes, cracks,
and chapping permanently in your past.

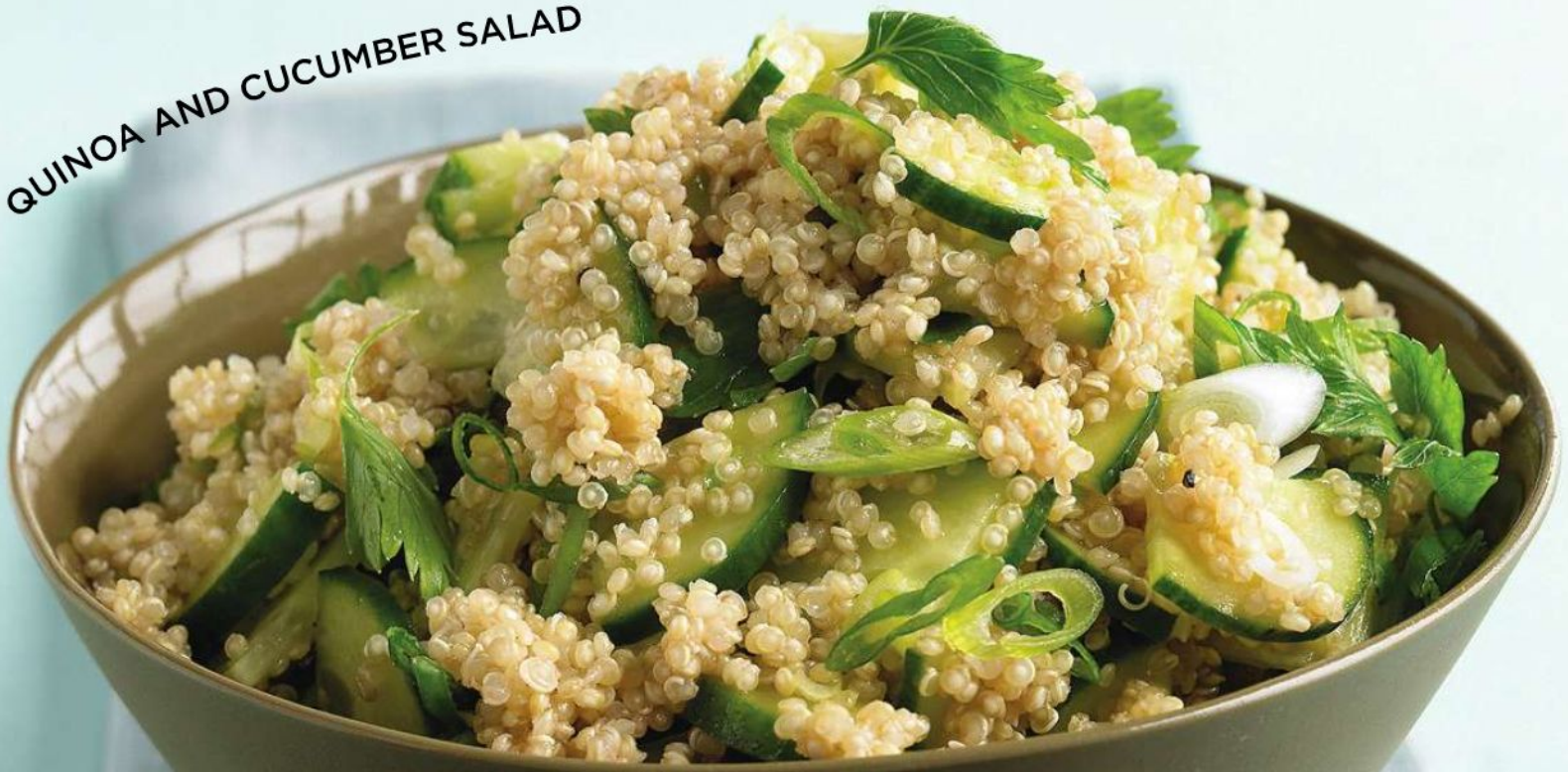
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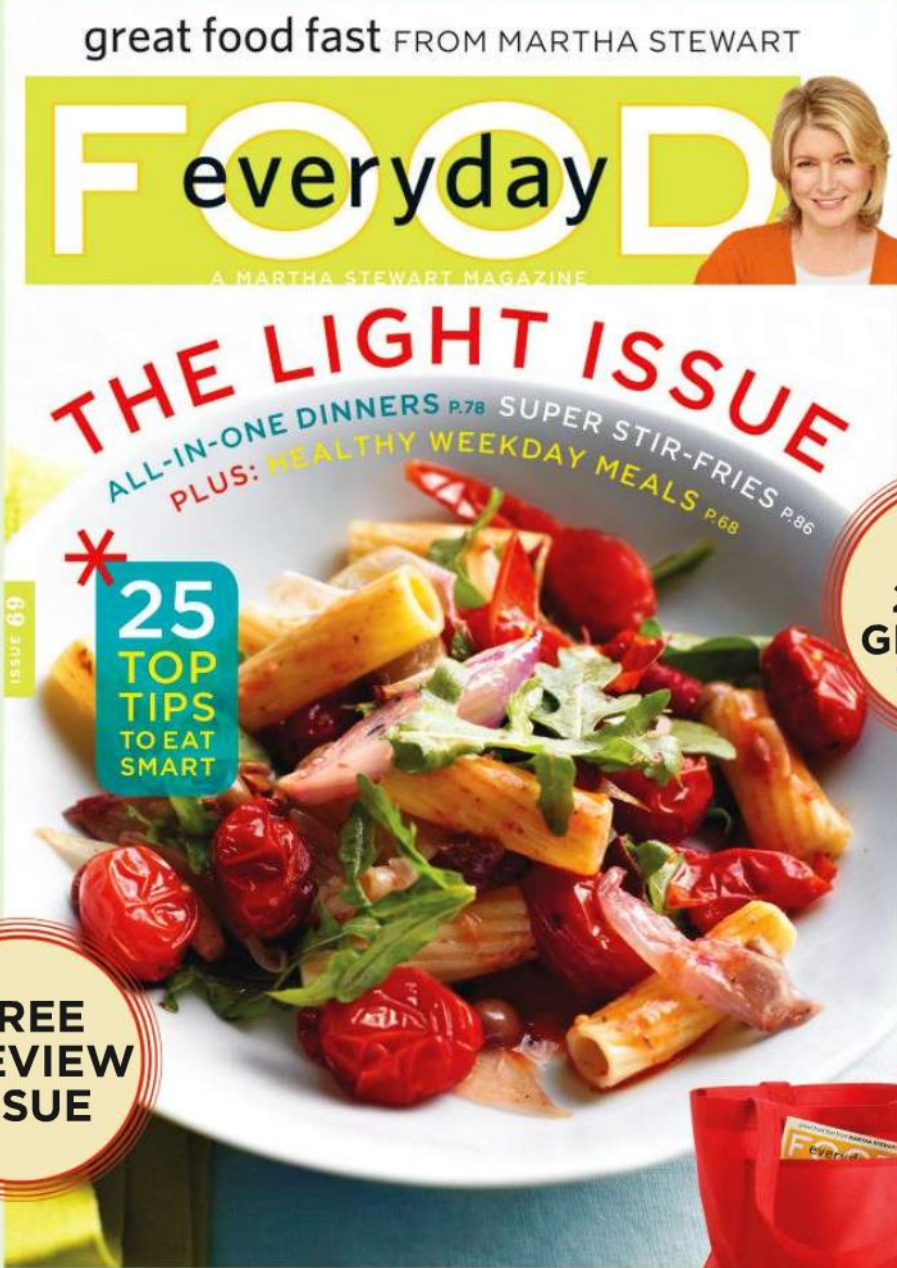
