

NATURAL HEALTH

feel good | look good | do good

HOLISTIC M.D.

Dr. Oz's
THANKSGIVING
SUPERFOODS
+ easy, healthy recipes

JUMP TO IT!
The 10-minute
Detox Workout

GREEN UP
YOUR
BEAUTY
ROUTINE

WEIGHT
LOSS
SECRET
WEAPONS

NO-DRUG
BACK PAIN
SOLUTIONS
(pg. 46)

**"I beat
breast
cancer
naturally."**
(pg. 66)

NOVEMBER 2009

DISPLAY UNTIL NOVEMBER 16
USA \$4.99 CANADA \$6.99



**The Art of
Gratitude**



Holiday weight-loss secrets

NEW RESEARCH suggests these antioxidants, vitamins, and minerals can help you drop pounds this food-filled holiday season—and beyond.

—Daniel Mazori

► **CALCIUM & VITAMIN D** This mineral-vitamin combo can curb fat cravings and quadruple your weight loss results if, as many people are, you're calcium-deficient, according to a 2009 *British Journal of Nutrition* study.

How to get it Consume at least 1,000 mg of calcium daily if you're under 50 (1,200 mg if you're older) and ask your doctor for a vitamin D blood test. Consider taking Caltrate 600+D (\$8.50 for 60 tablets; at drug-stores nationwide).

► **WHITE TEA** Antioxidants in white tea stimulate the breakdown of fat cells that contribute to cellulite, a 2009 study in *Nutrition & Metabolism* reports.

How to get it Drink a cup or two of white tea like Tazo Cucumber White (\$4; at Whole Foods Market and Target stores nationwide) every day.

► **TURMERIC** The main antioxidant in turmeric—curcumin—may help your body burn fat instead of storing it. Mice that ate curcumin gained half as much total body fat as those that didn't, according to a 2009 study in *The Journal of Nutrition*.

How to get it In addition to cooking with turmeric more often, take New Chapter Turmericforce (\$28 for 60 softgels; newchapter.com for stores) or make a tea with Mountain Rose Herbs Organic Turmeric Root Powder (\$5 for 1 lb.; mountainroseherbs.com).



SLIM SUPPS Lose weight naturally by upping your intake of calcium, vitamin D, white tea, and turmeric.

Natural Cures iPhone App *Natural Health* advisor Jacob Teitelbaum, M.D. has created a free iPhone application (endfatigue.com) that offers subscribers access to holistic health information on over 100 conditions.

EDITOR'S PICK: FlyRight Jet Lag Formula

Herbs help ease jet lag

Long layovers, redeye flights, and altitude sensitivity often leave me feeling exhausted and crabby after travel. For my most recent trip, I tried taking FlyRight Jet Lag Formula (\$20 for 16; jetlagformula.com), an herbal immune booster with 12 organic herbs including mushroom to boost immunity and oat seed that works to offset dehydration. I took two every three hours along with lots of water and landed feeling rested, hydrated, and downright cheerful. —O. P.

"FlyRight has cut down significantly on my feelings of jet lag."

—Olessa Pindak, senior health & beauty editor

