

HOTSHEET

HotSheet is a gathering of the hottest news in the alternative health industry.

Your child's CFS risk

New research out of St. Thomas's and St. Mary's Hospitals states that the risk of children developing chronic fatigue syndrome (CFS) skyrockets from September through December, or fall semester. Doctors hypothesize that this increase is due to the fact that children are finishing up their summer holiday, and the stress of a new term at school coupled with their increased exposure to infection-causing bacteria and viruses is hard on their systems.

During the study, it was determined that seventy-six percent of CFS cases were diagnosed between September and December, although researchers do concede that sometimes diagnosis is difficult. Researchers are concerned because although CFS is not fatal, it can take children up to three years to recover from its effects, which include joint and muscle pains, sleeping problems, mood swings and organ inflammation.



Study on clover and hot flashes underway

The importance of isoflavones (natural estrogenic plant compounds) for women with hormonal problems like PMS and menopausal discomforts is becoming more well known. The isoflavones in soy have been the subject of numerous studies on hot flashes and cramps, as well as osteoporosis, cholesterol and heart health. What many people do not know, however, is that clover is another good source of isoflavones.

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EXPERTADVICE

Treating heartburn and hypothyroidism



Louise Tenney, M.H., has written numerous titles dealing with the natural health and nutrition world. Some of her most popular works include Today's Herbal Health and Today's Herbal Health for Women.

Q: For the last couple of months, I have been experiencing a lot of heartburn. What causes it, and what natural alternatives are available for the treatment of heartburn?

—Doug in Forest Grove, OR

A: Heartburn is a digestive disorder that is often related to stomach acidity. There are quite a few different explanations for the causes of heartburn. Some blame the problem

on the amount of acidic food we consume in the typical American diet. Disturbing the alkaline-acid balance in the body can cause numerous bowel problems, including heartburn. I would recommend avoiding such foods as vinegar, orange juice, coffee and related items to see if it makes a difference. Medications like aspirin can also irritate the stomach lining. Another possible cause of heartburn is stress, which has more to do with lifestyle than food but can be just as hard on the stomach. Emotional stresses like divorce, death, estrangement, and financial problems can upset not only the balance of the digestive system but all the systems in the body.

Heartburn can also be caused by food allergies, hiatal hernias, ulcers or reflux esophagitis. (Pregnancy is also often accompanied by heartburn.) If heartburn persists despite dietary changes and supplementation, see a doctor.

For treatment of heartburn, try nibbling on blanched almonds, dry bread or uncooked oat flakes. Drinking a little milk to soothe irritation is also helpful. Teas made from chamomile and licorice root are beneficial, as are calcium-magnesium tablets. One tablespoon of yarrow juice diluted in eight ounces of water taken once a day for two or three weeks can help restore normal acidity. Aloe vera juice is also helpful.

To prevent heartburn, try including cabbage or potato juice in your diet to help dilute stomach acid. Sometimes heartburn is caused by eating too quickly. Slow down when eating—this can do wonders. In general, avoid drinking large amounts of milk. Although milk can neutralize stomach acid, it often creates a rebound effect. Try soy, almond or rice milk instead. Reduce the amount of acidic foods you include in your diet, and cut back on saturated fats, sugar, chocolate, caffeine and alcohol. Salted, smoked and fried meats should also be avoided.

If this doesn't solve the problem, try including digestive enzymes and *Lactobacillus acidophilus* into your daily diet regimen.

Q: I am pregnant and was recently diagnosed with hypothyroidism. What are the risks for me and my baby, and what natural things can I do to protect my baby's health?

— Pamela in Mobile, AL

A: Although hypothyroidism (the condition of having an underactive thyroid) is fairly common and easy to manage, its risks are potentially dangerous. Without treatment, you risk fatigue and depression, and you could threaten your baby's intellectual ability. However, with the proper medication and a few dietary/lifestyle changes, hypothyroidism shouldn't be a problem.