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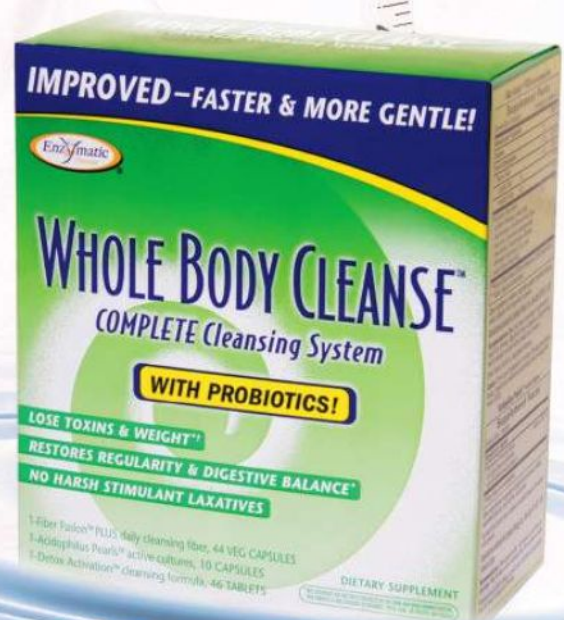
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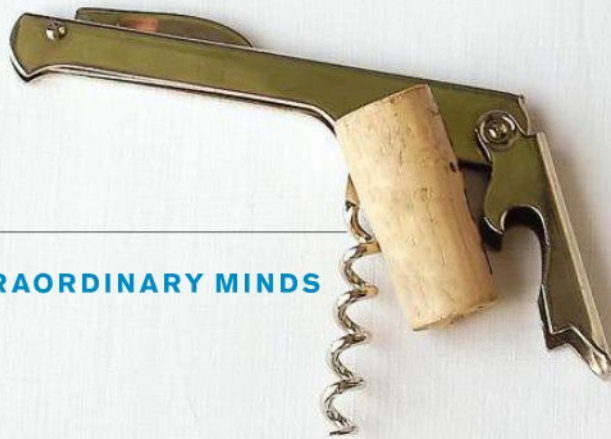
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in balance

