

THE
WELLNESS
ISSUE

FamilyCircle

20-Minute Dinners

Thai Noodles, Steak Salad, Sausage & Peppers and More

**Room-by-Room
Spring Cleaning**

PLUS Josie Maran's
Eco-friendly Home

**Foods
That
Boost
Your
Mood**

Found!
**A KITCHEN
TOOL THAT
CUTS CALORIES**
PAGE 18

The Healthiest Green
(Hint: It's Not Kale)

Quick Workouts, Fast Results

**EASY
VEGGIE
LASAGNA**
PAGE 128



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Cover photograph by **Miki Duisterhof**
 Food styling by **Toni Brogan** Prop styling by **Alistair Turnbull**

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Welcome to our first annual Wellness Issue! *Family Circle* has always published articles and recipes to help you and your family live as healthfully as possible. (Did you know that our sister magazine *Fitness* was originally an offshoot of FC when it launched in 1992?)

So we decided to challenge ourselves by devoting every page to better living. You'll find the latest superfoods (check out my favorite story this month, "A Recipe for Happiness," page 75), quick and easy exercises that really work (page 102), ideas for making your home a more peaceful, cleaner space (pages 37 and 42), skin-saving techniques and products (page 25), and even a de-stressing method for your moody tweens and teens (page 63). You'll also find experts like award-winning chef Bill Telepan, who has worked to revamp school lunches, and Mary Jane Minkin, MD, clinical professor of obstetrics and gynecology at Yale University School of Medicine, who answers questions about perimenopause and menopause. If your resolutions for 2015 were anything like ours—eat more greens, hit the gym more often, keep the house more organized—then think of this issue as your reference manual. And since it won't be long before we start planning for next spring, let us know what we should consider doing differently. After all, making sure we give you more of what you want is always our number one goal. Cheers to a happy, healthy March!



Linda

LINDA FEARS, EDITOR IN CHIEF
LINDA@FAMILYCIRCLE.COM

Contributors



ROBERT A. BARNETT

A health journalist with more than 30 years of experience, Bob penned our feature "A Recipe for Happiness" (page 75), which reveals a surprising diet that can boost your mood. Bob is the co-author of *The Guilt-Free Comfort Food Cookbook* and *Volumetrics: Feel Full on Fewer Calories*.



SONJA PACHO

Since graduating from Art Center College of Design in Pasadena, CA, Sonja has personalized her style of beauty photography, capturing each subject's essence with her attention to lighting and composition. Her clients include Target, John Frieda and Mirabella Beauty. See her work in "Beauty Confidential," page 25.



JOSIE MARAN

The model-turned-entrepreneur started her cosmetics line in 2007 and it's now a global brand. Her signature ingredient is argan oil, grown and harvested by co-ops of Moroccan women who receive a living wage and work to protect the land. View Josie's eco-friendly family farmhouse on page 42.

**WIN
A MILLION
DOLLAR
HEALTHY
HOME!**

Family Circle has teamed up with Emmy Award-winning series *The Doctors* and home builder Lennar for their Million Dollar Healthy Home sweepstakes. One lucky viewer will win a dream home in Irvine, CA, designed to save energy and reduce allergens, air pollution and risk of illness. Features include solar power, energy-efficient appliances, nontoxic paint and drywall that reduces air pollution. Be sure to tune in this month (check your local listings) for a chance to enter the sweepstakes and catch our editors in action as they decorate a teen's bedroom. Turn to page 51 for details.

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that's
adventurous,
and a kitchen
where finding
the tools isn't

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LEE D. SLATTERY
Vice President, Publisher

SANDRA SALERNO ROTH
Director, Marketing & Creative Services

ADVERTISING

East Coast Office—New York 212-455-1112
Account Managers DANIELLE FULLICK, JULIE GINSBURG,
CAROLYN ROSE, DINA TREGLIA
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Midwest Offices—Chicago 312-281-3520
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West Coast Offices—Los Angeles JENNIE KOFOED RENZI 310-689-1634

San Francisco Office BARBARA BELLA 415-986-7762

Atlanta Office KIM WILSON 214-228-1373

Florida Office STACEY ROSSETER 678-507-0110

Colorado Office KIM WILSON 214-228-1373

Direct Media Business Development Manager CARA JACOBS 212-499-6770
National Travel Director JODIE BURLOG SCHAFFER 952-322-3124

MARKETING

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Promotion Designer CAMILA MONTENEGRO

Senior Research Manager ALISON JAYE
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7 ways to feel great in MARCH



1

Start your day with an awesome electrolyte boost, courtesy of **coconut water**. See page 116.



2

How *Scandal* star (and dad of three) **Scott Foley** lost 25 pounds—without giving up Starbucks. See page 22.



3

Why doting on a **pet** might be just what the doctor ordered. See page 56.



4

Revamping your **workout wardrobe** could be just the motivation you need to hit the gym. See page 20.

5

Unhand the **remote control**—that DVR you've come to know and love isn't doing your health any favors. See page 84.



6

Maintaining a **clean, pristine home** is much easier when you have a top-to-bottom plan and the right products. See page 37.



Tone your bod and jack up your energy by squeezing in **5-, 10- or 15-minute mini-workouts**. See page 102.



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FOOD FOR THOUGHT

“A goal is not always meant to be reached. It often serves simply as something to aim at.” —BRUCE LEE

Soul Light

A history of overweight women in her family inspired author Alice Randall to reshape her future. Along with daughter Caroline Randall Williams, she created a cookbook with healthier versions of the beloved comfort foods that had caused her weight to skyrocket. ***Soul Food Love: Healthy Recipes Inspired by One Hundred Years of Cooking in a Black Family*** (Clarkson Potter, \$30) is part kitchen memoir, part recipe book, and a chance for Randall to turn guilty pleasures, like sweet potato pie, into more heart- and hip-friendly fare. Go to familycircle.com/peanutchickenstew for this peanut chicken stew recipe.



ALL ABUZZ

Give Father Time the brush-off with Burt's Bees' Renewal Collection. The down-to-earth brand has taken on anti-aging with a line of affordably priced products. All-natural ingredients like wrinkle-smoothing white hibiscus will have you looking good, honey. Burtsbees.com and Target stores, \$10 to \$20



DANCING QUEEN

Dust off your disco ball! The latest dance workout trend has sashayed onto the scene, turning exercise into a full-on party—some classes boast live DJs, light shows and a distinctive club vibe. Boogie in gyms such as New York City's and Washington, DC's 305 Fitness plus Barry's Bootcamp and SoulCycle locations nationwide.



TALK DOTHRAKI TO ME

Work your gray matter. According to research conducted at the University of Edinburgh, learning a second language can have a positive effect on the brain. With that in mind, try giving the Dothraki Companion app a spin. It'll help you master the fictional language to prepare for this spring's new season of HBO's *Game of Thrones*. You'll be talking like Mother of Dragons in no time. iOS, \$1.99

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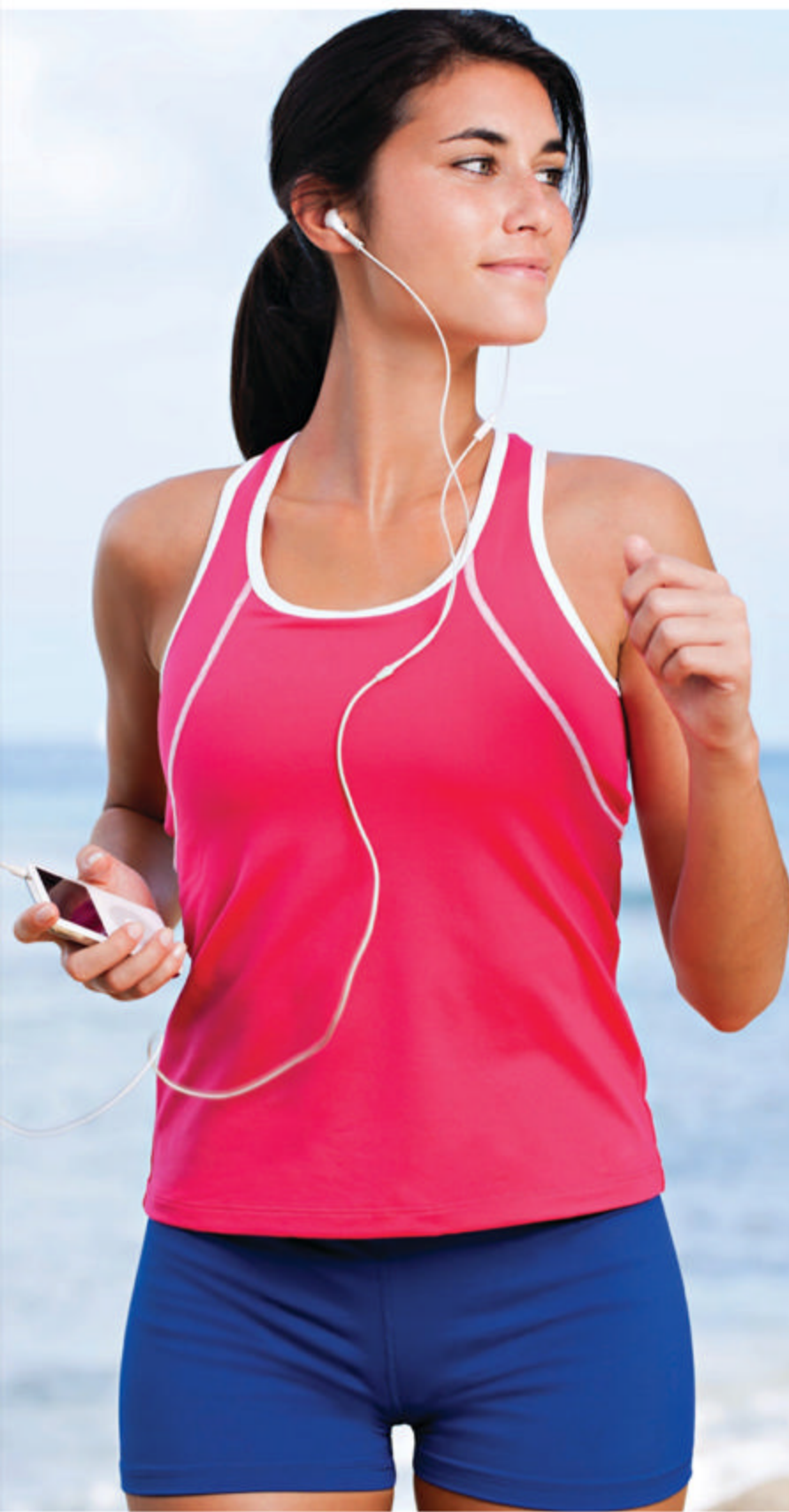
You can brighten the health halo around fitness trackers by doing more than simply checking your step count 10 times a day. After researching user trends for top wellness apps, we found the secrets to success. Copy these tricks for getting the most out of your downloads and you'll see your stats skyrocket.

COMMIT NOW Finally claim those elusive 8 hours of shut-eye or down 8 cups of water a day by making an in-app promise. **Jawbone UP** (Android and iOS, free) has a "Today I Will" feature that names a specific daily target and creates pop-up reminders. Those who use it to set a bedtime, for example, turn in an average of 23 minutes earlier than those who don't.

MARK MEALS Writing down your food picks helps you weed out bad choices. Perhaps that's why **MyFitnessPal** (Android and iOS, free) members who log meals via the "Recipe Tool" (which imports nutrition facts from online recipes) lose 40% more weight than those who don't. On days that dishes aren't recorded, users are six times more likely to exceed desired calorie counts.

GET COMPETITIVE Many apps have monthly contests, with goals like charting 2.5 hours of exercise a week or cutting out sweets. **Lose It!** (Android and iOS, free; \$40/year for premium service) offers hundreds of these challenges and found that those who sign up for one shed twice as many pounds as those who skip them.

PEN PALS Virtual workout buddies can motivate you to move. In fact, **Pacer** (Android and iOS, free) users with multiple companions take 30% more steps per day and are 50% less likely to give up on goals compared to those without teammates. If your friends aren't on an app, take a cue from MyFitnessPal consumers and post on community boards asking other users to connect.



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DO THE TWIST

Spiralizing transforms vegetables such as zucchini, sweet potatoes and butternut squash into long, coiled strands, which can be blanched or sautéed. The results look just like pasta, sans gluten. Here's our take on the trend. Go ahead—give it a spin.



SWEET POTATO NOODLES

Whisk 1 tsp **cornstarch** into ½ cup **milk**, then add to another 1 cup milk in a large skillet. Gently heat just until bubbles form around edge of pan. Whisk in 8 oz soft **goat cheese**. Stir in ⅓ cup chopped **pecans**, 1 tsp chopped fresh **rosemary** and ½ tsp **salt**. Use the medium blade to spiralize 2 lbs **sweet potatoes**; blanch in salted water for 1 to 2 minutes, being careful not to overcook. Transfer noodles to skillet and gently toss in sauce. Season with cracked **black pepper**. Serves 4.

We like the Paderno Spiralizer (williams-sonoma.com, \$50) for its four blade options and crankability.

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1

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- 1/ Pheel, \$81. 2/ Fila Sport, \$34.
 - 3/ Fila Sport, \$40. 4/ Reebok, \$55.
 - 5/ Athleta, \$49. 6/ Vimmia, \$98.
- See Buyer's Guide, page 130.



3



2



4



5



6



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SCOTT FOLEY

The *Scandal* star spills some secrets about getting healthy and his love of Life (the cereal, that is).

A few years ago **I cleaned up my diet** by cutting out red meat, dairy and caffeine, and lost 25 pounds. When I go to Starbucks—it's a daily habit—I get decaf. And I stopped drinking soda. Those 25 pounds have made a huge difference in how I look and feel.

The one thing I can't resist is sugar—cookies, chocolate and especially cereal. I can finish off a box of Life or Frosted Mini-Wheats if I'm not careful. I joke that anything I open is a single serving.

I hit the gym three, four times a week for an hour—any more than that and I get bored.

Being fit means I have more energy for my kids (Malina, 5, Keller, 2, and Konrad, 3 months). On the other hand, my favorite mornings are those when they don't wake me before seven.

I encourage my children to eat healthy and exercise, whether it's running around outside or jumping on the trampoline. But mostly I just want them to be happy.

Ninety percent of how you look and feel is what you put—or don't put—in your body.



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BEAUTY CONFIDENTIAL

We asked, you answered. Read on for the simplest solutions for your biggest struggles—dry hair, dark circles, weak nails and more—straight from the experts.

BY DORI KATZ

PHOTOGRAPHY BY SONJA PACHO



My dark circles look worse than ever. How can I get rid of them, or at least cover them up?

Dab on an eye cream in the morning and evening that contains vitamin C or K, both of which help reduce pigmentation. Keep the product in the fridge—the cool temperature helps reduce puffiness, says Joshua Zeichner, MD, assistant professor of dermatology at Mount Sinai Hospital in New York City. Next, look for a concealer with the right color-correcting pigments for your discoloration, says celebrity makeup artist Emily Kate Warren. If the area looks red, try a green-based color; if you see blue undertones, opt for an orange base; and if it's purple, stick with yellow-based products.

TRY Yes to Grapefruit Dark Circle Correcting Eye Cream, \$16; Vita-K Dark Circles Eye Treatment, \$15; Make Up For Ever Camouflage Cream Pot (in 10 shades), \$20

My scalp is flaky—do I have dandruff?

The size of the flakes will help identify scalp issues, says Amy Wechsler, MD, a dermatologist in New York City. Smaller flakes are often dry scalp, whereas larger ones (usually accompanied by itchiness) mean dandruff. Treat dryness by shampooing less often (every two to three days), opt for a nourishing conditioner and apply a hydrating hair mask once a week. For dandruff, switch to a shampoo with zinc pyrithione. Gently rub it onto your scalp and let it absorb for five minutes before rinsing, says Zeichner.

TRY Head & Shoulders Instant Relief Shampoo, \$8; Nexxus New York Salon Care Humectress Restoring Conditioner, \$17; L'Oréal Paris Advanced Haircare Power Moisture Rush Mask, \$7

Add a neck cream with peptides to your nightly routine—it will boost collagen and firm skin.

Thanks to allergies, my eyes water nonstop. Is eye makeup off-limits?

You can wear eye makeup, says Warren, as long as it's hypoallergenic. Keep shadow and liner on the actual eyelid and don't line the inner rim to avoid irritation. Remove makeup with an oil-free product.

TRY Almay Soothing & Depuffing Gentle Eye Makeup Remover Pads, \$6; L'Oréal Paris Infallible Smokissime Powder Eyeliner Pen, \$10; Physician's Formula Shimmer Strips Custom Eye Enhancing Extreme Shimmer Shadow & Liner, \$12

Every time I shave, my skin gets red and rashy. What can I do to prevent irritation?

Soak in warm water for a few minutes to soften the hair follicles, says Wechsler. Exfoliate with a granular scrub to avoid ingrown hairs, and then shave upward with a razor that has two or three blades. Finish with a body moisturizer containing oatmeal to hydrate and soothe.

TRY Olay Daily Exfoliating Body Wash, \$5.50; Gillette Venus Quench Razor, \$10; Jergens Crema Deep-Conditioning Shea Butter, \$6

The skin on my neck looks saggy. I need a fix besides surgery!

An important anti-aging rule to remember: Your skin doesn't stop at your jawline. When you apply any serum, lotion or sunscreen to your face, continue all the way down to your décolletage, suggests Wechsler. Add a neck cream with peptides to your nightly routine—it will boost collagen and firm skin.

TRY Ole Henriksen Ultimate Lift Neck Creme, \$45; Christie Brinkley Authentic Skincare Uplift + IR Defense Firming Neck & Décolleté Treatment, \$69.

I have a gluten allergy. Should I buy gluten-free beauty products?

There have been no studies showing that gluten-free beauty products are necessary, says Zeichner. But the answer also depends on the severity of the allergy. To avoid ingesting even a small quantity, play it safe by sticking with gluten-free lip products.

TRY Eos Visibly Soft Lip Balm Sphere, \$3; E.l.f. Studio Matte Lipcolor, \$3. Both are certified gluten-free.



