

Compliments of



Natural Beauty

Plant-based beauty.

page 38

Longevity

Meet your mushrooms.

page 47

September 2016

tasteforlife

apple
appeal

SPECIAL ORGANIC HARVEST EDITION

buy  organic!

LOWERING CHOLESTEROL • SUSTAINABLE SEAFOOD • PROBIOTICS & IMMUNITY



Celebrate the Organic Harvest!

Organic is the fastest growing sector of the US food industry, contributing greatly to human and planetary health. In celebration of Organic Harvest Month, we've created a special section starting on page 49 that reports on the latest organic news, showcases delicious and healthy organic recipes, and details the benefits of organic agriculture.

In addition to being harvest time, September marks the time of year we traditionally start worrying about cold and flu season. Fortunately, many supplements can help bolster immunity. This month, we focus on the power of probiotics, which we tend to think about for digestive health (page 41). We also highlight how medicinal mushrooms can boost immunity on page 47.

Speaking of natural remedies, those who want to avoid taking prescription medications for high cholesterol will want to read

"Taming Cholesterol" on page 32. The suggested herbs, dietary tips, and lifestyle advice may help you lower your numbers naturally.

Many of us take food purchasing decisions very seriously, wanting to do what's best for ourselves and the planet. If you have

a hard time keeping track of which seafoods is sustainable, read our story on page 18 for tips.

This month's Gluten Free Focus department (page 22) showcases whole grains like teff and amaranth in tempting recipes. "Whole grains" may not sound very appetizing, but you haven't tried recipes like Low-Fat Cinnamon Walnut Loaf and Chocolate Brownie Cake with Oh-so-Rich Chocolate Glaze yet!

Being healthy doesn't need to mean deprivation. Think "celebration" instead!

To your health,

Lynn

Lynn Tryba

A note on recipes

Recipes are analyzed by Anna Kaniathra, MS, LD. Nutritional values vary depending on portion size, freshness of ingredients, storage, and cooking techniques. They should be used only as a guide. Star ratings are based on standard values (SVs) that are currently recommended: ★★★★★ Extraordinary (50 percent or better), ★★★★ Top source, ★★★ Excellent source, ★★ Good source, ★ Fair source

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