UNCOMMON WISDOM FROM EXTRAORDINARY MINDS



ECONUNDRUMS

RED, WHITE, AND GREEN

The author of *Do One Green Thing* and editor of greenerpenny.com solves our green dilemmas.

BY MINDY PENNYBACKER

Q What's the difference between organic and biodynamic wine?

A I think of the two as fraternal, not identical, twins. Here's how they're similar: Both organic and biodynamic wines use grapes grown without synthetic pesticides and fertilizers or bioengineered seeds. To be labeled biodynamic, a wine must adhere to an additional set of rules. Under biodynamic standards, first developed by Austrian philosopher Rudolf Steiner in 1924, farms must recycle and compost, employ crop rotation, and protect and respect natural ecosystems and wildlife; chlorine and fluoride must be filtered from any water used to wash grapes or make the wine itself. Biodynamic farming also incorporates a few mystical practices that may leave you scratching your head, such as burying a cow horn filled with manure, and planting and harvesting according to phases of the sun and moon. The farms and products are certified by the Demeter Association, in much the same way that organic products are certified by the USDA. If you want to drink "green" wine, the ideal is a bottle that's both biodynamic and organic. For a list of top choices and where to find them, go to greenerpenny.com.

 **ONLINE** For the answers to more questions, or to submit one of your own, go to wholeliving.com/ask-mindy



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THE NATURAL VET DAZED AND CONFUSED

Humans aren't the only ones who can develop PTSD after stressful events.

BY NICHOLAS H. DODMAN

LAST YEAR A BOMB-SNIFFING

German shepherd named Gina became a media sensation when she returned from Iraq with what an Army vet called post-traumatic stress disorder. She'd been a normal, playful 2-year-old dog, but when she came back from her assignment she was showing symptoms of extreme anxiety—refusing to enter rooms, tucking her tail between her legs.

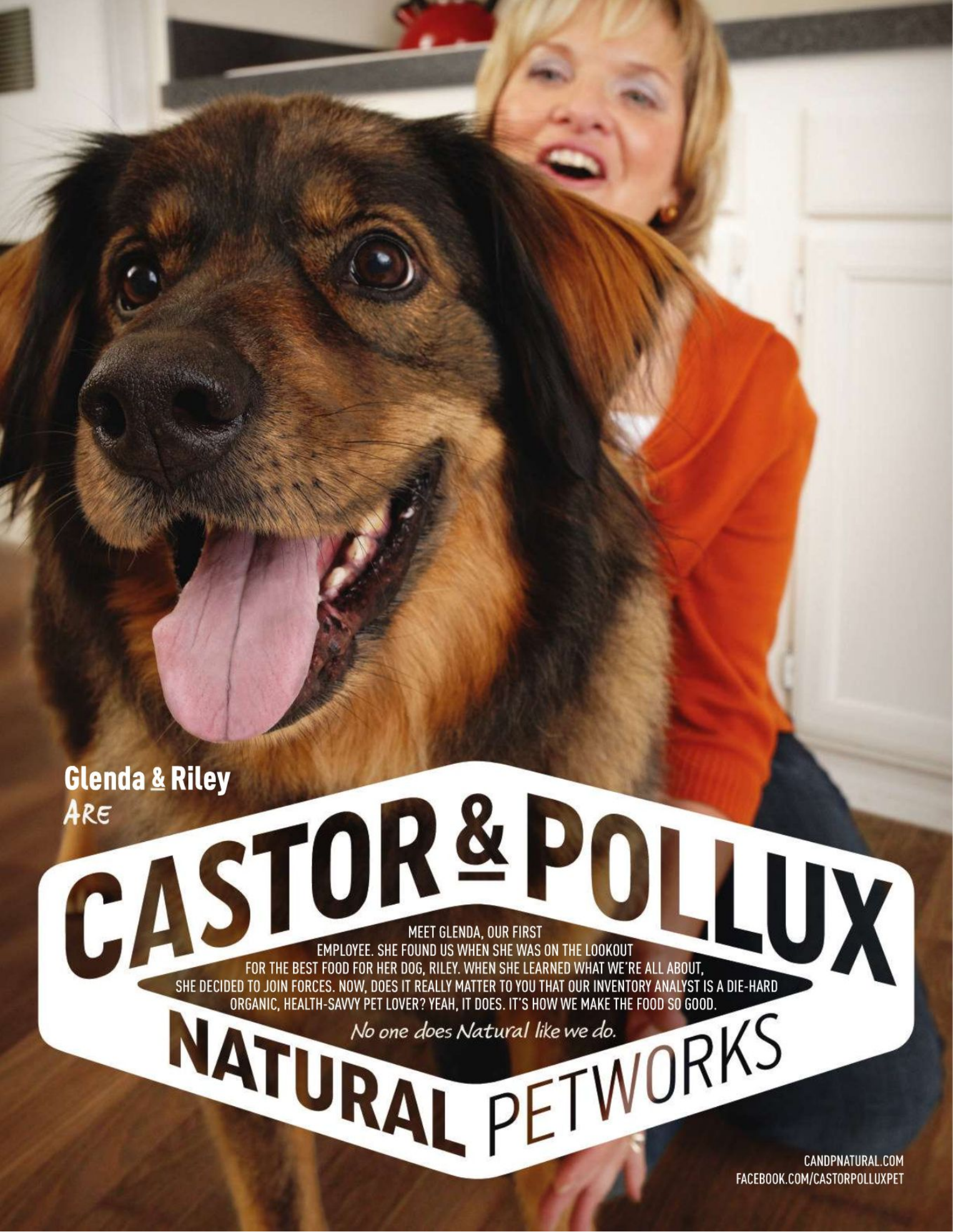
Some were surprised to hear a PTSD diagnosis for a dog, but for me, that was just business as usual. As an animal behavior specialist, I often lecture about phobias, including canine PTSD. To try to understand the condition, let's first consider PTSD in people. According to the National Institute of Mental Health, it's an anxiety disorder that follows an extremely dangerous event. You're probably already familiar with the way anxiety activates the brain's fight-or-flight mechanism, which causes the release of stress hormones like cortisol. When trauma prompts this tsunami-like chemical change, the traumatic event can be permanently imprinted in brain centers involved in learning and memory. Think of the ordinary events of day-to-day life as pen-