Most importantly, take your medication. The need for thyroid hormones increases during pregnancy, and if your thyroid gland is underactive, you will not produce enough of the hormone without your prescription. Monitor your hormone levels throughout your pregnancy.

Many health practitioners believe that an underactive thyroid is due, at least in part, to an iodine deficiency. Seaweeds, deep-sea fish and seafood such as lobster and oysters can boost your iodine levels, but consider also taking an iodine supplement while you are pregnant. **TH**

LEGALINFO



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YourHealth

Protecting the Health of Your Family

BACKATTACK

Back pain got you down? Try these natural remedies

Four out of five Americans will suffer from back pain at some time during their lives, and many back pain sufferers spend more of their lives in pain than not. Back pain is usually the result of strained or sprained muscles, either from overworked muscles or ligament damage. There are also various types of back pain, ranging from stiffness and tension to spasms or constant aching.

If the pain is simply a small muscle injury, healing should only take a couple of weeks or so, but more serious or repeated injuries can create chronic problems. Herniated disks or damaged vertebrae are very serious, and if you experience pain for long periods of time or suffer from loss

of bladder or bowel control, weakness or extreme pain, you should consult a health care professional.

If the problem is not serious, there are a number of things you can do to restore health to your back. The first—and often the most important—step to relieving back pain is to relax. Many health care professionals now believe that back pain is often a result of stress. No matter the cause, however, back pain affects your family relationships, your quality of work and your well-being. The box below contains some wonderful tips for healing pain associated with back muscles and ligaments.

8 Steps for Relieving Back Pain

- 1. POSTURE.** Don't sit in the same position too long. Distribute your weight between your feet when standing. Always align your shoulders and head with your torso. Carry weight mostly with your legs and keep any held objects close to the body.
- 2. HERBAL RUBS.** For muscle spasms, rub a mix of lobelia, myrrh and cramp bark extracts with a touch of cayenne into your back. They will act as muscle relaxants and pain relievers. Rub into aching area as needed. This mixture stores for approximately two years.
- 3. DEEP BREATHING.** When you experience pain, your breathing becomes shorter and your muscles are more tense. Breathing deeply allows more oxygen to arrive to the affected area, helping it heal more quickly. Lie on your back, close your eyes and slowly breathe in and out as deeply as you can. Visualize your body expanding and closing and the oxygen moving through your body to the muscles in pain. Continue this for 20–30 minutes.
- 4. MSM.** MSM is a sulphur compound that can relieve pain associated with muscle cramps. It works by interrupting pain impulses heading to the brain. By taking 1,000 mg three times a day for one to six weeks, you should see marked improvement.
- 5. HEALTHY DIET.** The food you eat affects every tissue cell in your body. Eat more fiber and drink more water. Limit your consumption of coffee, soda and other stimulants (they have an unnatural effect on the nervous system, which can lead to muscle dysfunction). If you are overweight, you are adding extra strain on your back—a diet would be beneficial.
- 6. YOGA.** Yoga is an excellent way to relieve muscle tension and promote strength and relaxation. Even trying two yoga poses daily should alleviate some back pain.
- 7. MAGNETS.** A growing number of health professionals believe that magnets can help relieve back pain. Magnets reportedly encourage blood flow and reduce inflammation. In a recent study on the benefits of magnets on post-polio patients, magnets were found to reduce back pain by up to 75 percent.
- 8. MENTAL REFOCUSING.** Often physical pain associated with the back is only part of the problem. Repressed emotions and stress, say some researchers, can trigger physical responses in the body. By focusing on the cause of your pain (i.e., daily stresses and problems, rather than the pain itself), you can alleviate some of its symptoms.

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In fact, Dr. Bruce Ettinger and his team at Kaiser Permanente have been studying the effect of two different types of clover on menopausal hot flashes and on cholesterol levels. **Clover is of particular interest because it contains four important types of isoflavones compared with soy's two.**

The study is ongoing, and Ettinger requires that female participants not be on any type of hormone replacement therapy for at least three months prior to the study. They also must not have had a period in six months, and they should be experiencing frequent hot flashes.