How can I make my skin less shiny?

Start by washing with a gel cleanser, which is great for controlling oil. Next add a few drops of alcohol-free toner to a cotton pad and swipe all over your face, says Wechsler. Rub on a primer with oil-absorbing dimethicone before applying makeup, and always keep blotting papers in your purse for touch-ups.

TRY Garnier Shine Control Cleansing Gel, \$6; Kiehl's Ultra Facial Toner, \$16; Boscia Green Tea Blotting Linens, \$10; Maybelline Instant Age Rewind Primer, \$10

What is the best way to shrink large pores?

Use an exfoliating cream weekly. This will remove dead skin cells that tend to accumulate around pores, making them appear bigger, says Zeichner. Clay masks also absorb excess oil—another cause of enlarged pores. Finally, a topical retinoid stimulates collagen production, which helps prevent clogged pores. Apply a pea-sized amount before bed nightly.

TRY Bliss MicroMagic Microdermabrasion Treatment, \$48; Bioré Self-Heating One-Minute Mask, \$7; RoC Retinol Correxion Sensitive Night Cream, \$23

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I love to wear heels, but now my feet have corns and calluses. What can I do?

Soak your feet and use a pumice stone to slough off dead skin cells, suggests Wechsler. Then slather on a rich cream with shea butter and slip on a pair of socks before bed. Prevent future damage by changing shoes whenever your feet get sore, and always wear comfortable and supportive shoes when walking long distances.

TRY Ecotools Foot Brush & Pumice, \$4; Curél Foot Therapy Cream, \$7

Protect hair from heat damage and breakage by applying a blow-dry serum or spray before drying.



I have little red bumps on my upper arms that get worse in the winter. How can I get rid of them?

This condition is called keratosis pilaris—it's caused by an accumulation of dead skin cells in your pores, explains Zeichner. While you can't cure it, you can minimize it with products that moisturize and exfoliate simultaneously. Key ingredients include lactic acid, salicylic acid and urea.

TRY CeraVe Renewing SA Lotion, \$15; Amlactin Cerapeutic Restoring Body Lotion, \$17; Dermadoctor KP Duty Scrub, \$46 (glycolic acid and urea)

How can I make my colored (and super dry!) hair look healthy and shiny?

To create a smooth and soft texture, apply a clear glaze product once a week, says Edward Tricomi, cofounder and master stylist at Warren-Tricomi salons. It acts as a deep conditioner, tames frizz and adds shine. Also choose shampoo and conditioner that are labeled color-safe. Protect strands from heat damage by applying a blow-dry serum or spray before drying.

TRY Rita Hazan Ultimate Shine Color Gloss, \$26; Goldwell Dualsenses Rich Repair Cream Shampoo, \$16, and Rich Repair Anti-Breakage Conditioner, \$17; Blowpro Heat Is On Protective Daily Primer, \$18

I sweat when I'm nervous. Is it okay to apply deodorant to places besides my underarms?

There are no real rules for where to apply deodorant, says Zeichner. If you sweat on your chest, palms or soles, feel free to swipe it on. The type of formulation—spray, stick, gel—is completely based on preference. A spray easily covers large surfaces, but you should not coat yourself in antiperspirant, since your body needs to sweat to cool down your core temperature. Clinical-strength antiperspirants and Botox—which is FDA approved for excessive sweating—are also good options for those who perspire profusely.

TRY Dove Dry Spray Antiperspirant, \$5.50; Secret Clinical Strength Antiperspirant & Deodorant Advanced Solid, \$10

What's the best way to prevent breakouts on my chin?

As you age, hormonal changes tend to cause pimples on the lower third of your face, says Zeichner. The most effective strategy is a combination of targeted zit-fighting ingredients. Cleanse morning and evening with a product that contains at least 2% salicylic acid. Follow with a treatment product containing benzoyl peroxide for problematic areas.

TRY Clearasil Hydra Blast Face Wash (2%), \$5; Neutrogena Rapid Clear Stubborn Acne Spot Gel, \$10

What are some quick fixes for flaky cuticles and splitting nails?

Both these issues are caused by dryness, says Julie Ventura, a manicurist at Paintbox nail studio. Every night rub cuticle oil into nails and surrounding skin. Follow this with a rich hand cream to lock in moisture. In cold weather, always wear gloves outside to prevent more chapping.

TRY CND SolarOil, \$11; L'Occitane Shea Butter Hand Cream, \$12

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GOOD CLEAN FUN

GIVE YOUR ROOST A BOOST WITH THESE TIME-SAVING STRATEGIES.

By Sarah Stebbins



BLAST THE BACTERIA.

Soak items like the microwave turntable, the toaster's crumb tray, stove knobs, grates and drip pans in hot soapy water. Wipe stovetop with warm water and dish detergent. Let sit for a few minutes to soften grease before sponging off. Empty the fridge, and clean shelves and exterior with a 50-50 mix of water and white vinegar. The vinegar not only cuts through grime, it erases fingerprints from stainless steel. Repeat with the microwave, inside and out, the oven and dishwasher doors and the exterior of the coffeemaker and toaster.



BUST THE DUST. Give

each room a once-over with the vacuum, then target underneath furniture and rugs. Furniture sliders make moving heavy pieces a snap. Tackle couch and chair cushions with the upholstery brush attachment, then suck up dirt inside and around the frames, switching to the crevice tool to reach tight spots. Vacuum mattresses and bed frames in a similar fashion. Remove cobwebs near the ceiling with a long-handled nozzle.



GET THE GRIT. The best tool for light fixtures, door and window frames, blinds, furniture and baseboards is a telescoping lambswool duster. Follow with a damp cloth to remove stubborn spots. Lift dirt from ceiling fans with an attachment shaped to fit around the blades. An angled paintbrush is ideal for whisking over fragile items, such as pictures, vases and lampshades, says Mary Findley, author of *The Complete Idiot's Guide to Green Cleaning*. A tape lint roller works on cloth shades, and a few spins in the dryer on delicate can do the trick for lightweight curtains.

SANITIZE SURFACES. Spritz kitchen counters, sink and fixtures with an all-purpose disinfectant. For a green option, use a one-to-four-part mixture of distilled white vinegar and water. Run an eco-friendly wipe over other potentially germ-laden spots, including cabinet pulls, doorknobs, light switches and inside trashcans. On cell phones,

remote controls, keyboards and tablets, try fast-drying touchscreen wipes.

BUFF THE BATH. Spray the sink, faucet and outside of toilet with a plant-based disinfectant and finish with a damp cloth. Remove shower tub scum with an acidic-based all-purpose product and non-scratch scrubber before rinsing. Pour about 1 to 2 tablespoons of Borax household cleaner or 1 cup white vinegar into the toilet bowl and scrub with a stiff brush. Toss the shower curtain liner—a prime collector of mildew and bacteria—in the washer, using warm water and Borax. Rehang liner to dry. Shine mirrors with window cleaner.

HIT THE GROUND. The traditional mop-and-bucket method simply spreads dirty water around the floor, says Findley. Opt instead for a device with a removable, washable pad dampened with water and, if desired, the right cleaner for your floor. Start mopping on the side of the room

opposite the door and make your way toward the exit, rinsing and respritzing the pad as needed. Mop again with plain water to remove residue, if necessary. Pop the pad in the washer with like fabrics and let air dry.

CLEAR THE AIR. Replace the filter in your forced-air heating and/or central air-conditioning system every three months to reduce airborne allergens and keep the unit running efficiently. Have the system professionally serviced annually. Vacuum vents and filters on air conditioners to zap particles that can blow around the room.

STOP DIRT AT THE DOOR. Place mats made of a durable, bristly material, like polypropylene, outside each entrance. Set another mat inside, along with a boot tray in the hallway, and encourage your kids to leave their shoes there. Shake out the mats and sweep porches and walkways frequently.

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SpongeBath in Stainless Steel, bedbathandbeyond.com, \$35



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Libman Microfiber Sponge Cloths, libman.com for stores, \$1/3-pack



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Seventh Generation Ultra Power Plus Natural Dish Liquid, shop.seventhgeneration.com, \$4



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BY OLIVIA GERRATO



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NATURAL BEAUTY

FORMER MODEL TURNED ECO-COSMETICS ENTREPRENEUR **JOSIE MARAN** CELEBRATES HEALTHY FAMILY LIVING WITH RUSTIC FURNISHINGS AND WHIMSICAL TOUCHES. *By Danielle Blundell*



WHEN SPRUCING UP HER Pennsylvania farmhouse, Josie Maran took a simple approach. Instead of buying all new furniture, she and her photographer husband, Ali Alborzi, hunted for a few key vintage pieces at local antiques shops and flea markets. Artwork casually leans against walls, and windows are bare. “The rolling hills are our curtains,” says Josie, creator of Josie Maran Cosmetics, an all-natural line sold at Sephora as well as on QVC and josiemaran.com. She gives her easygoing decor a touch of whimsy by placing a portrait of a pig next to a traditional landscape or filling a vase with peacock feathers. Then there’s the tepee in the backyard, where daughters Rumi Joon, 8, and Indi Joon, 2, play during the warmer months. “We try to spend as much time as we can outdoors,” says Josie. “But if you bring unique woods, wildflowers and handmade objects inside, your home can be a cozy close second.”

Ali, Rumi, Indi and Josie kick back on the patio. Ali crafted the table and benches from felled trees with the help of a next-door neighbor.

RAW INGREDIENTS

Carved woodwork and wide plank flooring set an elegant tone in the entry.





LIGHT FARE

Josie serves family meals on an antique table paired with Hans Wegner wishbone chairs, a classic 1949 design. A cluster of clear jar pendants from West Elm takes the place of a fancy chandelier. Homespun linens and pewter dishes add to the laid-back look. The abstract floral canvases are by New York-based artist Erin Lynn Welsh.



WARM WELCOME

The fireplace mantel serves as a ledge for rotating artwork. “I love having the flexibility to swap in a new thrift store find or one of the girls’ drawings,” says Josie. In addition to sketching and painting pictures, the kids also make colorful yarn dream catchers in their outdoor teepee craft room.



LOUNGE ACT

In the living room, cream walls reflect light and let Ali’s Craigslist finds—a leather Chesterfield sofa, a woven folding chair—take center stage. “Pieces with patina are kid-friendly and get better with age,” says Josie. The nubby Moroccan rug was woven by the same Berber women who supply her line’s signature organic argan oil.



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MODERN LIFE

by Suzanne Rust

PHOTOGRAPHY BY JOHN HUBA

When they were younger, despite their artistic tendencies, Hannah Sessions thought she might become a lawyer and Greg Bernhardt imagined a career in education. So how did they wind up down on the farm? A love of Vermont and good food plus a yearning for a bucolic lifestyle and creative work inspired the couple to invest in a property that they converted to a goat dairy. Fifteen years later, their Blue Ledge Farm boasts 140 goats and produces award-winning artisan cheeses. Now these first-generation farmers cannot image a better life for their family of four.

“Working where we live allows us to be very efficient with our time. We are able to multitask and seamlessly blend together our family and work lives.”



Make Hay

“Our children are busy with school and sports during the academic year, but around the kidding season they will bottle-feed, and in the summer they help harvest hay, give farm tours to visitors and sell cheese at our local farmers’ market. Like all farm kids I’ve known, they’re willing to lend a hand when needed,” says Hannah.

“Farmers wear many hats—plumber, electrician, veterinarian, mechanic, builder, accountant, public relations manager, graphic designer, etc. We weren’t born into farming families, so we have learned to gather knowledge along the way.”



Whey to Go

“I enjoy seeing the development from milk to curd to a formed shape and then a fully aged cheese. I also like the fact that we are creating a product that is nourishing to body and soul,” says Greg.



Creature Comforts

“Since getting to know goats and their personalities, I would be hard-pressed to work with any other animal,” says Hannah.

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For more on the Sessions-Bernhardt family, go to familycircle.com/modernlife.

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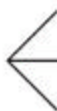


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The Power of Two

As founders of **The Determined Parents Foundation**, Kelly Tipple Moran and Heidi Dawson work together to help families like theirs afford treatments for special-needs kids. *By Alyssa Brewer*

Common Ground

If it weren't for their children, Heidi Dawson and Kelly Tipple Moran might never have met. Heidi lives in Sultan, WA, and Kelly lives almost 30 miles away in Kirkland, WA. But Kelly's 5-year-old son, Jack, who has cerebral palsy, and Heidi's son Patrick, 8, who has a neurological condition called sensory processing disorder, have one thing in common: their occupational therapist. She connected Kelly and Heidi in April 2013 after hearing that the two women each dreamed of

starting a nonprofit. Two months later they created The Determined Parents Foundation and began working toward providing grants for treatments to families with special-needs kids.

Counting Costs

Heidi and Kelly shared an ambition to give other parents like themselves a financial break. Even with excellent insurance, Jack's therapies cost \$20,000 a year. Meanwhile, Heidi's family pays many of Patrick's bills out of pocket, since their insurance doesn't cover

treatments for neurological disorders past age 7. Both have seen the difference intensive therapy makes but know it's often too costly. "I can't tell you how many times I've heard parents say to the therapist, 'I can only afford two sessions this month,'" Heidi says. "Their child should be in there three days a week. It's heartbreaking."

Top Dollar

Heidi, 40, and Kelly, 36, started raising money to pay for their charitable status application and website and start their grant fund. Heidi, her husband, Tyler, and their sons—Patrick, 8, Joshua, 7, T.J., 5, and Ethan, 2—organized garage sales, fundraising dinners and silent auctions along with Kelly and her family: husband Kevin and children Jack, 5, and Alice, 3. Kelly earned donations by competing in a 9-mile paddleboard race. Future fundraising plans include a half Ironman triathlon, a gala and a Harley ride. "We're trying to reach every walk of life," Heidi says. "Everybody can be involved."

Target Tally

Almost two years after they were introduced, Kelly and Heidi are on the way to reaching their first goal—enabling 100 families to afford their children's therapies. With \$25,000 raised, they began awarding grants this year after reviewing applications submitted through the foundation's website. Next, they plan to become an emotional as well as a financial resource by transforming their website into a chat space where parents can share stories and ask for advice.

Local Action

Support and encouragement from their communities gave Heidi and Kelly a major boost in getting the foundation started. "We've seen the generosity of strangers and friends," Kelly says, mentioning a local business' unsolicited decision to donate the proceeds from its charity golf tournament to their foundation. Ultimately, they hope their model will expand. "We want to help as many children as we can," says Kelly, "by taking the financial burden off as many families as possible."

To learn more or make a donation, visit thedeterminedparentsfoundation.org.

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VOL.2 SUSTAINABILITY

Our planet is our most precious natural resource. And the number of people who inhabit it is expected to rise significantly over the next fifty years. Since a growing population means growing demand for natural resources, it's time to look ahead and discuss ways to make a balanced meal more accessible for all. Here are some of the innovative things being done to ensure the world will have enough nutritious food to eat not just today, but tomorrow.

Today's steps toward a better tomorrow:

1 A good harvest depends on many things, including the right conditions to grow. Our planet faces many challenges, from climate change to soil quality, and experts are working together to develop solutions to help farmers ensure better harvests, while using natural resources more efficiently.



2 Plants need water, so conserving this precious natural resource is a priority. Experts are tapping into ways to use water more efficiently in agriculture, such as utilizing sensors to measure moisture levels in soil and reduce runoff. This will enable the water supply to go further.

3 Would you believe satellite technology is also helping farmers grow crops more efficiently? Images taken from space provide farmers the data to be more precise about the amount of seeds, water and fertilizer they will need on every acre of farmland, to grow food more sustainably.



4 Ensuring soil health is also key: when soil is well-nourished, it provides nutrients that help plants thrive, absorbs rainwater for use during drier periods, and filters potential pollutants. Efforts are underway to improve soil health, with the goal of helping farmers have better harvests.

Food for thought:

842 MILLION

people in the world don't have enough food.



In order to feed our growing population, global food production will need to increase by **70% BEFORE 2050.**

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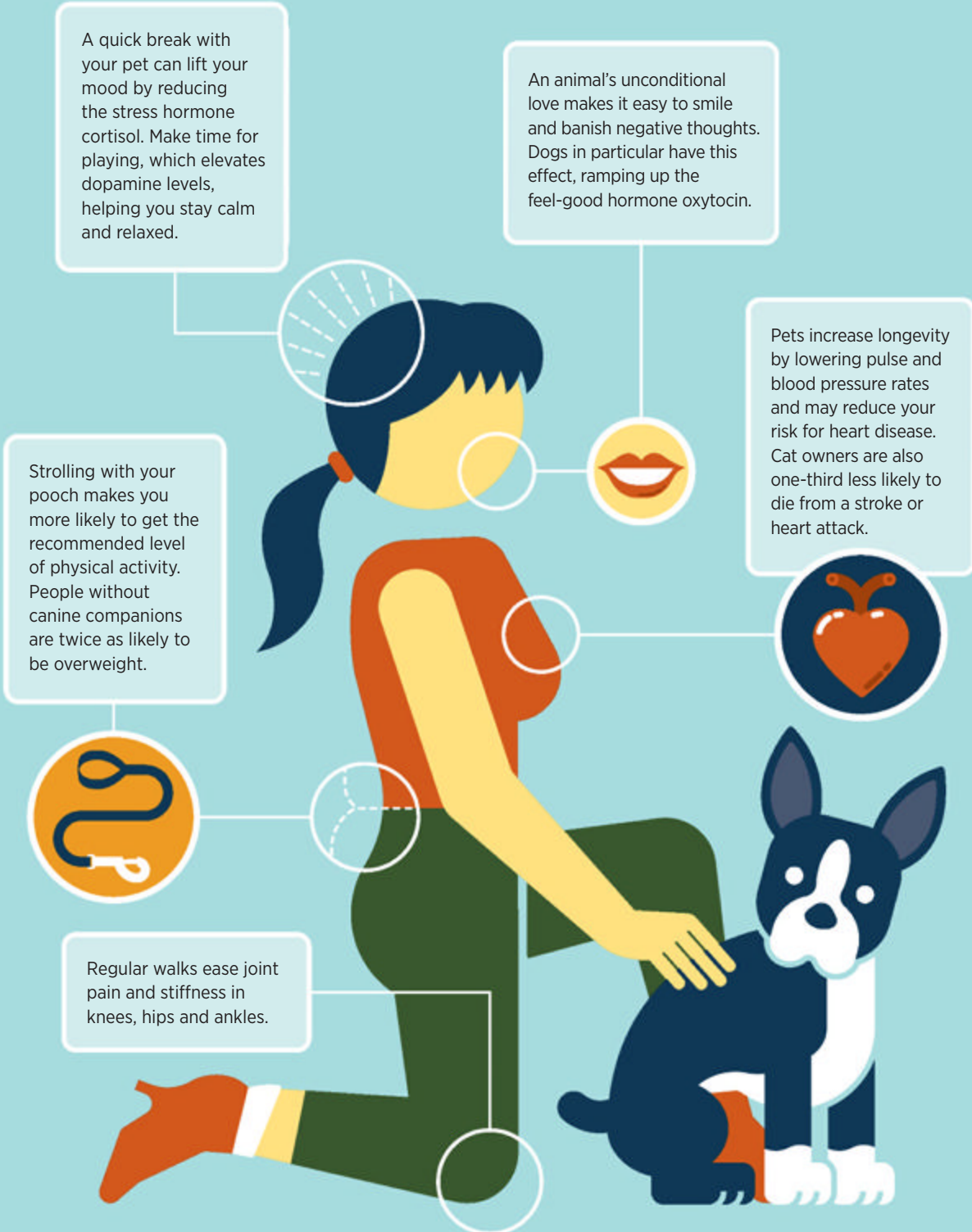
A quick break with your pet can lift your mood by reducing the stress hormone cortisol. Make time for playing, which elevates dopamine levels, helping you stay calm and relaxed.