ciled into our memories; an acutely traumatic circumstance is sometimes written in indelible neurological ink. This is a trick of biology to encourage our survival, ensuring we won't make a potentially lethal mistake twice. In PTSD, however, this neurobiological mechanism has gone awry, imprinting memories that are so intense, they're associated with hypervigilance, insomnia, recurrent nightmares, and other debilitating symptoms. Canine PTSD can yield these miseries, as well as panting, tooth-grinding, trembling, and reluctance to interact with humans.

Even if a dog's life isn't as intense as Gina's, she can still develop PTSD. Fireworks or extreme weather conditions are terrifying for many dogs, who may find thunder as frightening as an exploding bomb. A dog who exhibits this behavior needs a safe place where she can recover—ideally, a windowless room with bright lights, white noise, and toys. If your dog is specifically storm-phobic, she may also respond to an antistatic cape (stormdefender.com) or a swaddling Thundershirt (thundershirt.com) that makes her feel more secure.

As for Gina, her present handler believes that after a year of therapeutic treatment, she's almost ready for a new tour of duty. I'm glad she's feeling more like herself—but based on my experience, I fear she'll suffer a relapse if she's sent back into battle. I hope the Army acknowledges her gallant work and lets her retire. On the home front, if your dog seems to be exhibiting symptoms of trauma, it's important to treat her as gently as she deserves.

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



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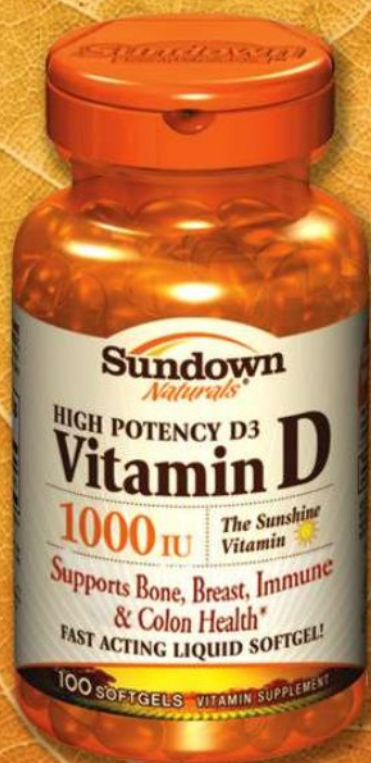
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INSIGHT ROUNDTABLE

All Over but the Shouting

The only thing worse than ending a relationship is being unable—or unwilling—to recognize when it's time to let go.