The goal of the study is to look at two different clover extracts and a placebo and their effects on female participants' menopausal and cholesterol problems. This study also has the added importance of being the largest clinical trial of phytoestrogens so far.

Currently, study findings are positive, and phytoestrogens do not have the same negative side effects associated with them that their prescription counterparts do.



A new test for early cancer detection

Researchers out of Johns Hopkins University believe they may have found a new method of testing for cancerous growths that allows for much earlier detection. The new method of testing saliva and urine does not work for all cancers but would allow doctors to check for DNA abnormalities in these fluids. If these tests prove viable, they

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would allow for cancer detection years before symptoms appear.

Tests on patients suffering from cancers of the lung, voice box, mouth, throat and bladder showed 100 percent sensitivity to abnormal DNA particles. Researchers say that a mutation in the tumor guaranteed a detection in the bodily fluid.

The test works by detecting DNA strands that have been dumped by the tumor into the bloodstream and excreted by the body. These mutated DNA strands lead to dysfunctional cell division and give rise to tumor development and growth.

In order to further test their theory, researchers tested a urine sample of the late U.S. Vice President Hubert Humphrey taken nine years before he was diagnosed with urinary cancer. The test showed the presence of DNA mutations.

Researchers are optimistic that these studies can push cancer detection up two, four or more years from its current position. New tests are being developed that search for more numerous DNA strands and are 200 times more sensitive than the original test. Major clinical research for these tests will begin next year.



Breast-feeding benefits your baby

A new study out of *Developmental Medicine and Child Neurology* discusses the benefits of two essential fatty acids (EFAs) that exist in breast milk. Research out of Retina Foundation in Dallas, Texas

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SupplementSpotlight

A Brief Look at a Supplement Superstar

BERRYBUGBUSTER

Discover the antiviral punch of elderberry

Uses:

cold, flu, allergies, herpes, respiratory problems, HIV

Elderberries, the dark fruit of elder trees, are now being touted as one of the hottest herbal cold and flu fighters since echinacea. Elderberries have been found to possess antiviral proteins that actually prevent viruses from invading cells. They also contain large amounts of vitamin C and are rich in bioflavonoids, all of which make them excellent immune builders and cell protectors. In addition, elderberries have expectorant and astringent properties that relieve congestion. Because elderberries also encourage sweating, they are excellent for breaking fevers and ridding the body of infection. Finally, elderberries are currently being studied for their effect on the HIV virus and as a possible treatment for herpes.

A recent study in the *Journal of Alternative and*

Complementary Medicine found that flu patients taking elderberry recovered faster than those who did not. Ninety percent of those taking the prescribed 10 mL of elderberry four times daily were symptom-free in three days. The group not taking the elderberry extract took twice as long to recover. Madeleine Mumcuoglu, Ph.D., a former virology researcher at Hebrew University in Jerusalem, states that patients taking the extract showed higher levels of cytokines, immune system proteins, in their blood.

In a 1998 study at Tisch Family Zoological Gardens, chimpanzees given elderberry extract as a preventative during cold and flu season were three times less likely to get sick compared with the untreated chimps. In addition, treated chimps who did get sick suffered for an average of 24 hours compared with the untreated chimps' two- to six-day illnesses.

Research on using elderberry

for other viral infections like herpes and HIV is still in early stages, but in vitro studies show that the extract does have the potential to inhibit the reproduction of these viruses in the body. Studies on the decongestive properties of elderberry, however, remain incomplete.

The side effects associated with elderberry are minimal—the most common is slight stomach irritation, which can be alleviated by taking elderberry with food. The extract of elderberry seems to be the most effective form, although elderberry is also available in capsule and syrup forms. Never eat raw elderberries, however, as they are toxic and will cause vomiting. The bark and leaves of the elder tree can also cause an allergic reaction on the skin. Follow dosage suggestions on labels—dosage can be slightly larger for the treatment of an illness than it is for daily prevention. Those who suffer from severe allergies should use elderberry products with caution. **TH**

CURRENT Top Ten SUPPLEMENTS

The results of the latest Hartman Group study are in, and they show that vitamins and minerals account for 56 percent of sales in the vitamins, minerals, herbs and supplements category, with multivitamins being the top seller. And sales in the last year have increased 68–71 percent in the U.S.—topping \$10.4 billion. Another interesting shift is the move of purchases from natural product stores to supermarkets, drugstores and mass-market stores, which also accounts for a definite decline in supplement prices.