An animal's unconditional love makes it easy to smile and banish negative thoughts. Dogs in particular have this effect, ramping up the feel-good hormone oxytocin.

Pets increase longevity by lowering pulse and blood pressure rates and may reduce your risk for heart disease. Cat owners are also one-third less likely to die from a stroke or heart attack.

Strolling with your pooch makes you more likely to get the recommended level of physical activity. People without canine companions are twice as likely to be overweight.

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TEACHING GREEN

From hosting yoga classes to harnessing solar power, these six schools learned to prioritize the health of their students and the planet. *By Alyssa Brewer*

ILLUSTRATIONS BY HYE JIN CHUNG

SUN SALUTATION

LOCATION |

NEAR FLAGSTAFF, AZ

NUMBER OF STUDENTS | 130

If you ask third-grade students at the STAR School where electricity comes from, they'll say the sun. They're not wrong—their off-grid public charter school, the first of its kind in the country, runs entirely on solar and wind energy. About 170 solar panels and five wind turbines generate roughly 65,000 watts of electricity daily. The school draws water from a solar-powered well and reuses rainfall for irrigation. Sustainability is built into the school's philosophy and its name, an acronym for Service To All Relations. "There's an idea in Navajo culture that we are all related—the earth, the sky and all the creatures," says cofounder Mark Sorensen, EdD. "Getting our energy in a renewable way means we're working in harmony with nature without damaging the earth." The children, many of whom live on the reservation, study solar power and

help grow plants in the greenhouses, but there's more to the curriculum than technical knowledge. "The reservation is often dependent on outside sources of food, water and electricity," Sorensen says. "This is a lesson about how they can support their own community."

LIGHTS OUT

LOCATION | DETROIT, MI

NUMBER OF STUDENTS | 538

Kids at Ralph J. Bunche Preparatory Academy take environmental matters into their own hands. In 2013 they participated in the Detroit Public Schools Go Green Challenge and won their category. The student-led Bunche Energy Saving Team, nicknamed B.E.S.T., uses simple energy-saving tactics like replacing incandescent bulbs with more efficient fluorescents, turning off lights and computers when not in use, and finding and fixing water leaks. While the school doesn't have a recycling program, students collect paper, bottles, cans and other materials that Diana Koss,

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Bunche's sustainability coordinator, carts home to recycle herself. "It's important that we reduce our carbon footprint," says Koss. "The kids hear on the news that we are destroying our planet and want to make a difference." Bunche Academy also took its environmental efforts outside in 2013—the students designed and helped plant a garden to support the dwindling monarch butterfly population.

TRASH TALK

LOCATION | PITTSBURG, CA

NUMBER OF STUDENTS | 601

When it comes to recycling, Foothill Elementary is one of the best in the nation. It won the 2013 Recycle-Bowl, an annual monthlong competition among approximately 1,500 schools around the country. Students recycled 81,797 pounds of material, averaging 157 pounds per child. But those impressive numbers weren't anything special—they recycle like that all year long, says Sara Fuentes, sustainability manager for CIWA, Inc., a waste and recycling management company that helped the school district launch a zero-waste program five years ago. Fuentes' team initially visited the school daily to do lunchtime training and build interest among the students, but now they know the drill and keep one another accountable. "Nobody wants to be the kid who puts stuff in the wrong bins," says Fuentes.

OFF AND RUNNING

LOCATION | WILLIAMSON, WV

NUMBER OF STUDENTS | 615

Walking to class at Lenore K-8 School sometimes includes a quick set of jumping jacks or a few leapfrogs. The exercises are a small part of the school's mission to get students moving. This year, kids will attend daily physical activity classes, like dance club, sports basics and 5K training. Every child now plays outside for half an hour during lunch, which principal Sabrina Runyon has happily noticed seems to translate into better focus in the classroom. "Because they're getting that movement, the students are less disruptive," she says. "They are more calm and alert." The payoff is clear: In 2013 test scores increased significantly, and five of Lenore's six sports teams won the county championships. "We had a girl post on our wellness coach's Facebook page that running had changed her life," Runyon says. "How can you not

prioritize exercise after something like that?" The principal and wellness coach also involve the community, inviting parents to yoga classes at school and organizing town walks.

CATCH OF THE DAY

LOCATION | SITKA, AK

NUMBER OF STUDENTS | 300

Five years ago local food played no part in Sitka school lunches. But in 2010 Blatchley Middle School became the test case for Local Fish to Sitka Schools, a program in which locally caught seafood was served to students once a month. "There was an overwhelmingly positive response," says Lexi Fish, who created the program with the Sitka Conservation Society. Now more than 1,700 students line up for rockfish or salmon every week at all the district's schools. The lunches provide a starting point for the project's educational component, called Stream to Plate, which includes lessons on the area's fishing traditions, industry and ecosystem. "We wanted to make it a holistic program," Fish says. "Local fishermen, native elders, chefs and nutritionists come in and teach, so the kids become more engaged in this part of their community." Fish, a commercial fisherwoman, says the endeavor also helps support Sitka's future economy. "This gets the next generation excited about eating local fish," she says.

GARDEN VARIETY

LOCATION | BALTIMORE, MD

NUMBER OF STUDENTS | 500

Harvesting greenhouse vegetables, feeding the chickens: Eco-awareness is part of everyday class time at Green Street Academy. The middle and high school, founded in 2010, encourages students to work toward a more eco-friendly world through hands-on experiences. Kids maintain Green Street's tilapia farm, tend the garden, sell their produce at a weekly farmers' market and intern with environmentally conscious companies. "The children embrace the green movement," says principal Crystal Harden-Lindsey. "We're able to guide the work, but they're the leaders in our building." The curriculum also benefits their urban community by making fresh produce accessible. Twice a month, parents and other area residents can come to the school to collect a free bag of student-grown fruits and veggies.

Thought CONTROL

WITH ALL THE WHIRLWIND EMOTIONS AND CONSTANT UPS AND DOWNS, IT ISN'T EASY BEING A TEEN. MINDFULNESS MEDITATION CAN HELP KIDS GET CENTERED AND CALM.

By Adam Price, PhD / PHOTOGRAPHY BY KEVIN IRBY





Children discover
the world with
their mouth...

Always keep
laundry pacs away
from children.



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“I

can't stand my mom. Nag, nag, nag," Liam said, as I ushered him from the waiting room into my office. The 15-year-old and I were just three weeks into therapy—something his parents hoped would help him deal with their recent separation. Slumping onto the couch, he started to mock and mimic his mother. "Get up, Liam!

Where's your homework, Liam?" She's cranky all the time." I asked if she had always been this way. He paused to take off his coat, and something in him softened. "Only since Dad moved out," he said, looking down at the floor. "I actually swore at her this morning. Man, I feel like such a jerk. I just make her problems worse."

Sadness, anger and guilt are tough for any of us to deal with, but especially for teens, whose lives are already an emotional roller coaster. As a psychologist, it's my job to assist them in confronting feelings that seem too difficult to handle. And recently I've



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had some help from a 2,500-year-old tradition—mindfulness. It's a Buddhist practice aimed at living in the present and experiencing each moment without judgment. I liken it to jumping out of the mind's raging river of thoughts onto a calm shore, where you can watch all your negativity drift away. Studies have shown that mindfulness meditation works as well as medication in relieving depression and anxiety, which is why therapists like myself are increasingly using it in treatment.

But can Buddha help your teen? Absolutely. Many of my patients are adolescent boys, who aren't known for their eagerness to open up. They're skeptical when I introduce the idea. But the takeaway can be tremendous. Liam, for example, was acting out at home and at school—picking fights with his mom, sleeping in late, neglecting his studies. Mindfulness helped him get beyond anger to the fear and anxiety about his parents' possible divorce; it also gave him distance from those feelings so he didn't have to act on them. After several months, his concentration and grades have improved. He's even developed more empathy, voicing concern for how the separation is affecting his younger sister. Liam put it best: "When I feel like a car spinning out of control, mindfulness lets me step back and get my hands on the wheel."

Office visits aren't required to reap the benefits, of course. Any parent can master the basic concepts to help teens take charge of their emotions and better navigate the challenges of adolescence. Here's a beginner's guide.

(1)

NO JUDGMENTS ALLOWED.

As often as not, the problem isn't what your teen is thinking or feeling but the value he or she ascribes to it. Liam's resentment toward his mother ("I don't blame Dad for walking out") was a normal reaction. What mucked things up was his guilt and worry about siding against his mom. With some mindfulness training, Liam realized his emotions didn't make him a bad person, and he was able to calmly tell her, "Sometimes it seems like you're taking the separation out on me." It was a big step forward for them both.

» *What you can do*

Constantly remind your teen that thinking something doesn't make it so. Use the "drill down" technique—asking what, where, when and how—to suss out the facts. Avoid "why" questions, since they usually don't yield great answers. So when your teen says, "My teacher hates me," a mindful response might be "What did she do to make you think that?" That allows him to separate feelings from reality. And instead of jumping to harsh conclusions (you criticizing him, your teen getting down on himself), you'll get to the crux of the issue and find a solution.



Headspace and Stop, Breathe & Think are two excellent free apps (Android, iOS) that can guide you and your teen through basic mindfulness and meditation practices.

(2)

GO WITH THE FLOW.

Adolescence is all about change. Teens are morphing on every level—physically, emotionally, cognitively—and life gets complicated and intense. What's more, kids become anxious because they believe the challenges they're facing will last forever. Liam needed to understand, and accept, that nothing stays the same, whether it's his parents' marriage or his distress about their divorce. So I helped him find some mantras he could relate to. Since he's a jock, dealing with his feelings was like playing tough. The phrases he came up with? "I can handle this" and "To cope is dope."

» *What you can do*

When your kid is frustrated, anxious or overwhelmed, encourage her to see the big picture and take the long view. You could say, "Right now you're in the middle of a thunderstorm. Your problems might seem huge, but it never rains forever." It sounds corny, but



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It takes work to convince teens of the value of slowing down, disconnecting and breathing. But once they try it, they get hooked.

remind her that when one door closes, another one opens. Lift the gloom and doom with a shared joke. The goal is to teach your child to put the brakes on negative thinking and treat herself with compassion and kindness. And make sure she knows you feel her pain so your advice won't fall on deaf ears.

(3)

JUST SAY OM.

It takes work to convince teens of the value of slowing down, disconnecting and breathing. But once they try it, they get hooked. After practicing mindfulness meditation for the first time, a sixth-grade patient with ADHD and anger management problems told me, "So this is what normal people feel like!" Now he does it every morning before getting out of bed. Liam warily regarded meditation as "blank-minding it"—that is, emptying himself of all thoughts—and flat-out refused. I gave him a different exercise, asking him to walk around the block while focusing on his thoughts, then do another circuit while paying attention to everything around him with all five senses, and lastly to compare the two. Learning to live in the moment, he was gradually able to break old patterns of thinking, banish anxiety and discover an alternate, happier way to be.

» *What you can do*

Invite your teen to start meditating—with you. I find that patients are less resistant when I tell them I practice. Make a pact to stick with it for one week (5 minutes a day is good, 15 is better). Be patient. I've been at it for 35 years, and there are times when my head is like an interstate at rush hour. If you're both lucky, mindfulness will become a healthy habit for life.

- Sit comfortably, either cross-legged on a cushion or in a straight-backed chair. Rest your hands in your lap, eyes open or partially closed.
- Spend 60 seconds listening to the sounds around you.
- Spend the next 60 seconds scanning your body for any discomfort.
- Now focus on your breath. Notice how cool air enters your nostrils and warm air leaves your lungs.
- If a thought arises, observe it and let it go. Imagine that you're sitting on the front porch and your thoughts are like people and cars passing by. They're here, and then they're gone.



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THE TOOTH OF THE MATTER

Chew on this: Ninety-one percent of dogs and 85% of cats over 3 years old show signs of oral disease. While tooth and gum issues are common, they're also highly preventable. Take matters into your own hands to keep your pets from being all bark and no bite.

CONSULT/ Ask your vet whether your dog or cat needs a professional cleaning. If it's a severe or complicated situation, request a referral to a veterinary dentist. The procedure should be done under anesthesia and can cost between \$200 and \$600.

SHOP/ Purchase supplies for home cleanings. Buy a small, soft-bristled toothbrush or a finger brush (a cotton swab works for

cats), and be sure to select pet-friendly toothpaste flavors, like poultry for dogs and fish for cats.

CLEAN/ Let your pet lick toothpaste off your finger. As he gets used to the taste, try brushing a tooth or two. Work up to the entire mouth over a few weeks, then aim to brush every day.

MAINTAIN/ Give your pet tartar-fighting Veterinary Oral Health Council–approved treats and food

designed for dental health, and clean the toothbrush in the dishwasher once a week to prevent bacteria.

FOLLOW UP/ Make sure your pet gets a dental exam during his annual physical.

Sources: Jan Bellows, DVM, immediate past president of the American Veterinary Dental College, and Kris Bannon Klessig, DVM, president of the American Veterinary Dental Society.

HEADS-UP

Even with good oral habits, issues can still occur. Spot-check teeth and talk to your vet if you notice any of these symptoms.

BAD BREATH



Take a whiff of your dog's or cat's mouth to make sure it isn't smelly.

DISCOLORATION



Gums shouldn't be red and swollen. Healthy teeth are white, not brownish or stained.

BLEEDING



This is a sign of gingivitis. Daily brushing will help fight it off.

BROKEN TEETH



Your pet's teeth shouldn't be chipped or cracked.

EXPOSED ROOTS



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A RECIPE *for* HAPPINESS

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Before she became pregnant with her son, 42-year-old Tara Roscioli of Maplewood, NJ, subsisted on carbs, sugar and caffeine. “I had a long commute and hectic days,” says the former commercial litigator, who filled herself with easy-to-grab bagels, big bowls of pasta, greasy pub food and fat-free snacks. “Eating so poorly left me exhausted, plus I was overstimulated by sweets and coffee. Coworkers and family members told me I seemed moody and miserable.”

These days Tara swaps zucchini “pasta” from her spiralizer for spaghetti. (See our delicious Sweet Potato Noodles recipe on page 18.) And instead of soothing her sweet tooth with Swedish Fish, she’ll eat slices of frozen banana. “I have more energy now and am less irritable,” says Tara, who became a holistic health coach and is bringing her husband and 6-year-old son along for the wellness ride. “I know there’s a direct correlation between food and mood because I live it.”

But you don’t have to take her word on the matter. Medical experts will tell you the same thing—and they’ll point to research on a plant-based, seafood-rich, olive-oil-drizzled way of eating called the Mediterranean diet. “When you look at all the different types of eating plans across the board, the only one that comes back with positive parameters, study after study, in all areas—mental health, cardiovascular health, obesity—is the Mediterranean diet,” says Aviva Romm, MD, a physician who specializes in functional medicine for women and children. While there has always been a quiet hum about this food plan among consumers, Romm says interest has been more of a loud buzz in the scientific community. Across the Atlantic, a Spanish study of 10,000 healthy individuals revealed that people who most closely followed the diet were 30% less likely to become depressed over four years than those who nearly ignored the diet. Here in America, the impact appears even greater. A recent study of older people in Chicago who ate an Americanized version of the Mediterranean diet had a 99% lower annual rate of the mood disorder.

Based on the sunny cuisines of countries bordering the Mediterranean

“WHEN PEOPLE
EAT MORE
WHOLE FOODS
& AVOID
HIGHLY PROCESSED
FOODS,
THEY DECREASE
THEIR RISK
OF DEVELOPING
DEPRESSION,
ANXIETY
& DEMENTIA.”
DREW RAMSEY, MD



Sea, such as Greece, Spain and Italy, the Mediterranean diet is abundant in fruits and vegetables, unrefined grains, legumes, nuts, fish and “olive oil, olive oil and olive oil,” says Christine Tangney, PhD, a professor of clinical nutrition at Rush University Medical Center in Chicago and co-author of the above-mentioned study. Think chickpeas, olives, tomatoes, eggplant and more. Allowing for small amounts of red meat (a few times a month), poultry and fish (a few times a week) and low-fat dairy (a few servings a day), this style of dining also endorses wine with dinner—in moderation. “What’s good for your body is also good for your mind,” says Sharon Palmer, RDN, author of *Plant-Powered for Life*. An excellent source of omega-3s, folate, magnesium, B12 and more, the Mediterranean diet offers nutrients that protect both the heart and the brain.