**HOW DO I KNOW
WHEN IT'S TIME TO
END A TROUBLED
RELATIONSHIP?**



A PSYCHOLOGIST RESPONDS

There are a few reasons we stay in difficult relationships far longer than we should: fear of the unknown, fear of hurting the other person, fear of the pain we'll feel when we let go. Sometimes we keep in-

HENRY CLOUD, Ph.D.,
is the author of
Necessary Endings.

vesting in the
relationship
because we're
attached, and
then we start

telling ourselves that since we've invested so much, it must be worth something—and around and around it goes.

Now, I'm not someone who advocates jumping ship the minute things get hard. I believe that our primary need in life is long-term relationships, and the only way to build deep, sustaining, nourishing ones is to weather and resolve many conflicts and problems. We need to keep hope alive, as hope is one of the greatest virtues we have. But it's critical to distinguish between hoping and merely wishing. Hope is objective—it requires evidence and concrete reasons to sustain it.

For example, if you're doing something different, like seeking counseling or changing your patterns of interacting, then there is good reason to have hope. Wishing, on the other hand, springs only from desire, not from any objective proof. You may want your partner to treat you better, for instance, but if nothing has changed, you're most likely indulging a fantasy. So when you say, "I hope our relationship gets better,"

ask yourself, Why do I have hope? What reason do I have to think that things will be different this time?

To know when it's time to move on, you have to get to what I call the pruning moment—a point where you recognize your relationship is never going to be the way you want or need it to be unless something changes and that today may be the enemy of your tomorrow, keeping you from what you want most. This creates both energy and fear, two things that can kick you into gear.

This ability to get to necessary endings is a skill you can learn. First, understand that chronic pain or discontent is not normal. Second, allow your misery to motivate you to action, to address what is missing or wrong. Third, when you find yourself motivated but afraid, get the support you need from others to follow through. Fourth, become comfortable with the discomfort of letting go. And last, use the next phase to do a postmortem and figure out what happened and why, and what specific changes you can make going forward. This way, ending the relationship becomes an opportunity for growth, as opposed to the recycling of an age-old and unexplored pain.

Life keeps moving like a stream. Those who are able to flow along with it and let certain things go in order to embrace what may be in store for them in the future will be better off than those who hang on to formerly good things too long. ▶▶



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A COUNSELOR RESPONDS

If you're not happy in a relationship, you have three options: Change it, accept it, or leave it. You can't change another person's behavior, but you can adjust your response to it. You also have

KIM OLVER is the author of *Secrets of Happy Couples*.

to decide which problems you're willing to live with. Leaving, for me, is a last resort. Ask yourself, If this person never changes, would I still want to be in the relationship?

To determine whether it's time to move on, think about what you most want to happen. Is this something you can control? If the other person were doing exactly what you wanted, how would you feel?

Then ask yourself if you can change the way you perceive what's happening. For instance, do you have to take it personally when your husband leaves his dirty socks lying around, or can you just chalk it up to one of his bad habits? (And we all have them.) Does your partner's teasing signify aggression—or playful affection?

If you've tried everything and you remain dissatisfied, angry, and frustrated, then it may be time to move on. But we can only do so when we're conscious of why—and when we realize that we can't wait for everyone else to change for us to be satisfied in our relationships or our lives.

A MEMOIRIST RESPONDS

My first tip for knowing when it's time to move on? When your husband tells you he wants out. (Kidding. Sort of.) I was washing

STACY MORRISON is the author of *Falling Apart in One Piece*.

salad greens in our Brooklyn home one evening when Chris said he wanted to end our marriage. Just like that. I begged him to help me understand, to tell me why. The hardest part was realizing that knowing why wasn't going to help me move on. And once I could separate myself and see the situation from his perspective just a bit, I began to be able to let go.

One thing that helped me move on was living by small moments, which my young son made easier to do. I also started paying attention to pieces of good luck, like getting a cab in the rain. But I cried a lot too. Tears come with the territory.

I tell other people going through a divorce or a breakup that you have to choose a different prize than the one you want most at first, which is to be right. And the crappy consolation prize is to be wronged, and people often pick that one too. But really, what's the reward in that?

I truly believe that my divorce was the best thing that happened to me. We tend to look at loss as being a mistake, as bad luck. But it doesn't have to be. You have to experience your whole life, not just the good stuff. And during the hardest times, you stumble across gifts of tremendous beauty.

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THE BEST "My mom always told me you should have a sense of humor about yourself. If you don't, you're going to be depleted at the end of the day. But if you can laugh, you'll have more fun and energy for the good things in life."

THE WORST "Earlier in my career I really wanted to be on the cover of a fitness magazine. Someone told me I'd have to get a boob job. Thank God I passed on that advice and kept myself 100 percent natural—and have still appeared on the covers of many magazines over the years."