1. GARLIC
2. GINKGO
3. ST. JOHN'S WORT
4. GLUCOSAMINE
5. ECHINACEA
6. GINSENG
7. SAW PALMETTO
8. CHONDROITIN
9. COENZYME Q₁₀
10. KAVA KAVA

FoodStuff

Eat Healthy, Live Better

SLIMMERAFTERTHE DINNER

Root Vegetable Potpie with Whole-Wheat Crust

(Serves 8 to 10)

FILLING

- 2 1/2 c. plain nonfat soy milk
- 2 T. chopped fresh thyme
- 1/2 tsp. dried thyme
- 2 T. chopped fresh sage
- 1/2 tsp. dried sage
- 4 medium garlic cloves, minced
- 2 1/2 T. olive oil
- 3 T. all-purpose flour
- salt and ground pepper to taste
- 1 medium onion, chopped
- 2 medium celery roots (approx. 1 lb.),
peeled and cut into 1/2-inch dice
- 3 large carrots (about 1 lb.),
peeled and cut into 1/4-inch rounds
- 3 large parsnips (about 3/4 lb.),
peeled and cut into 1/4-inch rounds
- 1 1/2 lb. potatoes, diced in 1/2" pieces
- 2 c. frozen peas

Combine soy milk, thyme, sage and garlic in medium saucepan and bring to a boil. Reduce heat and simmer for 2 minutes; keep warm. Heat 2 tablespoons to boil in a nonstick saucepan over medium-low heat. Add flour and whisk until flour turns golden, about 3 minutes. Quickly add soy milk mixture and whisk until smooth. When sauce begins to bubble, whisk over low heat for about 4 minutes or until thickened. Season with salt and pepper to taste and set aside. Heat remaining 1/2 tablespoon oil in medium skillet over medium heat. Add onion and saute until brown, about 5 minutes. Season with salt and pepper and transfer to a large bowl.

In a large lidded saucepan with steamer basket, bring an inch or two of water to a boil. Place celery roots, carrots and parsnips in the basket, cover and steam until almost tender, about 6–8 minutes. Add to onion, along with potatoes and peas. Pour the sauce over vegetables and toss gently. Transfer to a 9" x 13" baking dish coated with cooking spray.

CRUST

- 3/4 c. whole-wheat flour
- 3/4 c. all-purpose flour
- 1/2 tsp. salt
- 6 T. vegetable oil
- 6 T. ice water
- 1 tsp. cider vinegar

Preheat oven to 350° F. Whisk together flours and salt in a small bowl. Work in oil with a fork until mixture is pebbly. Combine ice water and vinegar in a small bowl. Add to flour mixture, 1 tablespoon at a time, until a rough dough forms. Transfer to lightly floured surface and roll out to form a 10" x 14" rectangle. Carefully place dough over filling and press edges with tines of a fork. Using a sharp knife, poke several steam vents in crust. Bake for 50 minutes or until crust is golden. Cool on a rack for at least 5 minutes before serving.

by Victoria Abbott Riccardi

CHANGEYOURGRAIN

The joy of nonwheat baking—helpful tips

For those with allergies to wheat, eliminating it from the diet can be a challenge. Wheat is added to numerous packaged and restaurant foods and is a base ingredient in countless recipes. Although changing your diet can be difficult and may take some time to get used to, there are a variety of grains that make wonderful additions to basic foods, including waffles, cookies and breads. The following are examples of grains that often go unused in the average American home but make delicious alternatives to wheat.

Spelt. A relative of hard red winter wheat, this flour can be used for making bread and is available in whole and refined forms. It is one of the best wheat substitutes in terms of flavor, texture and performance. When cooking with spelt, reduce kneading time by three minutes and reduce liquid volume by twenty percent.