Perhaps just as important as what you put on your plate is what you take

off it. “When people eat more whole foods and avoid highly processed foods, they decrease their risk of developing depression, anxiety and dementia,” explains psychiatrist Drew Ramsey, MD, assistant clinical professor of psychiatry at Columbia University College of Physicians & Surgeons and co-author of *The Happiness Diet*. In a large 2012 Spanish study, for example, the men and women who ate the most burgers, hot dogs, pizza, doughnuts, muffins and croissants were 36% more likely to be clinically depressed six years later. “In middle-aged people, researchers have found a link between processed meats, candy, desserts, fried foods, refined cereals, high-fat dairy and depression,” says Palmer. It’s important to note that the people tracked weren’t depressed at the beginning of the study. This suggests that poor eating habits increase the risk that someone without the mood disorder might develop it.

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"THERE'S A LINK BETWEEN PROCESSED MEATS, CANDY, DESSERTS, FRIED FOODS, REFINED CEREALS, HIGH-FAT DAIRY & DEPRESSION." — SHARON PALMER, RDN 

One reason is simple nutrition—or lack thereof. Undernourishment can lead to deficiencies in B vitamins (folate, B12), as well as magnesium and iron, which are linked to depression. Add in unhealthy fats, such as trans fats, and you're cooking up a recipe for sadness. The good-for-you fats in olive oil and seafood help neurons function better, while the bad-for-you fats in fried and store-bought baked foods may gum up those nerve connections, experts say. Plus, subpar diets can cause inflammation, which damages the insides of veins, arteries and the brain. "Inflammation reduces the brain's ability to create new cells, and nerve cells' ability to reach out and connect with one another," Ramsey adds. It's also tied to both heart disease and depression.

One more fact about the food-mood connection: It works both ways. "While it's true that the foods we choose to eat have a tremendous impact on our mood, how we feel affects the foods we decide to consume as well," notes Romm. It can be tough to listen to the angel on your right shoulder and order a kale salad

when you're stressed while the little devil on the left is demanding french fries. But it's worth the effort. "I still struggle to turn my back on those comfort foods I used to eat," says Tara, who now owns a health coaching practice called Highway 2 Well. "But I have loads of energy and I wake up before my alarm goes off. It's easier to maintain a good diet once you realize how much better you feel."

SET YOUR TABLE FOR HAPPINESS

If you're ready to bite into bliss, follow these easy tips for introducing the Mediterranean diet into your life. Then turn to page 109, where you'll find seven recipes that will help you savor the very best of this way of eating.

🍴 **Commit to Cooking More.** Eating less processed food usually means you'll need to spend a bit more time in the kitchen. But there's an added bonus to handling pots and pans that you might not have expected. A Canadian study of 160 women found that they

were in better moods before and after making meals at home compared to eating out—especially if the dinners were healthy. "When you gain the confidence and skills necessary to create simple nutritious meals, you also experience a sense of accomplishment," says cooking coach Alma Schneider, LCSW, who runs the consulting company Take Back the Kitchen.

🍴 **Cut Back on Meat.** One way to nudge animal protein off the center of your plate is by minimizing portions. "Take one serving of steak or chicken and use it to flavor a vegetable-rich stir-fry, pasta dish, curry or stew for the entire family," suggests Palmer.

Another method: Skip meat for a day. Kim Watkins, 45, a mom of a 5-year-old daughter, is a big fan of Meatless Monday (meatlessmonday.com), an initiative that helps people start the work week off vegetarian-style. "My husband would divorce me if I didn't serve him steak once a week, but on Mondays we'll eat eggs and beans," says Kim, who lives in New York City. "This week we had black bean tostadas with a little cheese and it was totally satisfying."

Finally, presentation can be everything. "When I do serve steak, I slice it up and make a pretty plate rather than serving everyone their own portion," Kim says. "And with it we'll have plenty of vegetables, like cooked greens, broccoli or a salad."

SUPPLEMENT for SUCCESS

Stopping by your local vitamin shop could be part of your journey to happiness. While you should talk to your physician before starting any alternative treatment plan, we have suggestions for beginning the conversation. Functional medicine specialist Aviva Romm, MD, offers her top picks for mood-boosters.

VITAMIN D3

Blame it on too little time in the sun or poor diet, but not getting enough of this nutrient is bad news for your emotions. "Low levels are associated with increased depression," explains Romm, who suggests a standard dose of 2,000 IU a day. Try the Nature Made brand.

FISH OIL

"So many Americans are low in omega-3s that when I have a patient with depression, I put them on the supplement," she says. While studies showing a benefit have been small, Romm says they're significant enough to consider a capsule or the oil. "Use a standard-dose product with 750 mg DHA," she suggests. Consider Nordic Naturals or Carlson.

ST. JOHN'S WORT

Older research said to pass on the herb, but a newer scientific review showed effectiveness. In it, St. John's wort performed better than a placebo in treating major depression. "You want a standardized product, which will have .3% hypericin and 3% to 5% hyperforin," says Romm. "The dosage would be 300 to 600 mg a day for an adult woman." It might take up to six weeks to feel its impact. —Lynya Floyd

(continued)

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Severe jaw bone problems (osteonecrosis) may occur. Your doctor should examine your mouth before you start Prolia® and may tell you to see your dentist. It is important for you to practice good mouth care during treatment with Prolia®.

Unusual thigh bone fractures. Some people have developed unusual fractures in their thigh bone. Symptoms of a fracture include new or unusual pain in your hip, groin, or thigh.

Serious infections in your skin, lower stomach area (abdomen), bladder, or ear may happen. Inflammation of the inner lining of the heart (endocarditis) due to an infection may also happen more often in people who take Prolia®. You may need to go to the hospital for treatment.

For women with postmenopausal osteoporosis
at high risk for fracture: there's Prolia®.

 **prolia® is different:**
It's 2 shots a year.

**It's proven to help
strengthen bones.**

Prolia® is also proven to:

- **Significantly reduce fractures of the spine, hip, and other bones**
- **Help increase bone density**

Is Prolia® right for you? Ask your doctor today.

Prolia® is a medicine that may affect the ability of your body to fight infections. People who have weakened immune systems or take medicines that affect the immune system may have an increased risk for developing serious infections.

Skin problems such as inflammation of your skin (dermatitis), rash, and eczema have been reported.

Bone, joint, or muscle pain. Some people who take Prolia® develop severe bone, joint, or muscle pain.

Before taking Prolia®, tell your doctor if you:

- Take the medicine XGEVA® (denosumab)
- Have low blood calcium
- Cannot take daily calcium and vitamin D
- Had parathyroid or thyroid surgery (glands located in your neck)
- Have been told you have trouble absorbing minerals in your stomach or intestines (malabsorption syndrome)
- Have kidney problems or are on kidney dialysis
- Plan to have dental surgery or teeth removed
- Are pregnant or plan to become pregnant
- Are breast-feeding or plan to breast-feed

What are the possible side effects of Prolia®?

It is not known if the use of Prolia® over a long period of time may cause slow healing of broken bones. The most common side effects of Prolia® are back pain, pain in your arms and legs, high cholesterol, muscle pain, and bladder infection.

These are not all the possible side effects of Prolia®. For more information, ask your doctor or pharmacist. Call your doctor for medical advice about side effects.

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.

Please see Brief Summary of Medication Guide on the next page.

Ask your doctor about your bone strength and if Prolia® is right for you.

 **prolia®**
(denosumab) injection

2 shots a year proven to help strengthen bones.

www.prolia.com



BRIEF SUMMARY OF MEDICATION GUIDE

Prolia® (PRÓ-lee-a) (denosumab) Injection

Read the Medication Guide that comes with Prolia before you start taking it and each time you get a refill. There may be new information. The Medication Guide does not take the place of talking with your doctor about your medical condition or treatment. Talk to your doctor if you have any questions about Prolia.

What is the most important information I should know about Prolia?

If you receive Prolia, you should not receive XGEVA®. Prolia contains the same medicine as Xgeva (denosumab).

Prolia can cause serious side effects including:

• Serious allergic reactions.

Serious allergic reactions have happened in people who take Prolia. Call your doctor or go to your nearest emergency room right away if you have any symptoms of a serious allergic reaction.

Symptoms of a serious allergic reaction may include:

- low blood pressure (hypotension)
- trouble breathing
- throat tightness
- swelling of your face, lips, or tongue
- rash
- itching
- hives

• Low calcium levels in your blood (hypocalcemia).

Prolia may lower the calcium levels in your blood. If you have low blood calcium before you start receiving Prolia, it may get worse during treatment. Your low blood calcium must be treated before you receive Prolia. Most people with low blood calcium levels do not have symptoms, but some people may have symptoms. Call your doctor right away if you have symptoms of low blood calcium such as:

- Spasms, twitches, or cramps in your muscles
- Numbness or tingling in your fingers, toes, or around your mouth

Your doctor may prescribe calcium and vitamin D to help prevent low calcium levels in your blood while you take Prolia. Take calcium and vitamin D as your doctor tells you to.

• Severe jaw bone problems (osteonecrosis).

Severe jaw bone problems may happen when you take Prolia. Your doctor should examine your mouth before you start Prolia. Your doctor may tell you to see your dentist before you start Prolia. It is important for you to practice good mouth care during treatment with Prolia. Ask your doctor or dentist about good mouth care if you have any questions.

• Unusual thigh bone fractures.

Some people have developed unusual fractures in their thigh bone. Symptoms of a fracture include new or unusual pain in your hip, groin, or thigh.

• Serious infections.

Serious infections in your skin, lower stomach area (abdomen), bladder, or ear may happen if you take Prolia. Inflammation of the inner lining of the heart (endocarditis) due to an infection also may happen more often in people who take Prolia. You may need to go to the hospital for treatment if you develop an infection.

Prolia is a medicine that may affect the ability of your body to fight infections. People who have weakened immune system or take medicines that affect the immune system may have an increased risk for developing serious infections.

Call your doctor right away if you have any of the following symptoms of infection:

- Fever or chills
- Skin that looks red or swollen and is hot or tender to touch
- Fever, shortness of breath, cough that will not go away
- Severe abdominal pain
- Frequent or urgent need to urinate or burning feeling when you urinate

• Skin problems.

Skin problems such as inflammation of your skin (dermatitis), rash, and eczema may happen if you take Prolia. Call your doctor if you have any of the following symptoms of skin problems that do not go away or get worse:

- Redness
- Itching
- Small bumps or patches (rash)
- Your skin is dry or feels like leather
- Blisters that ooze or become crusty
- Skin peeling

• Bone, joint, or muscle pain.

Some people who take Prolia develop severe bone, joint, or muscle pain.

Call your doctor right away if you have any of these side effects.

What is Prolia?

Prolia is a prescription medicine used to:

- Treat osteoporosis (thinning and weakening of bone) in women after menopause (“change of life”) who:
 - are at high risk for fracture (broken bone).
 - cannot use another osteoporosis medicine or other osteoporosis medicines did not work well.

It is not known if Prolia is safe and effective in children.

Who should not take Prolia?

Do not take Prolia if you:

- have been told by your doctor that your blood calcium level is too low.
- are pregnant or plan to become pregnant.
- are allergic to denosumab or any of the ingredients in Prolia. See the end of this leaflet for a complete list of ingredients in Prolia.

What should I tell my doctor before taking Prolia?

Before taking Prolia, tell your doctor if you:

- Are taking a medicine called Xgeva (denosumab). Xgeva contains the same medicine as Prolia.
- Have low blood calcium.
- Cannot take daily calcium and vitamin D.
- Had parathyroid or thyroid surgery (glands located in your neck).
- Have been told you have trouble absorbing minerals in your stomach or intestines (malabsorption syndrome).
- Have kidney problems or are on kidney dialysis.
- Plan to have dental surgery or teeth removed.
- Are pregnant or plan to become pregnant. Prolia may harm your unborn baby. Tell your doctor right away if you become pregnant while taking Prolia.

◦ **Pregnancy Surveillance Program:** Prolia is not intended for use in pregnant women. If you become pregnant while taking Prolia, talk to your doctor about enrolling in Amgen’s Pregnancy Surveillance Program or call 1-800-772-6436 (1-800-77-AMGEN). The purpose of this program is to collect information about women who have become pregnant while taking Prolia.

- Are breastfeeding or plan to breastfeed. It is not known if Prolia passes into your breast milk. You and your doctor should decide if you will take Prolia or breastfeed. You should not do both.

Tell your doctor about all the medicines you take, including prescription and nonprescription drugs, vitamins, and herbal supplements.

Know the medicines you take. Keep a list of medicines with you to show to your doctor or pharmacist when you get a new medicine.

How will I receive Prolia?

- Prolia is an injection that will be given to you by a healthcare professional. Prolia is injected under your skin (subcutaneous).
- You will receive Prolia 1 time every 6 months.
- You should take calcium and vitamin D as your doctor tells you to while you receive Prolia.
- If you miss a dose of Prolia, you should receive your injection as soon as you can.
- Take good care of your teeth and gums while you receive Prolia. Brush and floss your teeth regularly.
- Tell your dentist that you are receiving Prolia before you have dental work.

What are the possible side effects of Prolia?

Prolia may cause serious side effects.

- See “**What is the most important information I should know about Prolia?**”

- It is not known if the use of Prolia over a long period of time may cause slow healing of broken bones.

The most common side effects of Prolia in women who are being treated for osteoporosis after menopause are:

- back pain
- pain in your arms and legs
- high cholesterol
- muscle pain
- bladder infection

Tell your doctor if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of Prolia. For more information, ask your doctor or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store Prolia if I need to pick it up from a pharmacy?

- Keep Prolia in a refrigerator at 36°F to 46°F (2°C to 8°C) in the original carton.
- Do not freeze Prolia.
- When you remove Prolia from the refrigerator, Prolia must be kept at room temperature [up to 77°F (25°C)] in the original carton and must be used within 14 days.
- Do not keep Prolia at temperatures above 77°F (25°C). Warm temperatures will affect how Prolia works.
- Do not shake Prolia.
- Keep Prolia in the original carton to protect from light.

Keep Prolia and all medicines out of reach of children.

General information about Prolia

Do not give Prolia to other people even if they have the same symptoms that you have. It may harm them.

The Medication Guide summarizes the most important information about Prolia. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about Prolia that is written for health professionals.

For more information, go to www.Prolia.com or call Amgen at 1-800-772-6436.

What are the ingredients in Prolia?

Active ingredient: denosumab

Inactive ingredients: sorbitol, acetate, polysorbate 20 (prefilled syringe only), Water for Injection (USP), and sodium hydroxide

TINNITUS

Lilly battled with tinnitus for many years. After coming across Ear Tone™ she finally found some relief. Here is her story.

I couldn't stand the ringing in my ears!

“My tinnitus started years ago. I was listening to music during a long bus ride and when I got off, I noticed a constant ringing in my ears. Over time the ringing kept coming back and the noise increased. When a friend told me about Ear Tone, I bought a box, with great anticipation.

After about 3 months I noticed the noise was decreasing day by day. I can't express how happy this made me feel and how much I enjoy the silence. I still take Ear Tone, just to make sure I keep my ears healthy and to help prevent it from coming back.

I strongly recommend Ear Tone – it has made a world of difference for me.”



DO YOU SUFFER FROM TINNITUS?



Ear Tone™ is a Swedish supplement that is based on new research, showing significant results in reducing the perception of tinnitus in the ears. This supplement is designed to deliver important nutrients to the ear while promoting blood circulation. Try Ear Tone and experience the effects for yourself.



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THINK OUTSIDE the PLATE

The foods you eat are just one factor in preventing depression and bringing about positive emotions. What happens before and after you pick up your fork counts too.

PREPARE TO BE HAPPY

Turn cooking into a joy rather than a chore by making it a family activity, suggests consulting psychologist Carol Landau, PhD, clinical professor of psychiatry and medicine at the Alpert Medical School, Brown University. It's even better when men join in. “Marital happiness is increased when fathers participate in all family responsibilities, including cooking, and this allows the children to see meal preparation as a family activity, not as ‘mother’s job,’” she says.

EAT TOGETHER

It's really true: Dining as a family is good for your health. A Tufts University review of the scientific literature found that adolescents who often ate meals with their family were less likely to engage in risky behaviors. But perhaps you already know that. When we polled

Family Circle readers, we found that 80% were eating six or seven meals a week together as a family. “We talk about anything and everything [at the table],” wrote one mom, Debbie Peasnell Mecham. “And sometimes we have a carpet picnic and watch a family movie while we eat.”

TAKE A WALK

Once dinner's over and the dishes are cleaned up, consider a *passeggiata*, suggests Sara Baer-Sinnott, president of Oldways, a nonprofit food and nutrition organization that has helped introduce the Mediterranean diet to the U.S. Pronounced “pah-suh-'ja-tah,” it's the Italian tradition of a family walk after dinner. “In Italian towns, many people take a stroll, either before or after dinner,” she says. Regular walks have been shown to boost mood and even lift mild depression and anxiety.

☛ Add More Splashes of Color.

Increasing your intake of fruits and vegetables, including folate-rich greens, is associated with a greater sense of contentment. “Try having spinach, kale and asparagus faithfully every day, either as a salad or as part of your main dish,” says Tangney. But you'll also want to go red, yellow, orange, even blue (as in blueberries), too. If you're starting to feel overwhelmed, know there are easy ways to work it all in. “Include at least one fruit for breakfast every day—sliced into your cereal, blended into a smoothie or as a whole piece in the car on the way to your job,” suggests Palmer. “At dinner, double or triple up on veggies—that little serving of green beans on the side of your plate isn't enough!”

☛ **Feed Your Brain Good Fats.** Start with heart-healthy anti-inflammatory olive oil. You can cook with it, but also consider enjoying its flavor as an ingredient. “Make your own vinaigrette with olive oil, vinegar and herbs—and offer it with bread instead of butter,” suggests Tangney. Choose omega-3-rich fish too. Fatty cold-water ones, such as salmon, tuna and herring, are great sources, but if you don't like or don't eat fish, add walnuts, flaxseeds and hemp seeds, suggests Palmer, who is a vegan. Taking an omega-3 supplement is another option. (See “Supplement for Success” on page 79.)