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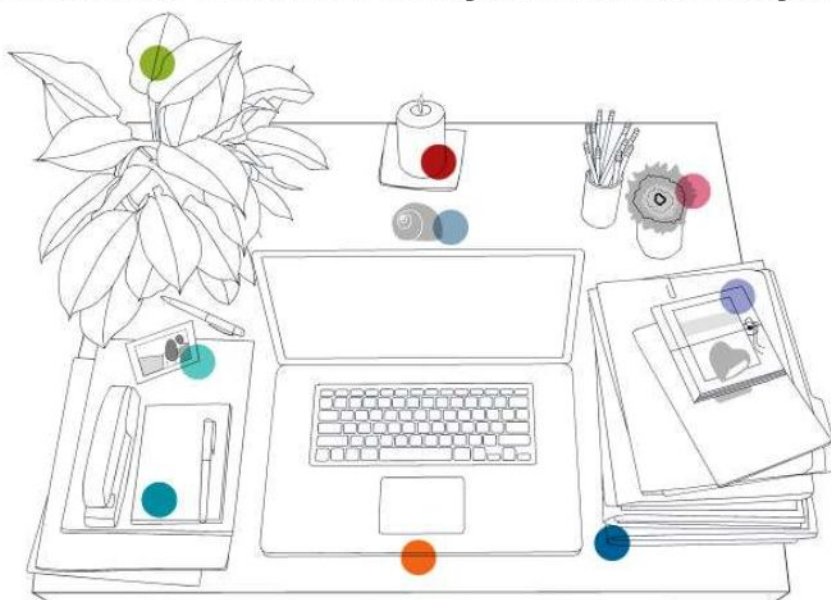
QUANTUM
HEALTH

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HAPPY PLACE

FENG SHUI AT WORK BY JAYME BARRETT

When you look at your workspace, what do you see? Chaos? Confusion? According to the Chinese art of feng shui, the state of your environment mirrors your life. When you take control of your space, it creates positive energy for improving everything else. To feng shui your desk, start with a basic tool called the *bagua*, an energy map that divides any space into nine areas, each corresponding to a part of your life (wealth, career, creativity, etc.). Ask yourself what one or two goals are most important to you, whether it's improved health, success, or inspiration. Then rearrange your desk based on the area of the bagua that matches those goals.



• BACK LEFT: WEALTH

A plant encourages growth in this area, as does a water fountain or symbol of water. Other ideas: an item of value, such as a crystal vase, to represent your fortune.

• MIDDLE LEFT: FAMILY

To nourish close ties, display a family photo, a gift from a family member, a wooden bowl or lamp. Accent this space in shades of blue or green.

• FRONT LEFT: KNOWLEDGE

Keep books or reference materials here, along with a blue object (like a candle), to energize learning.

• BACK CENTER: FAME AND REPUTATION

This area represents who you are to the world—your character and image. Place a red lamp or candle, your business cards, or an award or certificate here.

• MIDDLE CENTER: HEALTH

Keep this area clear of dust or dirt. Energize it with yellow or green, or symbols of the earth (flowers, stones, or shells).

• FRONT CENTER: CAREER

Place your computer here, and select an image of water (ocean, waterfall) for your desktop screen to symbolize money. Use green accents for new opportunities and red ones for motivation.

• BACK RIGHT: RELATIONSHIPS

Display a picture of you and your loved one, or a red or pink flower in a small vase to invite more successful relationships into your life.

• MIDDLE RIGHT: CREATIVITY

Add a journal or light to enhance creativity. Place colored Post-its here or items made of copper, silver, gold, or other metals.

• FRONT RIGHT: HELPFUL PEOPLE

Keep your telephone and project and client files here to stay connected to those who support you and your work. Accent colors are gray and silver.

JAYME BARRETT is a feng shui expert and the author of *Feng Shui Your Life*. Visit her at jaymebarrett.com

product guide



Items pictured but not listed are from private collections.

COVER

Athleta Geothermal half-zip top in kelly green Ice Phoenix, \$79, athleta.com. C9 by Champion for Target Tech tee in hot rod lime, \$10, target.com. Adidas Varsity shorts in white, \$20, shopadidas.com

16 OPENINGS

Adidas Supernova jacket in ultra beauty, \$80, shopadidas.com. Trina Turk Opal tee in charcoal, \$122, trinaturk.com. Loomstate leggings in black, \$98, loomstate.org

51 WHOLE BEAUTY

Special thanks to the Brooklyn Botanic Garden.

