

# NATURAL HEALTH

feel good | look good | do good

HOLISTIC M.D.

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

**WEIGHT**  
**LOSS**  
**SECRET**  
**WEAPONS**

**NO-DRUG**  
**BACK PAIN**  
**SOLUTIONS**  
(pg. 46)

NOVEMBER 2009

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



**JUMP TO IT!**  
The 10-minute  
Detox Workout

**GREEN UP**  
**YOUR**  
**BEAUTY**  
**ROUTINE**

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

**The Art of  
Gratitude**



# departments

## 15 Vital Signs

**Holiday:** Giving thanks isn't just good for your soul ... **Health:** Lose weight this holiday season (for real) ... **Nutrition:** Cancer-fighting quesadillas ... **Mind:** Laughter really is the best medicine ... **Advice:** Treat TMJ naturally ... and more.

## 30 Natural Beauty Detox Your Beauty Cabinet

Eco-stylist and designer Danny Seo shows you how to green your beauty routine.

OLESSA PINDAK

## 36 Healthy Appetites Hot Stuff

Chile peppers aren't just for culinary pizzazz—they're also low-calorie and loaded with vitamins and antioxidants.

ALISON ASHTON

## 46 Mind-Body Fitness We've Got Your Back

Stay limber and pain-free with our simple strengthening Pilates move.

HOLLY ST. LIFER

## 50 Good Medicine Energizing Enzymes

A fitter, rejuvenated you may be just one enzyme supplement away. Our buyer's guide shows you what you need now.

MEAGAN FRANCIS

## 82 Natural Healing

**Ask the Experts:** Can your pet get diabetes? ... Are garbage disposals eco-friendly? ... Are pumpkin seeds a healthy snack?



**ON THE COVER**  
Mehmet Oz, M.D., photographed by Tara Donne. Clothing stylist: Katy Robbins. Prop stylist: Lili Diallo. Hair stylist: Chris Newburg for RJ Bennett Represents. Slim fit stretch poplin shirt by Banana Republic (\$60). Reversible leather belt by Kenneth Cole Reaction (\$40).

## 30

**GREEN IT UP**  
Remake your beauty cabinet with tips from green guru Danny Seo.

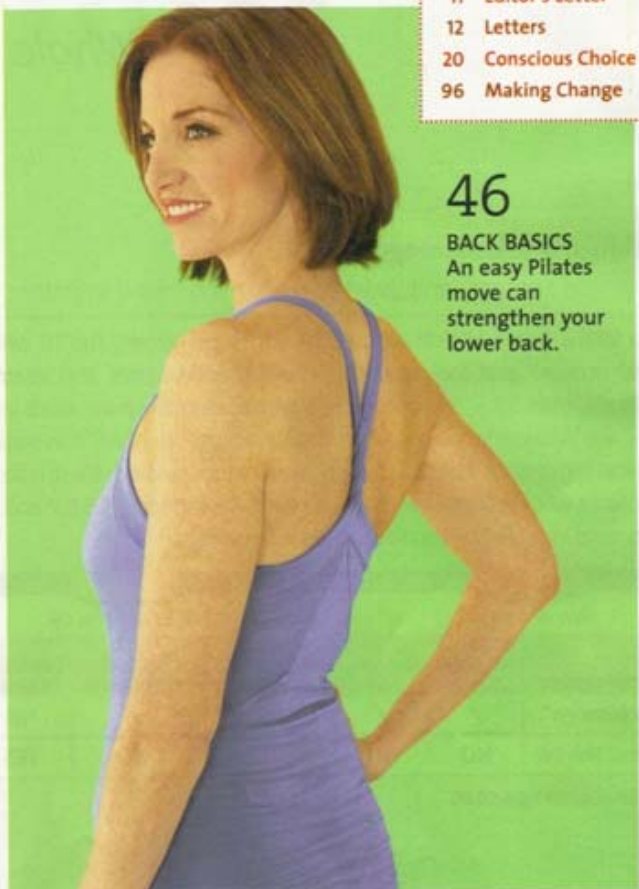


### IN EVERY ISSUE

- 11 Editor's Letter
- 12 Letters
- 20 Conscious Choice
- 96 Making Change

## 46

**BACK BASICS**  
An easy Pilates move can strengthen your lower back.



# Natural Beauty

**V**OU OPEN YOUR BEAUTY CABINET and look at the contents twice every single day, but if you're like most people, what's behind closed doors often isn't pretty. Old, expired skincare is common in every beauty cabinet and hair ties, bobby pins, cotton balls all start to pile up on one another, making not only an unsightly, but also bacteria-ridden space. At *Natural Health* we worked with eco beauty expert Danny Seo, who taught us how to overhaul our beauty cabinet to the essentials—and gave us some great tips for keeping things organized along the way.



## Detox your beauty cabinet



Eco-stylist and green designer **DANNY SEO** shows you how to make over your beauty cabinet, using easy-to-source vintage finds.