☛ **Drink to Your Health.** “A key element of the Mediterranean diet is red wine in moderation, and plenty of water every day,” says Tangney.

How HEALTHY IS YOUR Family?

By Lynya Floyd

PHOTOGRAPHY BY
STEPHEN WEBSTER

Ever wonder what's going on behind the closed doors of other houses on your block? So did *Family Circle*. That's why we polled hundreds of moms across the country to find out who's eating too much junk food, how chores are divvied up and what time the last light goes out. See where your family stands—and find out how to change bad habits for the better.





FREE Awning Idea Kit and DVD

Learn how to transform an ordinary deck or patio into a beautiful, shaded outdoor room – a cool, protected retreat where you and your family will love to spend time.

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- 99% UV Protection
- Great Relaxation and Entertainment Spot
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A SunSetter puts you in control of the weather on your deck or patio. Relax and entertain outside anytime you want without worrying about hot sun, harmful UV

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Find out more with absolutely no obligation. Get your **FREE Awning Idea Kit and DVD** in any of 4 simple ways:

- 1. Call Toll Free: 1-800-876-8060, ext. 30408**
You can call 24 hours a day, seven days a week.
- 2. Email to ideakit@sunsetter.com**
Be sure to include your full name and mailing address.
- 3. Go to www.sunsetter.com**
- 4. By Mail:** SunSetter Products, Dept. 30408
184 Charles Street, Malden, MA 02148. Be sure to include your complete mailing address and email address.



Time to dust off the 1,000-piece jigsaw puzzle or just slip into a bubble bath. Both are better than turning on the flatscreen. Nearly three out of four moms admitted someone in the house has a stronger grip on the remote control than experts recommend. And too much screen time is tied to everything from excess pounds to a shortened lifespan.

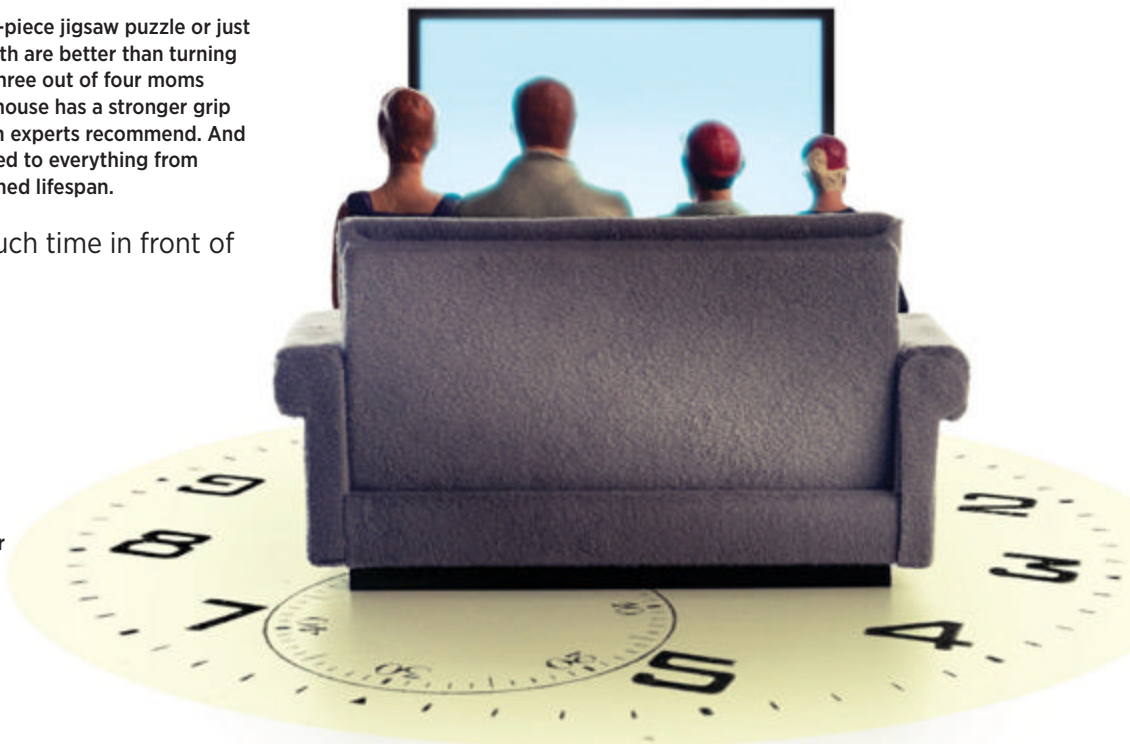
Who spends too much time in front of the TV every day?

35% of you said, “My partner, for more than three hours.”

32% of you said, “My kids, for more than two hours.”

30% of you said, “Me, for more than three hours.”

27% of you were in the clear, citing: “None of us.”



Do you have an emergency plan in case of a natural disaster?

60% SAID NO. 40% SAID YES. Go to redcross.org/prepare and emergency.cdc.gov/preparedness for family-friendly guides.

You might need to consider committing to a new bedtime policy. An adult is hitting the sack after midnight in nearly 20% of households surveyed, which means trouble for that person’s ticker (increased risk of hardened arteries) and tummy (they’re prone to excess calorie consumption), says research. Eleven-thirty p.m. is the tipping point for adolescents, with their grades and emotional health paying the price.

Who’s the last person to turn in at night?

66% said, “Me or my partner, usually before midnight.”

19% said, “Me or my partner, usually after midnight.”

8% said, “My child, usually before 11:30 p.m.”

7% said, “My child, usually after 11:30 p.m.”



One in four homes have a lights-out problem.



Studies show spiritual people—such as those who attend church—are less likely to smoke, abuse alcohol and be stressed. So it may be time for a walking meditation or nighttime prayer. When asked how often their family takes time for spirituality:

39% said hardly ever.

25% said almost daily.

25% said at least once a week.

11% said at least once a month.





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“ I’VE NEVER UNDERSTOOD WHY MY HUMAN WON’T LEAVE THE HOUSE WITHOUT HER LEASH. I THINK SHE’S AFRAID OF GETTING LOST. BUT IT’S OK, I KIND OF LIKE SHOWING HER AROUND. ”

—HARPER
adopted 08-18-09

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XOXO

Hugs, kisses and special little rituals with your kids help them have higher self-esteem, fewer behavioral problems

and greater academic achievement. But since a whopping **90%** of you said your family shows affection every day, it seems you may already know that. Only **8%** said you don't do it that often. And just **2%** admitted you almost never show affection: "That's just not our thing."

Getaways aren't within reach for all. When we asked how often you go away on vacation:

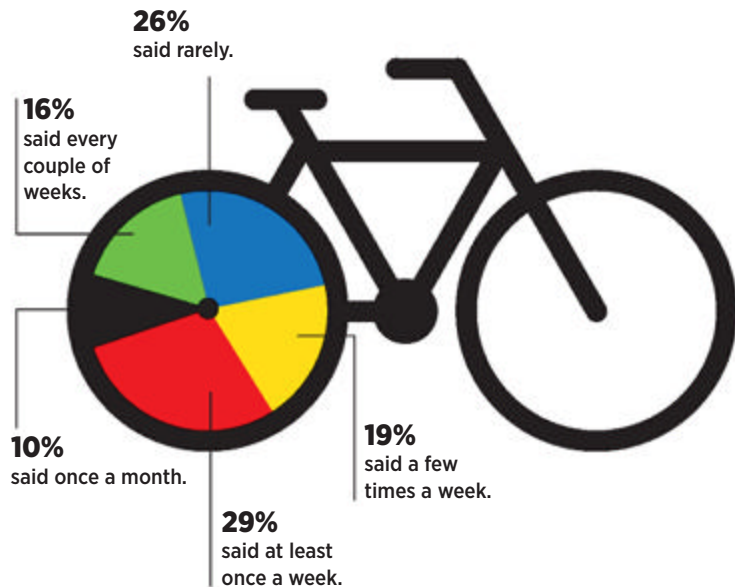
- 37%** said once a year.
- 30%** said a few times a year.
- 6%** said every other year.
- 27%** said hardly ever.



More than a quarter of you are overdue for the relaxation and bonding benefits of a family trip.

Our survey says getting everyone to shoot some hoops or go on a bike ride isn't easy. But penning in some time on the calendar to sweat together could boost the family fun quotient and help everyone stay fit.

How often do you do something active with your family?




Personal fitness is a priority for most moms, but the majority of you need to slip into your sports bra more often. If finding time is the trouble, know that even a five-minute workout can yield fabulous results. (See page 102.)

How often are you active?

- 45%** said a few times a week.
- 23%** said at least once a week.
- 5%** said every couple of weeks.
- 6%** said once a month.
- 21%** said rarely.





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an enchanted
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Tomorrow is yours to claim.
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See you at breakfast™



Having healthy foods within reach ups the chances that you (and your family) will actually eat them, but about one-third of you admit it's time to block out a Saturday for a refrigerator makeover.

What's the easiest thing to grab when you open your fridge?

42% said, "Plenty of ready-to-eat fruits and veggies."

24% said, "Nothing. It's utter chaos. I've been meaning to organize it better."

7% said, "Soda, sweet treats and prepackaged snacks."

27% offered another explanation: "leftovers," "cheese and lunch meat," "milk, yogurt" and "We don't snack. If we open the fridge, it's to fix a meal."



Thankfully, parents aren't the only confidants their kids can rely upon. When we asked if your child(ren) would have someone to talk to if they had a problem they didn't want to discuss with you:

80% said, "Absolutely—a few people."

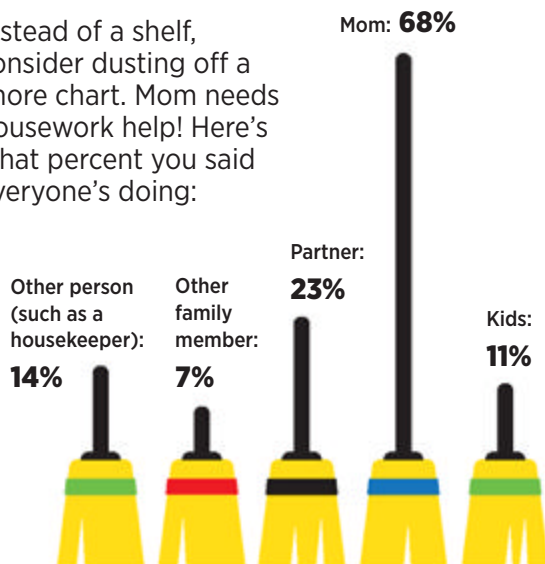
7% said, "No one I can think of."

7% said, "One person who is *not* my partner."

6% said, "Just my partner."



Instead of a shelf, consider dusting off a chore chart. Mom needs housework help! Here's what percent you said everyone's doing:



All isn't quiet on the home front—only one in three moms told us conflicts and blowups rarely boil to the surface. Most others get resolved quickly, but for an unlucky 13% of you, it might be time to call in some expert assistance when it comes to fighting fair.

How good is your family at resolving conflicts?



48% said, "There might be a lot of shouting to begin with, but it ends quickly in hugs."

39% said, "It's rare that things ever get heated."

8% said, "Arguments can go on for days."

5% marked "other," noting: "One member is extremely difficult to resolve anything with" and "Unfortunately, it can last for months."

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LARRY THE
CABLE GUY
ACTUAL USER



Prilosec OTC® contains medicine once only available by prescription, and is the:

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- #1 Selling^{**} frequent heartburn medicine for 9 straight years.



ONE PILL EACH MORNING. 24 HOURS.



ZERO HEARTBURN.*

*It's possible while taking Prilosec OTC. Use as directed for 14 days to treat frequent heartburn. Do not take for more than 14 days or more often than every 4 months unless directed by a doctor. May take 1 to 4 days for full effect. Not for immediate relief.
[^]Symphony Health Solutions ProVoice™ Survey, Jan. 2005–Mar. 2014 ^{^^}Pharmacy Times Surveys, Acid Reducer/Heartburn Categories 2006–2014

^{**}P&G Calculation based on Nielsen ScanTrack FD+, 2004–2014

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BY MALLORY CREVELING

Q&A

My husband of 20 years and I only have sex when I initiate it. It used to be the other way around. Should I be worried?



Probably not. "In this scenario, women often fear they are the reason, but that's rarely the case," says Abraham Morgentaler, MD, associate clinical professor of urology at Harvard Medical School and author of *The Truth About Men and Sex: Intimate Secrets from the Doctor's Office*. If sex still happens once every week or two and he seems to enjoy it, casually chat about your concern or leave it alone—he may just like you leading. However, if sex occurs once a month (or less) or his interest tapers mid-session, there could be a medical issue. Some drugs, including antidepressants and blood pressure pills, decrease a man's libido. Low levels of testosterone, a common problem as men reach their mid-40s, could also be to blame, and diabetes and obesity amplify that risk. Either way, talk to your husband about a doctor visit to spice things up again.

— ONLY —
12%





of obese fifth-graders drop to a normal weight by 10th grade, while 65% remain obese.

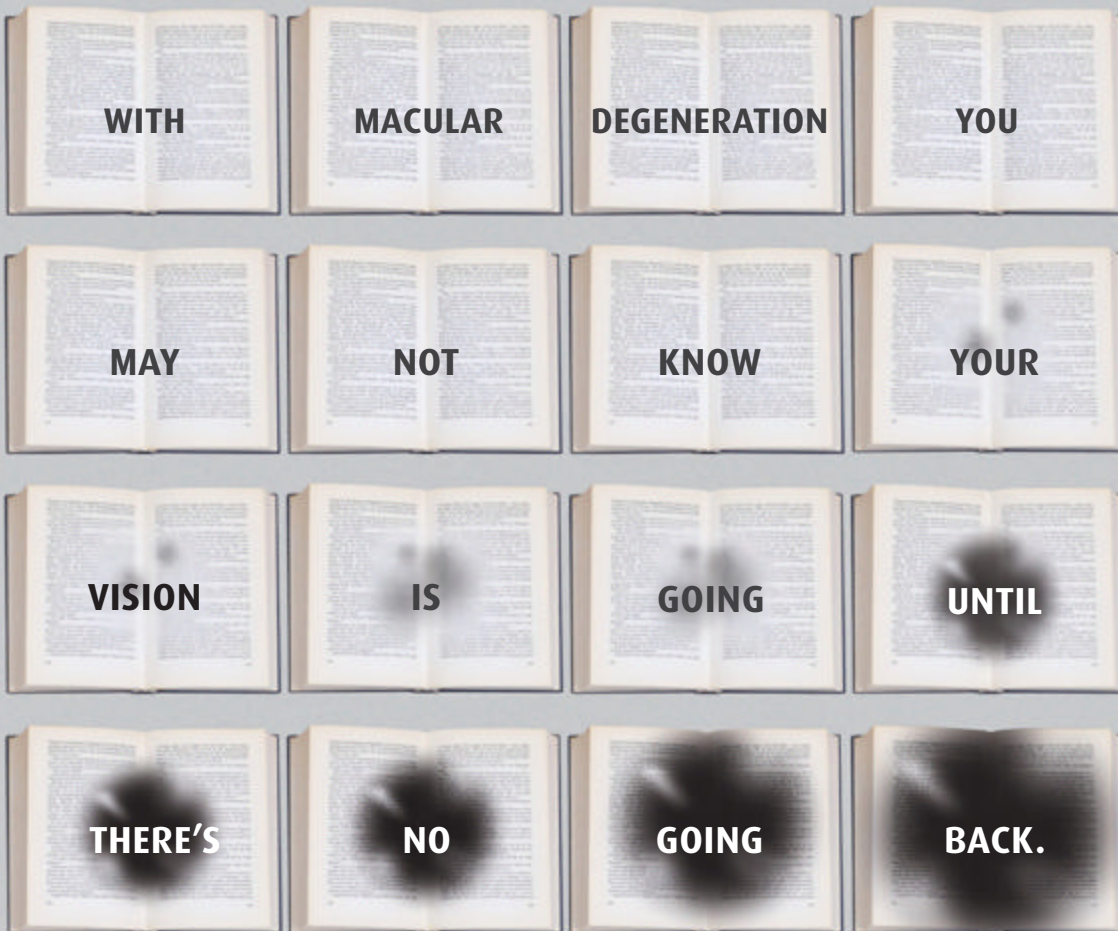
Encouraging physical activity, a better diet and less screen time, as well as addressing self-esteem issues, can help kids reach and maintain a healthy BMI.

SOURCE: BOSTON CHILDREN'S HOSPITAL

MAKE NO MISTAKE!

Avoid these four common habits that can sabotage your health.

ERROR	RISK FACTOR	TECHNIQUE TIPS
 <p>Blinking right after putting in eye drops</p>	Fluttering produces excess tears that flush out the medicine.	Aim toward the eye's outer corner and press a finger where the eye and nose meet for 60 seconds to stop drainage, says Stephanie Marioneaux, MD, clinical spokesperson for the American Academy of Ophthalmology. Can't stop blinking? Shut your eye for a minute or two after each drop.
 <p>Taking a shallow breath before using an asthma inhaler</p>	Air in the lungs prevents you from getting a full dose of the drug.	First, exhale deeply to allow as much air out as possible. Then trigger the device and take in a big breath, says Aasia Ghazi, MD, allergist and immunologist at Allergy and Asthma Specialists of Dallas. Also, shake the inhaler before every puff.
 <p>Tilting your head back when swallowing pills</p>	This position narrows the esophagus, making it even harder for a capsule to slide down your throat.	Put the tablet farther back on your tongue and drink through a straw, says Giavanna Russo-Alvarez, PharmD, clinical specialist at Cleveland Clinic's Primary Care Pharmacy. Sipping a thicker liquid, like milk, can suppress the gag reflex, but check with your doc first about any drug interactions.
 <p>Pointing nasal corticosteroid sprays directly up your nose</p>	The stream may stop ineffectively short or it may hit the septum, causing a nosebleed.	Spray your left nostril with your right hand and vice versa—this naturally creates the ideal out-and-back angle, says Martha Hartz, MD, pediatric allergist at the Mayo Clinic Children's Center. If necessary, sniff a bit so the drug stays in.