73 4 WEEKS TO YOUR BEST SELF

Page 73: Hyde Yoga drawstring pants in taupe, \$65, yogahyde.com. Page 80: Jonano viscose Deep Vee hoodie in bleached sand, \$110, jonano.com. Petit Bateau tee in blue/lait, \$67, 212-988-8884. Eileen Fisher organic cotton stretch pants in graphite, \$178, eileenfisher.com. Page 82: Nike LunarGlide+2 running shoes, \$100, nike.com. Lululemon running socks, \$14, lululemon.com

92 I SAVED MY OWN LIFE

Page 93: Sue is wearing a Simply Vera Vera Wang Flyaway cardigan in legion blue, \$40, and cargo pants in ebony, \$54, kohls.com. Trina Turk cameo tank in azure, \$118, trinaturk.com. Robindira Unsworth triple strand apatite, green quartz, and 22k vermeil necklace, \$413, robindira.com. Thomaspaul botanical shawl, \$132, at Lori Karbal, 248-258-1959. Page 95: Aziza is wearing a Denim 24/7 Ponte jacket in chartreuse, \$25, romans.com. Archerie 3-panel scarf, \$86; iamarcherie.com. Mercedes Salazar green pearl bracelet set, \$230, at M29 Lifestyle, 202-295-2829. Sur Evolution gold memory earrings, \$142, abchome.com. Linda is wearing a Lane Bryant Perfect cami in burgundy, \$20, and V-neck sweater in azalea, \$45, lanebryant.com. Jill pearl earrings, \$29, and long pearl necklace, \$49, jjill.com. Page 96: Jennifer is wearing an Ali Ro plaid crop jacket in navy, \$295, ali-ro.com. Autumn Cashmere nautical striped sweater, \$242, bergdorfgoodman.com. Roost Chancal silver pendant earrings, \$120, and labradorite bracelet, \$115, birchstore.com. Alice Park satchel in yellow, \$695, alicepark.com

98 COZYING UP

Canvas felt placemat, \$20, canvashomestore.com. Viva Terra recycled glass small balloon vase, \$39, and stone contour dinnerware, \$39 to \$159, vivaterra.com

CORRECTION In "Wabi Sabi Your Life" (October, p.107) the correct credit of the dress shown is: Matta Ashwini dress in iron, \$211, mattany.com

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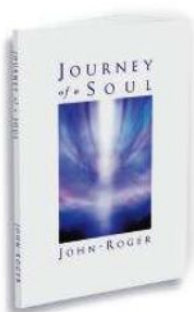
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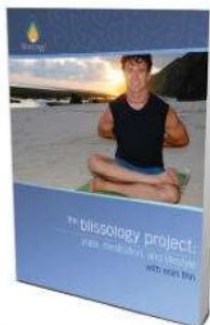
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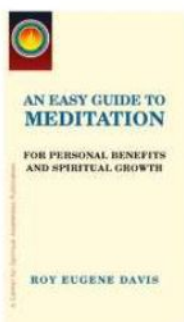
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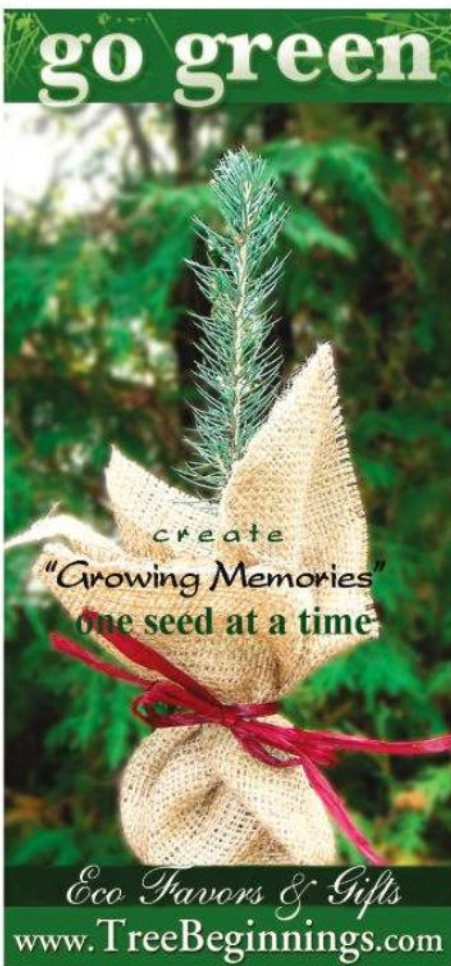
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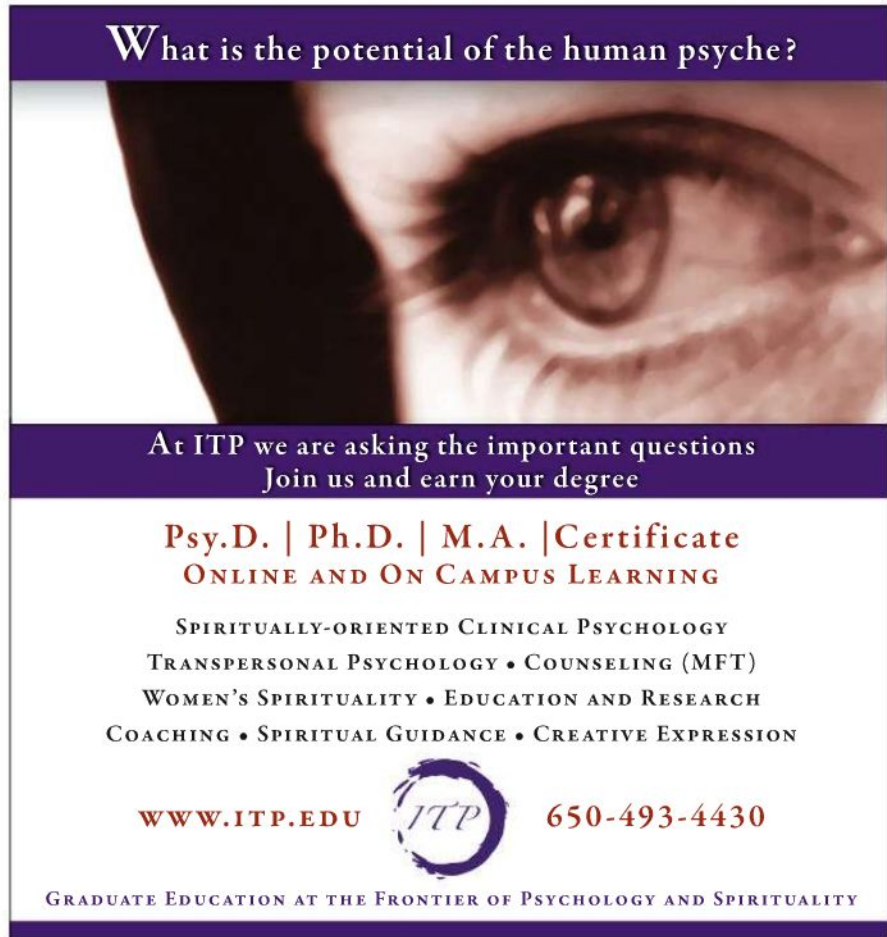
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RUSSELL SIMMONS