By **OLESSA PINDAK**  
Photography by **ALEXANDRA ROWLEY**



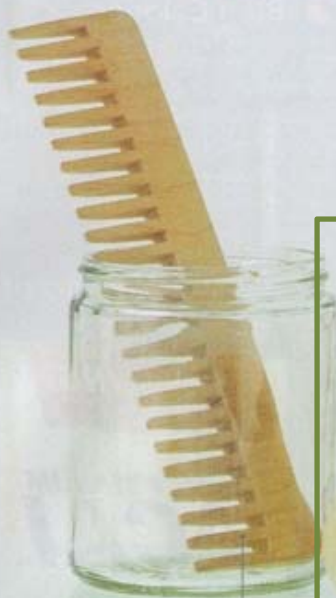
**Vintage glass rabbit dish with Maxim Organic Cotton Balls**  
We all have these funny things that get passed down from generation to generation. This was probably once used as a special Easter decoration, but instead of keeping it hidden in the back of a china cabinet, try using it to store organic cotton balls. (\$2.50; [maximhy.com](http://maximhy.com))



**Vintage glass florist frog with EcoTools makeup brushes & Aveda makeup brushes:**  
These florist frogs were originally used to hold flower stems in place for flower arranging. Found for about three dollars at flea markets, they're perfect for storing eco-chic makeup brushes. (\$8-12; [target.com](http://target.com) and \$12-34; [aveda.com](http://aveda.com))

*"Getting organized doesn't mean spending a lot of money. Be resourceful and repurpose what you already have."*

—Danny Seo



**Vintage glass tea cup**  
Tea cups with chips can no longer be used to drink out of, but are perfect for storing anything small like cosmetic rounds or bobby pins. This one is nice because it's clear so you can see exactly what's inside.

**Pangea Organics Eye Cream**  
This all-natural blend of rare Turkish rose and white tea work to nourish and repair the delicate skin around the eyes. Super concentrated, a little bit goes a long way. (\$55; [pangeaorganics.com](http://pangeaorganics.com))



**Acca Kappa Beechwood Comb in a recycled glass jelly jar**  
This natural wood comb is great for working out tangles and the jar is the simplest thing to find at home. If you don't have one around, the next time you finish up your jelly, place the jar into a pot of boiling water and voila—a new container. (\$28; [shopaccakappa.com](http://shopaccakappa.com))

**Wholearth Beauty + Bath Certified Organic Perfume Spray No. 7**  
Made strictly with organic alcohol, fragrance, and water, this spritz has spicy notes of bergamot, basil, and mandarin and an earthy dry-down of sandalwood and vanilla. (\$65; [wholearthbeauty.com](http://wholearthbeauty.com))

**J.R. Watkins Weatherproofing Lip Balm in Raspberry**  
Perfect for when there's a chill in the air, this is designed to hydrate lips and keep moisture from escaping with autumn winds. The all-natural ingredients make it a lip-friendly pick. (\$3; [jrwatkins.com](http://jrwatkins.com))

**Fair trade cinnamon bark box**

Made with cinnamon bark from Vietnam, these not only add a nice fragrance to your beauty cabinet, but the cinnamon acts as a natural antiseptic, making it a perfect storage unit. (\$10; [worldofgood.com](http://worldofgood.com))



**Boscia Soothing Cleansing Cream**

All Boscia products are preservative-free and made with botanicals to treat skin gently. The cleansing cream uses chamomile and carrot root to soothe skin and keep it looking young. (\$21; [bosciaskincare.com](http://bosciaskincare.com))



**Vintage glass bottle with branches for Goody Ouchless Elastics**

You can create a mini tree by sticking a sprig of thoroughly dried-out branches in an old bottle. If you don't already have a bottle lying around, this is the easiest and cheapest thing to get at a rummage sale. You can find one for twenty-five cents. (\$2; [goody.com](http://goody.com))

**Vintage espresso cup with Maxim Organic Cotton Swabs**

Tea cups are wonderful to hold any loose things you have floating in your beauty cabinet. If you're buying them at a thrift store, think about different sizes—espresso or children's tea cups are smaller, so ideal for items like cotton swabs. (\$3; [maximhy.com](http://maximhy.com))



**Wholearth Beauty + Bath Certified Organic Body Lotion in Grateful Planet**

USDA certified organic, the lotion can be used all over the body to soften skin and help prevent moisture loss. (\$25; [wholearthbeauty.com](http://wholearthbeauty.com))

**Nature's Gate Peppermint Whitening Toothpaste**

Gentle and sulfate-free, it contains baking soda for cleansing. (\$5.50; [natures-gate.com](http://natures-gate.com))



**Janeke Wooden Toothbrush**

Made from natural beechwood, this has pure bristle teeth. The shallow dish was probably once used for salt and pepper, but now keeps a toothbrush head sanitary. (\$8; [zitomer.com](http://zitomer.com))