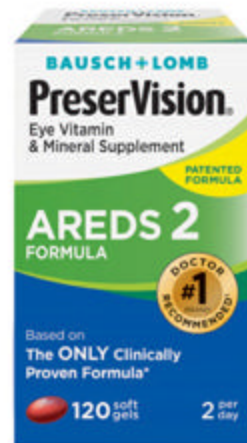


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Q What do you think women would find surprising about going through the change?

You can get pregnant even if you've gone several months without a period because you're perimenopausal but not yet menopausal. I've delivered babies to three 47-year-old women who weren't trying to conceive and assumed they were too old to get pregnant. The bottom line: Keep using contraception. As long as you're in good health and not a smoker, birth control pills are wonderful. They control hormones (for hot flashes and sweats), pregnancy and periods. Mirena, the IUD, is also good.

Q Are there any issues with taking hormonal birth control if you're perimenopausal?

Eventually you'll have to arbitrarily stop using it so you can see where you are hormonally. When you're on birth control, you can't tell whether your ovaries have stopped producing eggs and you're finished with menopause. And if you were to measure hormone levels while on birth control pills, the results wouldn't tell you anything.

Is This Menopause?

Essential answers from Mary Jane Minkin, MD, clinical professor of obstetrics and gynecology at Yale University School of Medicine.

BY LYNNA FLOYD

Q Menopausal, postmenopausal, perimenopausal—what's the difference between the terms?

Once you go a year without having a period, you're considered menopausal or postmenopausal—the terminology is used interchangeably among practitioners. Until that time, while you're experiencing symptoms, you're perimenopausal. The definition of perimenopause can be tricky because there are few, if any, good tests to diagnose it. Basically, your ovaries are in the process of winding down, but they're not totally wound down.

Q Most women know about hot flashes and night sweats, but are there other perimenopausal and menopausal symptoms?

There's "menopause fog," or cognitive issues. But if you haven't gotten a good night's rest because of night sweats, are you cloudy due to a decline in estrogen or a lack of sleep—or both? Feeling moody and irritable are symptoms women have too. But, again, if you haven't slept well, that may be making you more emotional. Vaginal dryness issues tend to get worse, and prolonged bleeding can occur during perimenopause as well.

Q Can you recommend nonprescription remedies for women who need help with symptoms?

Don't suffer through being uncomfortable during sex; Replens moisturizer is a good over-the-counter remedy. And it's estrogen-free. As far as hot flashes go, my old favorite is Remifemin, which is black cohosh root extract. It's available over the counter and there's good scientific data behind its claims.

Q Is there anything women can do to make menopause a little easier?

There are at least two points in a woman's life when she's willing to commit to major lifestyle changes. Number one is pregnancy; menopause is probably number two. If you haven't already, now's the time to quit smoking. It does a number of bad things to your health, including causing you to go through menopause a year or two earlier, making hot flashes worse and putting you at higher risk of osteoporosis. Exercise, because it improves your bone density. And lose weight—dropping pounds leads to fewer hot flashes.

Q What do women under 40 need to know about menopause?

How early in life it can happen. Every time I give a lecture to non-doctors—and I've given a lot of lectures—I'll have at least one young woman who will come up to the microphone in tears saying she wished she'd had this information five years ago. But, instead, at 35 she was sent to see a psychiatrist. She wasn't crazy, she was just perimenopausal and no one understood what was happening to her. It's not a huge number—about 1% of women in their 30s—but it's not zero. And if you don't give estrogen to young women going through premature menopause, they're at much higher risk for heart disease, dementia and osteoporosis. So don't let your doctor dismiss symptoms because you're young. Sometimes age is just a number.



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MAKE OVER YOUR BODY IN MINUTES

Give us five—when you wake up, between errands, while dinner is cooking—and we'll slim you down fast. BY MALLORY CREVELING

“A small time commitment can yield big results—you just have to go all out,” says Adam Rosante, celeb trainer and author of *The 30-Second Body: Eat Clean, Train Dirty, and Live Hard*. “That means you shouldn’t be able to hold a conversation

during the workout.” To get you burning calories and sculpting lean muscles, Adam designed 5-, 10- and 15-minute plans. Each one includes high-intensity intervals to boost your metabolism, even after you’ve stopped moving. So start with

an “I can do this” pep talk and tackle the sequence that fits your schedule. Better yet, scatter the routines throughout your day, three to five times a week, and you have a recipe for better heart health, a happy mood—and one fit bod!

WARM UP 1 to 2 minutes of big arm circles (forward and backward) while marching in place, jumping jacks, shoulder rolls and torso twists.

COOL DOWN Stretch your legs, arms and core, holding each position for five deep breaths.

5-MINUTE WORKOUT

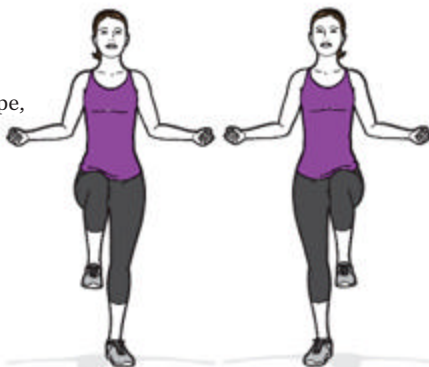
CALORIES BURNED: UP TO 75

→ Perform the moves below back-to-back for 30 seconds each, then rest for 30 seconds.

→ Repeat each exercise and end with a 30-second sprint in place, pumping arms and raising knees to hip level.

1/ High Knee Jump Rope

While swinging an imaginary jump rope, run in place as fast as you can, raising knees to hip level.



2/ High Lows

Get into push-up position, with your wrists in line with your shoulders. Slowly lower your left forearm to the floor, elbow directly below the shoulder. Then lower your right forearm. Return, one hand at a time, to the top of the push-up. Repeat, starting with your other forearm.



3/ Modified Tuck Jumps

Stand with your feet shoulder-width apart, arms bent, elbows up and fingers stacked. Press the hips back into a squat and then stand, raising the left knee to the forearm. Lower your foot to the floor and repeat the squat. This time stand and raise your right knee to your forearm. Repeat, alternating back and forth.



4/ Low Plank Knees

Start in forearm plank position, with your elbows directly below your shoulders. Pike your hips and drive your right knee toward your face. Return to start. Repeat on the left side. Continue alternating.





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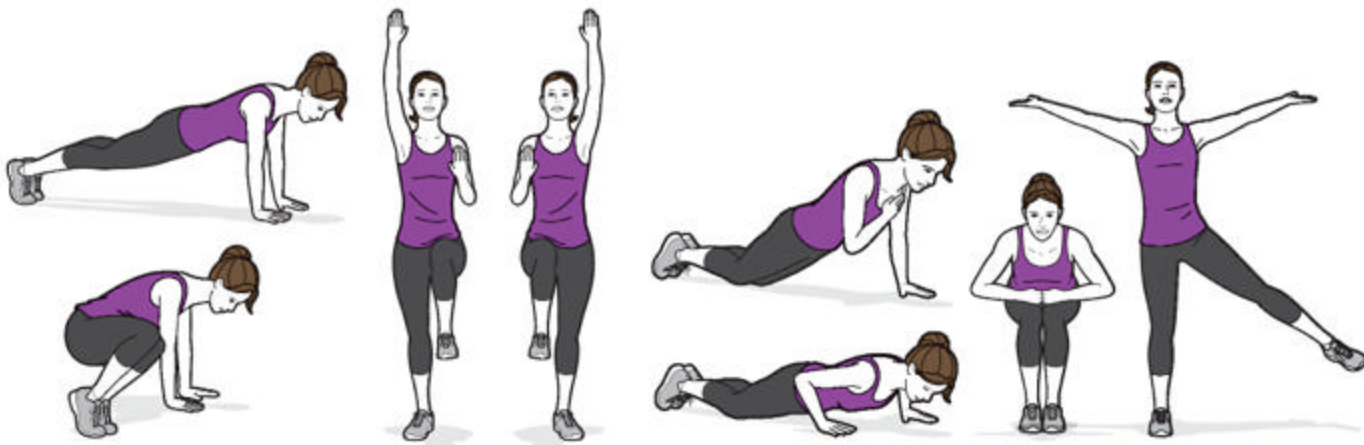
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10-MINUTE WORKOUT

CALORIES BURNED: UP TO 150

- Do moves 1-4 for 30 seconds each, then rest for 30 seconds.
- Next, perform the moves below for 30 seconds each and break for another 30 seconds.
- Repeat both rounds but finish with a 30-second low squat hold, with your feet hip-width apart, chest raised, butt back and low, and knees in line with your ankles.



5/ 3-Point Plankers

Start in push-up position, then step or jump your feet as close as you can to the outside of the right hand. Return to start. Step or jump your feet as close as you can to the outside of your left hand. Return to start. Step or jump your feet between your hands. Return to start and continue alternating.

6/ Standing Mountain Climbers

Stand with feet hip-width apart, hands in front of shoulders with palms facing forward. Raise your right hand to the sky as you raise your left knee to hip height. Switch sides, shooting your left hand to the sky as you raise your right knee to hip height. Continue alternating.

7/ Tap-Ups

Start in push-up position with your knees on the floor (butt down and hips in diagonal line with shoulders). Tap your left shoulder with your right fingertips. Return to start. Tap your right shoulder with your left fingertips. Return to start. Perform a modified push-up. Repeat from start.

8/ Star Bursts

Stand with your feet together. Bend the knees and push your hips back into a low squat, engaging your core and drawing your arms into the center of your body. Stand up, extending your arms overhead and the left leg out. Return to the start and repeat with your left leg. Continue alternating.

Slim Down Your Diet

To really shrink your dress size, watch what you put on your plate. These easy alterations—from a few of our favorite health gurus—will do the trick.

“Begin your health revolution by tossing the junk in your kitchen. Get a recycle bin and garbage can ready and don’t hold back.”

—Tara Stiles, author of *Make Your Own Rules Diet*, founder of Strala Yoga

“Take willpower out of the eating equation. Make produce easy to access by storing it in clear containers on the middle fridge shelves. Place tempting sweets in opaque containers on low shelves in the pantry.”

—Jennifer McDaniel, RDN, spokesperson for the Academy of Nutrition and Dietetics

“Focus on what to eat instead of what not to eat—it’s a much more positive approach and naturally cuts calories. Opt for lean meats, whole grains, low-fat dairy and filling half your plate with fiber-rich fruits and veggies.”

—Angela Lemond, RDN, spokesperson for the Academy of Nutrition and Dietetics

“Boost your mood before a meal by acknowledging the small things you are thankful for, seeing a movie or chatting with friends. People in a negative mind-set tend to reach for high-calorie or sugary snacks

instead of the healthy choices more positive people make.”

—Brian Wansink, PhD, director of the Cornell University Food and Brand Lab, author of *Slim by Design: Mindless Eating Solutions for Everyday Life*

“Enjoy each bite at a relaxed pace. Every few minutes put down your fork, stop chewing and breathe deeply, so you can savor your food. Eating with pleasure will leave you satisfied sooner so you’ll end up eating less food.”

—Jena La Flamme, author of *Pleasurable Weight Loss*

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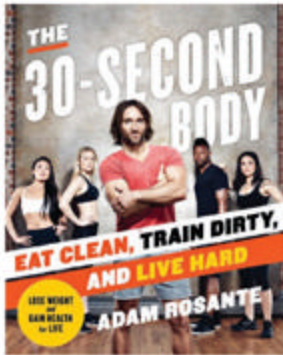


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BONUS!

Check out Rosante's book, *The 30-Second Body*, for more get-fit motivation. Plus, visit familycircle.com/fastworkout for ways to kick this feature's routine up a notch.



15-MINUTE WORKOUT

CALORIES BURNED: UP TO 220

- Do moves 1, 2, 3, 4, 6 and 5 for 30 seconds each, then rest for 30 seconds.
- Do moves 8, 7, 9, 10, 11 and 12 for 30 seconds each, then rest for 30 seconds.
- Repeat both sequences and finish with a 60-second sprint in place.

9/Oblique High Knees

Stand tall with your feet shoulder-width apart and elbows up with fingers stacked. Jog in place, raising knees to hip height while bringing opposite elbows toward opposite knees.



Fast Break

Fitness newbies may need to pause after each move and that's okay, it'll just take a little longer to complete the workout. The more you do these routines, the better you'll get!

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10/Power Thrusts

Stand with feet wider than hip-width apart. Squat down, placing your hands on the floor, wrists under your shoulders. Step or jump your feet back so you're at the top of a push-up position. Return your feet to the squat position. Stand, lift your left knee to hip height and shoot your fingertips to the sky. Return your foot to the ground and lift your right knee to hip height. Repeat from the top.



11/High Plank Punches

Assume a push-up position with your wrists directly under your shoulders. Punch forward with your left fist at shoulder level. Place your hand back on the floor. Repeat with the right fist. Continue alternating.



12/Pencil Squats

Stand with your feet together, arms raised overhead at shoulder width. Step out to the left, lower to a squat and touch the floor between your ankles. Step back to the start. Repeat, stepping to the right. Continue alternating.

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GOOD MOOD FOOD

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by
MICHAEL TYRRELL
photography by
DAVID PRINCE



SEARED WILD SALMON WITH
PISTACHIO GREMOLATA

*For more on
how these foods
can boost your
well-being, read
“A Recipe for
Happiness” on
page 75.*

ROASTED BRUSSELS SPROUTS & SPINACH SALAD

MAKES 6 servings **PREP** 15 minutes
ROAST at 400° for 22 minutes

- 3 tbsp red wine vinegar
- 1 tsp Dijon mustard
- ½ tsp salt
- ½ tsp black pepper
- ½ cup extra-virgin olive oil
- 1¼ lbs Brussels sprouts,
trimmed and cut into
quarters

6 scallions, cut into 1-inch
pieces

- 12 cups baby spinach
- 1 cup red grapes, halved
- 3 tbsp sunflower seeds
- 2 tbsp crumbled
Gorgonzola cheese
- Additional salt and
pepper (optional)

■ In a small bowl, whisk

vinegar, mustard, salt and
pepper until combined.
Gradually whisk in olive oil
until thickened.

■ Place Brussels sprouts and
scallions on a large baking
sheet and toss with 2 tbsp of
the dressing. Roast at 400° for
22 minutes, turning once, until
tender. Cool slightly.

■ In a large bowl, combine
spinach, grapes and sunflower
seeds. Toss with 4 tbsp of the
remaining dressing. Add
Brussels sprouts and scallions.

■ Top with cheese. Serve with
remaining dressing and, if using,
additional salt and pepper.

PER SERVING 224 CAL; 16 g FAT (3 g
SAT); 6 g PRO; 19 g CARB; 7 g FIBER;
201 mg SODIUM; 2 mg CHOL

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Chickpea, White Bean and Escarole Stew

MAKES 12 cups

PREP 15 minutes **SOAK** overnight

COOK 1 hour, 40 minutes

- 1½ cups dry white beans
- 1½ cups dry chickpeas
- 2 tbsp olive oil
- 2 onions, chopped
- 3 carrots, diced
- 2 ribs celery, diced
- 6 cloves garlic, sliced
- 6 plum tomatoes, seeds removed, chopped
- 1 sprig rosemary
- 4 sprigs thyme
- 2 bay leaves
- 1 pkg (10 oz) frozen lima beans, thawed
- 4 oz sliced prosciutto, cut into ribbons
- 1 tsp salt
- ¼ tsp black pepper
- 1 large bunch escarole (about 1 lb), sliced
- Shaved Parmesan (optional)
- Extra-virgin olive oil, for drizzling (optional)

■ Place beans and chickpeas in a large pot and cover with cold water. Soak overnight.

■ Heat olive oil in a large pot over medium-high heat. Add onions, carrots, celery and garlic; cook 8 minutes, stirring occasionally. Add tomatoes, rosemary, thyme and bay leaves. Stir in drained beans and **6 cups water**. Bring to a boil. Lower heat and simmer, covered, 90 minutes.

■ Add lima beans, prosciutto, salt and pepper. Return to a simmer and gradually add escarole. Cook 2 minutes, until escarole is tender.

■ Ladle into bowls. Top with shaved Parmesan and drizzle with olive oil, if using.

PER SERVING 257 **CAL**; 4 g **FAT** (1 g **SAT**); 15 g **PRO**; 42 g **CARB**; 12 g **FIBER**; 415 mg **SODIUM**; 0 mg **CHOL**

Shrimp and Fennel

MAKES 4 servings

PREP 15 minutes **COOK** 13 minutes

- 4 tbsp olive oil
- 4 cups thinly sliced fennel

1¼ lbs large shrimp, shelled and deveined

1 orange sweet pepper, seeded and thinly sliced

6 cloves garlic, finely chopped

¼ tsp red pepper flakes

2 tbsp capers

2 tbsp dry vermouth

2 tbsp lemon juice

2 tbsp chopped parsley

½ tsp salt

Spaghetti Cacio e Pepe (optional; recipe follows)

■ In a large skillet, heat 2 tbsp of the olive oil over medium-high heat. Add fennel and cook 8 minutes, stirring occasionally. Remove to a plate.

■ Add remaining 2 tbsp olive oil to skillet; stir in shrimp, sweet pepper, garlic and red pepper flakes. Cook 4 minutes, stirring occasionally. Return fennel to skillet; stir in capers, vermouth and lemon juice. Cook 1 minute.

■ Garnish with parsley and season with salt. If desired, serve with Spaghetti Cacio e Pepe.

PER SERVING 258 **CAL**; 15 g **FAT** (2 g **SAT**); 24 g **PRO**; 6 g **CARB**; 1 g **FIBER**; 480 mg **SODIUM**; 210 mg **CHOL**

Spaghetti Cacio e Pepe

Cook ½ lb whole wheat thin spaghetti following package directions; drain. Stir in ½ cup grated Parmesan and 1 tsp coarsely ground black pepper or to taste. Drizzle with 2 tbsp extra-virgin olive oil.