A hip-hop legend, he's come a long way since his hard-partying youth—these days Simmons gets a rush from yoga inversions. But the star of *Running Russell Simmons* and author of *Super Rich: A Guide to Having It All* says his spiritual journey isn't over yet.

IF I COULD SAY ONE THING TO MYSELF 20 YEARS AGO ... Meditate. I spent a lot of sleepless nights worrying about the past and the future. Meditating has taught me how to live in the moment.

I'M CURRENTLY READING ... *Reinventing the Body, Resurrecting the Soul: How to Create a New You*, by Deepak Chopra.

IN EIGHTH GRADE YOU WOULD HAVE FOUND ME ... At P.S. 195 in Queens, New York. It was an integrated school, and I got bused in. That experience taught me a lot about the value of integration, to which I remain committed.

I ASPIRE TO BE ... A greater giver. I wish that instead of just raising money, I could also deliver goods to Haiti or AIDS drugs to Africa. Obviously, I could be doing that, but I'm not. So I need to evolve more.

I'D RUSH INTO MY BURNING HOUSE TO RETRIEVE ... Nothing. I'm blessed to have a lot of beautiful things in my home, but there's nothing I'd risk my life for.

MY DAD ALWAYS TOLD ME ... "Fun is fun but you can't laugh all night." He enjoyed life, but he also came out of poverty and understood the importance of work.

PEOPLE ARE SHOCKED WHEN THEY LEARN THAT I'M A ... Comedian. Or at least I like to think I am.

MY FAVORITE ITEM OF CLOTHING ... I have two: my argyle sweater and my baseball cap. I guess you could say it's my signature look.

A SONG I CAN HEAR A ZILLION TIMES AND NEVER GET SICK OF ... Public Enemy's "Welcome to the Terrordome." I get hyped every time that beat kicks in.

THERE ARE FEW THINGS I LOVE MORE THAN ... Watching my daughters Ming and Aoki Lee (ages 10 and 8) meditate. They're already up to almost 15 minutes—no small feat.

IT'S NOT WORTH STRESSING OVER ... Anything material. Once someone accidentally erased part of a chalkboard painting worth \$100,000 that I had in my apartment, but it didn't faze me.

GUILTIEST PLEASURE ... Red Bull. When I was younger I did drugs without blinking an eye. Now I'm worried about too many Red Bulls. Maybe I am evolving.

THE LESSON I KEEP LEARNING OVER AND OVER ... That all things pass.

Add a spoonful of *mmm*.

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