Mediterranean Gratin

MAKES 4 servings

PREP 20 minutes **BAKE** at 400° for 75 minutes **COOL** 10 minutes

1½ lbs plum tomatoes, cut into ¼-inch slices

1 lb zucchini, cut into ¼-inch slices

1 lb small eggplant, cut into ¼-inch slices

½ medium red onion, cut into ¼-inch half-moons

4 cloves garlic, coarsely chopped

6 tbsp extra-virgin olive oil

¾ tsp coarse sea salt

¼ tsp black pepper

1 tbsp marjoram leaves

Swap out sugar
for a sweet morning



Welcome-Back Waffles



¾ cup ricotta

3 tbsp grated Asiago cheese

3 tbsp whole-grain panko

■ Heat oven to 400°. Grease a 2-quart oval baking dish.

■ Around edge of dish, alternately fan tomato and zucchini slices. They will be standing up on edge once finished. In middle of dish, fan eggplant slices so that they overlap. Randomly tuck in onion slices and sprinkle garlic over top. Drizzle 4 tbsp of the olive oil over gratin and season with salt and pepper. Sprinkle marjoram leaves over top.

■ Cover with foil and bake at 400° for 60 minutes. Dollop ricotta over top and sprinkle with Asiago and panko. Bake, uncovered, for an additional 15 minutes or until vegetables are tender.

■ Cool 10 minutes. Drizzle with remaining 2 tbsp olive oil and serve.

PER SERVING 375 CAL; 29 g FAT (8 g SAT); 11 g PRO; 23 g CARB; 8 g FIBER; 555 mg SODIUM; 28 mg CHOL

Poached Pears with Crème Fraîche

MAKES 4 servings

PREP 10 minutes **COOK** 48 minutes

4 firm Bosc pears

1½ cups pomegranate juice

½ cup port wine

½ cup toasted walnuts

½ cup crème fraîche

Mint, for garnish

■ Peel pears. Cut a small slice from bottom of each pear so it will stand upright.

■ Place pomegranate juice and port in a large covered skillet and bring to a boil. Place pears in skillet on their sides. Cover and simmer 40 to 45 minutes, until tender. Turn pears a few times so all sides color evenly.

■ Remove pears to serving plates. Cook poaching liquid over high heat 3 minutes, until thick and syrupy.

■ Spoon sauce over pears. Garnish with walnuts, crème fraîche and mint.

PER SERVING 392 CAL; 21 g FAT (8 g SAT); 4 g PRO; 46 g CARB; 6 g FIBER; 26 mg SODIUM; 40 mg CHOL

Seared Wild Salmon with Pistachio Gremolata

MAKES 4 servings

PREP 25 minutes **COOK** 49 minutes

FARRO PILAF

3 tbsp olive oil

8 oz sliced wild mushrooms

1 large shallot, sliced

¾ cup farro

¼ cup dry white wine

2 cups chicken broth

¼ tsp salt

½ tsp black pepper

GREMOLATA

½ cup shelled pistachios, finely chopped

¼ cup parsley, chopped

¼ cup mint, chopped

1 tbsp lemon zest

1 tbsp olive oil

1 garlic clove, finely chopped

Pinch of salt

SALMON

2 tbsp olive oil

1 lb salmon fillet, cut into 4 squares

Pinch of salt and pepper

■ **Farro Pilaf.** In a large skillet, heat 2 tbsp of the olive oil over medium-high heat. Add mushrooms and sauté 5 minutes, until lightly browned. Transfer to a bowl. Heat remaining 1 tbsp of the oil in a medium saucepan over medium heat. Add shallot and cook 3 minutes. Stir in farro and wine; cook 1 minute. Add broth, salt and pepper; bring to a simmer. Cover and simmer 35 to 40 minutes, until tender. Stir in sautéed mushrooms.

■ **Gremolata.** In a small bowl, combine pistachios, parsley, mint, lemon zest, oil, garlic and salt. Set aside.

■ **Salmon.** Meanwhile, heat oil in same skillet over medium-high heat. Season salmon with salt and pepper and place in skillet, skin side down. Cook 3 minutes, turn and cook an additional 3 minutes.

■ Spoon gremolata over salmon and serve with farro.

PER SERVING 587 CAL; 35 g FAT (5 g SAT); 34 g PRO; 33 g CARB; 4 g FIBER; 755 mg SODIUM; 72 mg CHOL



Very Berry Brunch



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say



Shelf Life

Jump-start a healthy dinner with 10 must-have pantry picks.

By Melissa Knific

1

COCONUT WATER

The best gym buddy ever. Sipping it straight from the bottle is perhaps the easiest way to boost your electrolytes. Coconut water has fewer calories and less sugar but more potassium than most sports drinks.



Amp it up with this smoothie:

Combine 1 cup coconut water, 1 cup frozen raspberries, ½ cup Greek yogurt and 2 tbsp honey in a blender until smooth.

2

QUINOA The perennial hottie of the superfood world is here to stay—and for good reason. A complete protein, quinoa packs plenty of fiber and manganese, cooks up quickly and can be made in advance.



Try this recipe, which features dried tart cherries, as a main dish or hearty side:

Bring 1 cup quinoa and 2 cups water to a boil in a lidded pot. Reduce to a simmer and cook 15 minutes. Sauté ½ cup diced onion in 1 tbsp olive oil 5 minutes. Stir into quinoa with 1 cup dried tart cherries, ¼ cup chopped fresh parsley, 2 tbsp balsamic vinegar, 1 tbsp olive oil, ¾ tsp salt and freshly cracked pepper.



4

SUSTAINABLE CANNED FISH

Wild salmon, tuna, sardines and anchovies are high in omega-3s (a 2 oz serving of albacore tuna contains 140% of the American Heart Association's recommended daily value). Flake or chop into salads and pastas for a quick dinner.

3

5

DRIED TART CHERRIES

Full of flavonoids—which can do everything from reduce insomnia to ease muscle pain—this sweet-sour fruit is perfect for mixing into yogurt or simply snacking. Tart cherries contain 19 times more vitamin A than blueberries or strawberries.

7



APPLE CIDER VINEGAR Research shows that sipping ½ oz daily can help lower weight and triglycerides.



Not keen on doing shots? Combine apple cider vinegar with extra-virgin olive oil for a simple salad dressing.

Whisk ¼ cup each extra-virgin olive oil and apple cider vinegar, 1 tbsp each finely diced shallots and chopped parsley, ½ tsp Dijon mustard, ¼ plus ½ tsp salt and freshly cracked pepper.

6

WHOLE GRAINS Every healthy pantry should have a variety of these, whether farro, barley, oats or brown rice. They're high in fiber and can be used in countless recipes.

8

HIGH-QUALITY SALTS Change up your sprinkle. A little of the good stuff goes a long way, lowering your sodium intake. Black, gray, smoked—the list goes on. Save these special-occasion salts for finishing dishes to really savor their flavors.

10

9



NUT AND SEED OILS It's time to expand your collection of heart-healthy oils. Continue to stock extra-virgin olive oil, but experiment with pumpkin seed or walnut to drizzle over salads, chicken or fish dishes. La Tourangelle recently introduced a pistachio oil spray.

SUNFLOWER KERNELS The seeds, which are loaded with vitamin E, have been an American snacking favorite for years. We prefer them hulled and ready to use.



Mix the unsalted, roasted variety into this granola:

In a bowl, stir ½ cup each sunflower seed oil, honey and water until well combined. Mix in 4 cups rolled oats, 1 cup unsalted sunflower seeds, ½ cup wheat germ and ½ tsp salt. Spread on a rimmed baking sheet and bake at 375° for 15 minutes. Stir and bake another 10 to 15 minutes, until browned. Stir in 1 cup each golden raisins and chopped dried apricots.



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IN RECORD TIME

BY JULIE MILTENBERGER



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1. Chicken and Tortellini

MAKES 6 servings

PREP 3 minutes **COOK** 15 minutes

1 pkg (9 oz) refrigerated spinach tortellini

1 pkg (9 oz) refrigerated cheese tortellini

1½ lbs boneless, skinless chicken breasts

2 tbsp olive oil

½ plus ½ tsp salt

1 bag (5 oz) baby spinach

1 pint grape or cherry tomatoes, halved (2 cups)

½ cup heavy cream

2 tbsp grated Parmesan

Freshly ground black pepper

■ Bring a large pot of lightly salted water to a boil. Add tortellini and cook 7 minutes (or as per package directions).

■ Meanwhile, dice chicken into 1-inch pieces. Drain tortellini, reserving ¼ cup of the cooking water.

■ Heat oil in a large skillet over medium-high heat. Sprinkle chicken with ½ tsp of the salt. Add to skillet and brown on all sides, 5 minutes. Stir in spinach, tomatoes, heavy cream and remaining ½ tsp salt. Simmer 1 minute. Add tortellini and reserved pasta water, if needed; cook 2 minutes. Remove from heat and toss with Parmesan. Grind black pepper over top.

PER SERVING 492 CAL; 17 g FAT (7 g SAT); 40 g PRO; 45 g CARB; 4 g FIBER; 784 mg SODIUM; 123 mg CHOL

2. Moroccan Steak Salad

MAKES 4 servings

PREP 10 minutes **COOK** 8 minutes

¾ cup dry pearl couscous

2 oz dried apricots (about ¼ to ½ cup)

¾ lb beef filet mignon

¾ tsp garam masala

¾ tsp salt

¼ tsp ground black pepper

¼ cup sliced almonds

2 tbsp olive oil

1 can (15 oz) chickpeas, drained and rinsed

2½ cups packed arugula

3 tbsp cider vinegar

2 tsp honey

■ Bring a medium saucepan of lightly salted water to a boil. Add couscous and cook 7 minutes. Stir apricots into couscous and cook 1 minute more.

■ Meanwhile, cut steak into ¾-inch pieces. Toss with ½ tsp of the garam masala,

¼ tsp of the salt and ½ tsp of the pepper. Heat a large stainless skillet over medium heat. Add almonds and toast 3 minutes, shaking pan frequently. Transfer to a plate. Increase heat to medium-high and add 1 tbsp of the oil, swirling to coat pan. Add beef and sear on all sides, 2 to 3 minutes.

■ Drain couscous and transfer to a large serving bowl. Add beef and any drippings, chickpeas and arugula to bowl. In a small bowl, whisk vinegar, honey and remaining 1 tbsp olive oil, ¼ tsp garam masala, ½ tsp salt and ½ tsp pepper. Add to large bowl and toss. Stir in toasted almonds and serve.

PER SERVING 505 CAL; 22 g FAT (5 g SAT); 27 g PRO; 50 g CARB; 8 g FIBER; 809 mg SODIUM; 55 mg CHOL

3. Asian Lettuce Wraps

MAKES 4 servings

PREP 7 minutes **COOK** 12 minutes

2 medium carrots, thinly sliced, or ¾ cup shredded

2 heads Boston lettuce

1 tbsp canola oil

1 pkg (8 oz) sliced mushrooms

1 sweet yellow pepper, cored, seeded and cut into ½-inch pieces

2 cloves garlic, sliced

1¼ lbs lean ground beef

1 pkg (8.8 oz) fully cooked brown rice

1 large egg

3 scallions, sliced

3 tbsp low-sodium soy sauce

3 tbsp rice vinegar

2 tsp sugar

1 tsp toasted sesame oil

1 tsp ground ginger

Mint leaves, for serving

Steamed broccoli

■ Combine carrots and ¼ cup water in a large lidded skillet over medium-high heat. Cover and cook 4 minutes.

■ Meanwhile, remove 16 leaves from lettuce, rinse and pat dry. Set aside.

■ Stir canola oil into skillet with carrots. Add mushrooms, sweet pepper and garlic. Cook 2 minutes. Crumble in ground beef and cook 3 minutes. Add brown rice and cook 2 minutes. Lightly beat egg; push skillet contents to one side of pan. Add egg to skillet and scramble, 1 minute. Stir in scallions, soy sauce, vinegar, sugar, sesame oil and ginger. Remove from heat.

■ Serve meat mixture with lettuce leaves (spoon a scant ⅓ cup into each leaf). Sprinkle with mint leaves and serve with steamed broccoli on the side.

PER SERVING 503 CAL; 22 g FAT (7 g SAT); 38 g PRO; 35 g CARB; 6 g FIBER; 624 mg SODIUM; 145 mg CHOL

4. Thai Rice Noodle Bowl

MAKES 4 servings

PREP 16 minutes **COOK** 2 minutes

GRILL OR BROIL 6 minutes

7 oz (half a 14 oz box) thin stir-fry rice noodles (such as Thai Kitchen)

½ cup rice vinegar

3 tbsp low-sodium soy sauce

3 tbsp creamy peanut butter

2 tbsp fish sauce

2 tbsp warm water

1 tbsp plus 1 tsp sugar

¼ tsp red pepper flakes

½ seedless cucumber

¾ lb small chicken breast halves, boneless pork chops or steak (see Note, page 122)

¾ tsp cornstarch

1 cup sweet pepper strips

½ cup shredded carrot

3 scallions, trimmed and sliced

½ cup cilantro leaves, sliced, plus more for serving

½ cup chopped peanuts

Lime wedges

■ Bring a large saucepan of water to a boil. Add noodles, turn off heat and let soak 6 to 8 minutes.

■ Meanwhile, in a small bowl, whisk vinegar, soy sauce, peanut butter, fish sauce, warm water, sugar and red pepper flakes until smooth. Peel, halve and slice cucumber into half-moons.

■ Heat grill pan or broiler. Place meat in a resealable plastic bag or a glass dish. Add 3 tbsp of the dressing, turning to coat.

■ Place remaining dressing in a small saucepan with cornstarch. Bring to a boil; boil 2 minutes. Remove from heat.

■ Grill or broil meat 6 minutes, turning once, until cooked through.

■ Drain and rinse noodles and transfer to a large bowl. Add sweet pepper, shredded carrot, cucumber, scallions and sliced cilantro. Drizzle dressing into bowl and toss to combine. Divide among 4 bowls. Slice chicken, pork or beef and divide among bowls. Sprinkle with cilantro leaves and



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Warm Apple Compote

Ingredients

1 1/2 tbsp butter or margarine
1 1/2 cups coarsely chopped apples
1/2 tbsp lemon juice
1/8 tsp nutmeg
1/4 cup Domino® Pourable Light Brown Sugar

Instructions

In a skillet, melt butter over medium-low heat. Stir in apples, lemon juice and nutmeg. Cook, stirring occasionally, until apples soften, about 7 minutes. Reduce heat to low and stir in sugar. Cook, stirring gently, until mixture becomes syrupy, about 2 minutes. Serve warm as a topping for pancakes, waffles, ice cream or oatmeal.

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chopped peanuts. Serve each bowl with a lime wedge.

PER SERVING 468 **CAL**; 16 g **FAT** (3 g **SAT**); 32 g **PRO**;
51 g **CARB**; 4 g **FIBER**; 763 mg **SODIUM**; 49 mg **CHOL**

Note: To save even more time, buy precooked chicken from the deli counter, slice and serve over noodle mixture. Swap in a reduced-calorie bottled Asian sesame salad dressing or peanut sauce for the dressing made here.

5. Schnitzel and Salad

MAKES 4 servings

PREP 14 minutes **COOK** 6 minutes

8 small thinly sliced boneless pork chops (about 1½ lbs)

¾ cup plain bread crumbs

½ plus ¼ tsp salt

1 large egg

½ all-purpose flour

1 pkg (11 oz) mixed salad greens

2 medium oranges

2 lemons

2 tsp honey

1 tsp Dijon mustard

½ tsp ground black pepper

2 tbsp olive oil

3 tbsp vegetable oil

■ If needed, quickly pound pork chops to ¼-inch thickness. Place bread crumbs and ½ tsp of the salt in a shallow bowl. Whisk egg plus **2 tbsp water** in a second bowl. Place flour in a third bowl.

■ Coat 1 pork chop in flour. Dip into egg mixture, allowing excess to drip back into

bowl. Coat with bread crumbs and transfer to a large cutting board. Repeat with remaining pork chops.

■ Place salad greens in a large bowl. Peel oranges and slice into half-moons. Add to greens. Juice 1 lemon to yield ¼ cup juice; cut second lemon into wedges. Whisk lemon juice with honey, mustard, remaining ¼ tsp salt and the pepper. Whisk in olive oil and toss with salad greens.

■ Heat 1½ tbsp of the vegetable oil in a large skillet over medium-high heat. Add 4 pork chops; cook 3 minutes, turning once. Repeat with remaining 1½ tbsp vegetable oil and 4 pork chops.

■ Divide salad among 4 plates. Top each with 2 pieces pork schnitzel. Serve with lemon wedges on the side.

PER SERVING 402 **CAL**; 18 g **FAT** (3 g **SAT**); 31 g **PRO**;
28 g **CARB**; 3 g **FIBER**; 804 mg **SODIUM**; 115 mg **CHOL**

6. Sausage, Peppers and Broccoli Rabe

MAKES 4 servings

PREP 7 minutes **COOK** 13 minutes

1 bunch broccoli rabe, tough stems trimmed

1½ lbs russet potatoes, scrubbed and cut into 2-inch pieces

1 pkg (12 oz) fully cooked roasted pepper and Asiago or Italian-style chicken sausage links

2 tbsp olive oil

1 sweet red pepper, cored, seeded and cut into 1-inch pieces

2 cloves garlic, sliced

½ tsp salt

½ cup milk

½ cup part-skim ricotta

■ Bring a large pot of lightly salted water to a boil. Add broccoli rabe and cook 1 minute. Remove to a strainer with a slotted spoon. Add potatoes to boiling water and cook 12 minutes.

■ Meanwhile, cut sausages on the bias into ¼-inch-thick slices and heat oil in a large skillet over medium-high heat. Add sausage, pepper and garlic and sauté 4 minutes. Squeeze liquid from broccoli rabe. Cut into 2-inch pieces and add to skillet. Sauté 2 minutes and season mixture with ½ tsp of the salt.

■ Drain potatoes; smash with milk and remaining ¼ plus ½ tsp of the salt. Divide potatoes among 4 shallow bowls. Top with sausage mixture and spoon 2 tbsp ricotta cheese on each serving.

PER SERVING 419 **CAL**; 18 g **FAT** (6 g **SAT**); 27 g **PRO**;
38 g **CARB**; 3 g **FIBER**; 772 mg **SODIUM**; 83 mg **CHOL**

There's only one extra ingredient in Homemade.



Buttercream Frosting

Ingredients

3 3/4 cups (1 lb. box) Domino®
Confectioners Sugar
1/2 cup butter (1 stick), softened
3 to 4 tablespoons milk
1 teaspoon vanilla extract

Instructions

In a large bowl with electric mixer at low speed, combine sugar, butter, milk and vanilla. Beat at medium speed 1 to 2 minutes until creamy. If desired, add more milk until frosting is spreading consistency.

Makes enough to fill and frost a 2-layer cake, a 13x9x2-inch sheet cake or 24 cupcakes.

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Say "bye, bye" to canned frosting. With Domino® Confectioners Sugar, and a few more ingredients you already know how to pronounce, your homemade Buttercream Frosting will be freshly whipped up before you can find your car keys to head to the store.

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to do Sweet!™*



You can also find our Buttercream Frosting recipe on the 1 lb. Domino® Confectioners Sugar box.

Collards Are the New Green

Super soul food! With three times the amount of calcium and twice the amount of fiber as kale, collard greens are gaining traction as a nutrient knockout. Contrary to common belief, collards don't need to be cooked for hours on end—they can be quickly sautéed or even served raw, which helps maintain all of this superfood's vitamins and minerals.

SMOKY COLLARD GREENS

Heat 2 tbsp **olive oil** in a large skillet over medium-low heat. Sauté 4 cloves sliced **garlic** and 1 tsp **smoked paprika** 2 minutes. Stir in 1 bunch (1¼ lbs) chopped **collard greens** (tough stems removed). Increase heat to medium-high and cook 7 minutes. Stir in ½ tsp **red wine vinegar** and ¼ tsp **salt**.



COLLARD SALAD WITH LEMON-TAHINI DRESSING

In a large bowl, whisk 3 tbsp **lemon juice**, 2 tbsp *each* **extra-virgin olive oil** and **tahini**, 1 tbsp **honey**, ½ tsp **salt** and freshly cracked **black pepper**. Toss with 1 bunch (1¼ lbs) **collard greens** (stems removed, cut into very thin strips), 1 cup *each* grated **Pecorino cheese** and **chopped pepper**, and ½ cup chopped **pecans**.



APPLE-GINGER GREEN JUICE

Combine 2 cups chopped **collard greens**, ½ cups cold **water**, 1 cored **green apple**, 2 stalks **celery**, a 1-inch piece peeled **ginger** and 2 tbsp **lime juice** in a blender and blend until smooth. Pour through a fine-mesh strainer. Serve over ice. Makes 2 servings.





Strawberry Flaxtini

- 8 Tbsp Almased
- 1½ cup water
- ½ cup strawberries
- 1 Tbsp flaxseeds, ground

TRY ANY OF THE DELICIOUS SMOOTHIES BELOW TO GET YOUR DIET STARTED

Green Energy

- 8 Tbsp Almased
- 12 oz unsweetened almond milk
- 1 cup raw spinach leaves
- ½ pear
- 1 tsp stevia (optional)



Mocha Magic

- 8 Tbsp Almased
- 12 oz unsweetened almond milk
- 1 Tbsp unsweetened cocoa powder
- ¼ cup cold coffee
- 1 tsp stevia (optional)



Cinnamon Roll

- 8 Tbsp Almased
- 12 oz unsweetened vanilla almond milk
- 1 tsp ground cinnamon
- 1 tsp stevia (optional)



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Fat deposits around your stomach are known to be the most detrimental to your health and also the hardest to get rid of. But with the delicious smoothies on the right, you can melt those stubborn pounds away.

Their key ingredient, Almased, helps you boost the fat-burning process while retaining muscle mass. The special fermentation used for making Almased releases bioactive peptides from its three main ingredients, soy, yogurt and honey. These peptides are unique to Almased and have been

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You can find Almased at your local health food store, GNC and the Vitamin Shoppe or visit www.almased.com.

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EAT LIKE A CAVEMAN

The Paleo diet—devoid of dairy, grains and refined sugar—is trending hard. With an emphasis on whole foods, fresh veggies and fewer simple carbs and preservatives, it definitely boasts some health benefits. Here are a few standout products that fit the bill.



Paleonola This crunchy, crave-busting snack takes the grain out of granola and swaps in nuts, seeds and natural flavorings. Available in Original, Chocolate Fix, Maple Pancake, Apple Pie and Pumpkin Pie. Paleonola.com and health food stores, \$9

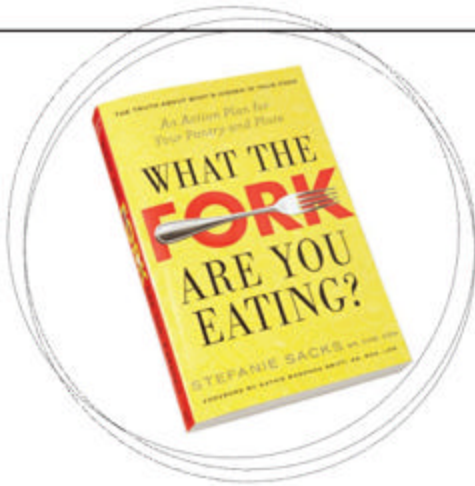
Steve's Paleo Goods

When Steve Liberati first put together pouches of jerky, nuts and dried fruit for at-risk teens in Camden, NJ, he just considered it a healthy way to boost his CrossFit students' nutrition. Now the pouches—plus granola, cereal, marinades and jerky—help fund his outreach program and are sold at CrossFit affiliates across the U.S. Stevespaleogoods.com, \$4 to \$12.50



Cappellos Pasta This line of fresh gluten- and grain-free fettuccine, lasagna sheets and gnocchi, made from a blend of almond and tapioca flours, will satisfy even the pickiest of pasta lovers. Priced at just about double the cost of traditional fresh pasta, these offerings are well worth the dough. Cappellosglutenfree.com and health food stores, \$11 to \$14 —Julie Miltenberger, Executive Food Editor





Know Thy Food

Ignorance isn't bliss, especially when it comes to the foods we put into our bodies. However, learning to truly decipher claims like "natural" and "hormone-free" can be daunting. That's why Stefanie Sacks' book, *What the Fork Are You Eating? An Action Plan for Your Pantry and Plate*, is worth a read. A professional chef and certified dietitian, Sacks helps readers navigate misleading food label terminology and shop better, all without scaring or shaming. Just the kind of spring cleaning we need. —Suzanne Rust, Lifestyle Editor

DIGEST + CONQUER

The next time you overindulge, skip the medicine cabinet and hit the bar. Bitters—an ingredient in many classic cocktails—were originally imbibed by the ancient Egyptians as a digestive aid. In the early 1800s bartenders started incorporating them into drinks to soften the harsh taste of liquors. Now they're popular both for belly woes and as drink enhancers. Whenever I overdo it, Urban Moonshine's Organic Citrus bitters helps soothe my stomach. —Regina Ragone, Food Director



Betty Crocker

dinner genius easy recipe 5 ingredients HELP



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Impossibly Easy Pizza Bake how-to at bisquick.com





Easy Veggie Lasagna

MAKES 10 servings
PREP 30 minutes **BRIL** 10 minutes
BAKE at 375° for 65 minutes

- 12 traditional lasagna noodles**
- 4 zucchini (about 1¾ lbs), trimmed and sliced lengthwise (24 slices total)**
- 1 tbsp olive oil**
- ¼ tsp salt**
- ¼ tsp black pepper**
- 2 containers (16 oz each) 2% cottage cheese**
- 2 egg yolks**
- ¼ cup fresh basil, chopped**
- 1 jar (24 oz) marinara sauce**
- 1 can (14.5 oz) diced tomatoes, drained**

1 box (9 oz) frozen artichoke hearts, thawed and chopped

3 cups shredded part-skim mozzarella
Chopped parsley (optional)

- Place dry noodles in a large bowl and add the hottest tap water you can. Soak 20 minutes.
- Meanwhile, heat broiler. Toss zucchini with oil and ¼ tsp each of the salt and pepper. Spread onto 1 large or 2 small baking sheets. Broil 5 minutes; flip slices over and broil an additional 5 minutes. Set aside. Lower oven temp to 375°.
- In a medium bowl, beat

cottage cheese, egg yolks, basil and remaining ¼ tsp each salt and pepper.

- Coat a 13 x 9 x 2-inch baking dish with **nonstick cooking spray**. Spread ½ cup of the marinara on bottom of dish. Top with 3 of the soaked noodles. Top noodles with 2 cups of the cottage cheese mixture. Add 3 more noodles to dish. Top noodles with half the zucchini slices. Combine remaining marinara sauce, the diced tomatoes and chopped artichoke hearts. Spread half over zucchini. Top with 3 noodles. Layer with remaining 2 cups cottage cheese mixture, remaining zucchini slices and 1 cup of the

mozzarella. Add remaining 3 noodles, remaining marinara mixture and top with remaining 2 cups mozzarella.

- Cover with nonstick foil and bake at 375° for 35 minutes. Uncover dish and bake an additional 30 minutes, until cheese is melted, edges are bubbly and noodles are tender when pierced with a knife. Sprinkle lasagna with chopped parsley, if using, and let stand 20 minutes before slicing.

PER SERVING 390 **CAL**; 13 g **FAT** (6 g **SAT**); 26 g **PRO**; 42 g **CARB**; 5 g **FIBER**; 965 mg **SODIUM**; 74 mg **CHOL**

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DON'T BE CHICKEN.

MAKE A GREAT SUPPER IN JUST 15 MINUTES.



Sausage ~~CHICKEN~~ ALFREDO

READY IN: ~~1 HOUR~~ 15 minutes

1 pkg. Hillshire Farm® Smoked Sausage

~~3 chicken breast halves, cubed~~

~~2 tbsps. butter, divided~~

~~2 cloves garlic, minced, divided~~

~~2 tbsps. chopped flat-leaf parsley~~

~~1 1/2 tps. Italian seasoning~~

~~1/2 onion, diced~~

~~1 1/2 tps. salt~~

~~1/2 tsp. ground white pepper~~

8 oz. pasta, cooked, drained

2 cups heavy cream

2 tsp. Cajun seasoning

1/2 cup grated Parmesan

1. Prepare pasta according to package directions; drain and set aside.

Sauté sausage for 5 minutes.

~~2. Cook chicken in butter, season with salt, white pepper and Italian seasoning in a large skillet over medium-high heat until chicken is no longer pink. Stir in onion and parsley, cook until onions are transparent.~~

3. Add ~~garlic~~ cloves, cream and Cajun seasoning and boil. Reduce heat; simmer 3–4 mins. or until mixture begins to thicken. Stir in Parmesan. Add pasta and toss.

Great additions are peas, tomatoes or any of your favorite vegetables. Just stir them in and simmer.



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WHAT'S NEW

BRIGHT ON!

PAGE 20: Jacket, **Pheel**, pheel.com, \$81.
Top, **Fila Sport**, kohls.com, \$34.
Leggings, **Fila Sport**, kohls.com, \$40.
Tank, **Vimmia**, vimmia.com, \$98.
Leggings, **Reebok**, reebok.com, \$55.
Shorts, **Athleta**, athleta.com, \$49.

STYLE

Products not listed are available at mass retailers.

BEAUTY CONFIDENTIAL

PAGES 25-30: **Bioré** Self-Heating One-Minute Mask, Ulta, \$7. **Bliss** MicroMagic Microdermabrasion Treatment, Ulta, \$48. **Blowpro** Heat Is On Protective Daily Primer, Ulta, \$18. **Boscia** Green Tea Blotting Linens, Sephora, \$10. **Christie Brinkley Authentic Skincare** Uplift + IR Defense Firming Neck & Décolleté Treatment, Kohl's, \$69. **CND SolarOil**, cnd.com, \$11. **Dermadoctor** KP Duty Scrub, sephora.com, \$46. **Kiehl's** Ultra Facial Toner, kiehls.com, \$16. **Goldwell** Dualsenses Rich Repair Cream Shampoo, goldwell.com, \$16. **Goldwell** Rich Repair Anti-Breakage Conditioner, goldwell.com, \$17. **L'Occitane** Shea Butter Hand Cream, usa.loccitane.com, \$12. **Ole Henriksen** Ultimate Lift Neck Crème, olehenriksen.com, \$45. **Make Up For Ever** Camouflage Cream Pot (in 10 shades), makeupforever.com, \$20. **Rita Hazan** Ultimate Shine Color Gloss, Ulta, \$26.

HOME

Most items pictured but not listed are from private collections. Products not listed are available at mass retailers.

NATURAL BEAUTY

PAGES 42-43: Untitled #3 and Untitled #5 Photograph Prints by **Anna Moller**, upriseart.com. **West Elm** Short and Tall Glass Jar Pendants in Clear, \$99 each. **PAGES 44-45:** The Big Black & Blue Diptych, **Erin Lynn Welsh**, upriseart.com. **West Elm** Short and Tall Glass Jar Pendants in Clear, \$99 each. **Jayson Home** Moretz Pillow, jaysonhome.com, \$275.



—trending—

The “Anti-Aging” Breakthrough Everyone Is Talking About!

“There’s no denying that something that has a chance of reducing wrinkles, tightening saggy skin, decreasing body fat, increasing lean muscle mass, strengthening bones, and boosting mood, while giving you plenty of energy, is... at the very least... irresistible.”

When the famed Dr. Oz asked his audience, “How many of you want to start feeling 20 years younger right now?” and, after referencing the SeroVital[®]-hgh clinical trial, added, “I have been searching for this from the day we started the show. I’ve been looking for ways of increasing hGH naturally because I don’t like getting the injections,” the sales of SeroVital (the patented hGH-boosting oral supplement) skyrocketed.

The belief that injections of Human Growth Hormone (hGH) may help reduce body fat, increase lean muscle mass, boost mood, heighten sex drive, get rid of wrinkles, tighten saggy skin and provide plenty of youthful energy has been, for the most part, an “underground” Hollywood thing. Even *Shape* magazine noted: “When you see a 50-year-old actress who can pass for 35, you can bet that good genes aren’t the only things responsible for her youthful glow.”

However, as attractive as hGH therapy became, the high cost of injections (about \$15,000 a year) limited the benefits of hGH therapy to the very rich and famous.

Since Dr. Oz introduced the results of the groundbreaking SeroVital study (which was presented at the prestigious Obesity Society’s international scientific meeting held in San Antonio, Texas), SeroVital was exhibited at The Academy of Women’s

Health’s 21st Annual Congress in Washington, DC and The 9th World Congress of Cosmetic Dermatology held in Athens, Greece. Even the United States Patent Office has added to the SeroVital mystique by issuing not one but **seven** U.S. Patents to protect the SeroVital formula from imitators.*

With all the extraordinary worldwide publicity surrounding SeroVital, it has become the fastest-selling, most talked about “anti-aging” compound in America.

To all of you who have used SeroVital and contributed to its overwhelming success by generously spreading the word, we at SanMedica International™ sincerely thank you. To those of you who wish to learn more about this amazing, patented formula and get all the facts, please visit SeroVital.com or call 1-800-467-5560.



SeroVital is currently available at all Ulta stores, Kohl’s and select GNC locations, or directly from SanMedica International at SeroVital.com or by calling **1-800-467-5560** (use promo code **HGH293** and shipping is free!). SeroVital will soon be available at prestige retailers nationwide. A full 30-day supply costs about \$100 USD.

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Bill Telepan

While volunteering at his daughter's school seven years ago, renowned NYC chef and restaurant owner Bill Telepan couldn't resist a quick peek in the cafeteria—which spurred his offer to revamp the salad set-up with fresh greens, raw veggies and homemade dressing. He has remained involved ever since through an organization called Wellness in the Schools (see below). This easy Vegetarian Chili gets an A+ from students.

Vegetarian Chili

- 4 **tbsp vegetable oil**
- 1 **onion, cut into small dice**
- 1 **red pepper, cut into small dice**
- 1 **green pepper, cut into small dice**
- 1 **jalapeño, seeded and minced**
- 4 **cloves garlic, minced**
- 2 **tbsp chili powder**
- 2 **tsp ground cumin**
- 2 **tsp dried oregano**
- 3 **oz tomato paste**
- 1 **can (28 oz) diced tomatoes**
- 3 **cans (15.5 oz each) beans (chickpeas, black or kidney), with about half the liquid drained**

■ Place oil in a pot over medium heat. Add onion, red and green peppers, jalapeño, garlic and a **pinch of salt**. Cook, covered, about 10 minutes, stirring occasionally.

■ Add chili powder, cumin, oregano and tomato paste. Mix well.

■ Add tomatoes and **6 oz water**. Simmer about 20 minutes, until thick.

■ Add beans and simmer 5 to 7 minutes.

Serves 4 to 6.



Wellness in the Schools, a growing, nationally recognized nonprofit, emphasizes healthy eating, fitness and respect for the environment. To learn more, go to wellnessintheschools.org.

Photo: Melanie Dunea/CPI Syndication

Family Circle (ISSN 0014-7206), March 2015, Volume 128, No. 3, is published monthly by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50309-5023. Periodicals postage paid at Des Moines, IA, and at additional mailing offices. Subscription prices: \$19.98 per year in the U.S.; \$41.98 (U.S. dollars) in Canada; \$53 (U.S. dollars) overseas. POSTMASTER: Send all UAA to CFS. (See DM1 7074.12.5.) NON-POSTAL AND MILITARY FACILITIES: Send address corrections to Family Circle, P.O. Box 37508, Boone, IA 50037-0508, or call 800-627-4444. In Canada: Mailed under Publications Mail Sales Product Agreement No. 40069223; Canadian BN 12348 2887 RT. Return undeliverable Canadian addresses to Family Circle, 2835 Kew D, Windsor, ON, N8T 3B7. © Meredith Corporation 2015. All rights reserved. Printed in the U.S.A.

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