Barley. This flour is good for crumble and streusel toppings. It is often combined with flour in cookies, flatbreads and quick breads.

Buckwheat. This soft flour is ideal for crepes. It becomes dense when cooked, so use smaller quantities in breads and other baked goods.

Millet. This flour has a dry, crumbly texture and is often mixed with a more adhesive flour (like barley) to make a batter or dough.

Quinoa. This flour can be used alone in pancakes and cakes, but it has a strong flavor and is best used in combination with a mild-tasting flour.

Rye. This flour is hearty and dense and is delicious when combined with corn for quick breads. It can also be used alone for great gingerbread cookies. **TH**

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suggests that these EFAs may be beneficial to the intellectual development of babies.

When the docosahexaenoic acid (DHA) and arachidonic acid (AA) were added to baby's formula, the infants who used this formula scored higher than average on the Bayley Scales of Infant Development test—105.6 compared with the 100 average.



Using pecans in the fight against LDL cholesterol

New research out of the *Journal of the American Dietetic Association* suggests that although pecans are high in fat, they may actually lower "bad" LDL cholesterol.

Dr. Wanda Morgan and fellow researchers at New Mexico State University studied the effect of adding pecans to the diet by observing the diets of individuals with normal cholesterol. Those in the pecan group ate sixty-eight grams of pecans each day, while those in the control group continued their normal diet and avoided nuts. **Those in the control group experienced no change in their LDL cholesterol levels, but those who added pecans to their diets experienced an average ten percent drop in their LDL cholesterol.**



New foods double as medicines

As the American public becomes more health conscious, food companies are

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altering their approaches to match the public's needs. **For instance, Benecol, a new line of margarines and salad dressings, doubles as a cholesterol-lowering medicine. The active ingredient in Benecol is a compound from pine tree pulp thought to have cholesterol-lowering abilities.** Researchers found that this compound reduced cholesterol by as much as 10 percent.

While Benecol is not an alternative to healthy eating and lifestyle, it does mark a new age in food marketing and purpose. By using foods like Benecol in addition to a healthy diet and lifestyle, a person may have more success in managing their heart health than with prescriptions or diet alone. And Benecol's success may prompt other companies to produce food items that double as medicinal products.



Children's diabetes risk on the rise

Ileana Bargas, M.D., physician at the Naomi Berrie Diabetes Center in New York City, warns that **an alarming number of children are being diagnosed for Type II (adult onset) diabetes.** Bargas says that the cause of this rise is obvious—today one in five children is obese, and the number has grown 22 percent in the last fifteen years. Obesity, inactivity and poor diet are all associated with the development of type II diabetes, because they all can affect the function of blood sugar metabolism. Many health care professionals feel that Type II diabetes can be prevented by improving diet and engaging in more physical activity. **TH**

Fight back against seasonal allergies

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require big dietary and lifestyle changes. The results these treatments bring, however, are worth it. Many people who have chosen alternative therapies for their severe allergic problems have experienced such dramatic changes in their overall health that they would not do it any other way. In fact, you may find that if you dedicate yourself to alternative healing methods, other health problems—especially those having to do with the sinuses, bowels, lungs and skin—will also dissipate.

The first step in treating seasonal allergies is to try to pinpoint the cause. For instance, if you experience hay fever symptoms in the spring, your allergies are probably due to tree and flower pollen; however, if your allergies flare up in the summer, your allergies are more likely the result of freshly cut grasses and weeds. If you have symptoms in the fall, your allergies are often due to tree mold spores. Of course, the source of your allergies will depend on where you live, and other substances should also be investigated, including dust and animal hair. A doctor can test you to help pinpoint the source(s) of your allergies, but if you believe your allergies are the result of plant pollination, it should not be hard to pinpoint the possible culprits with a little research into the vegetation and seasonal pollination cycles in your area.

Since hay fever is simply an overreaction of the immune system, boosting your immunity should be top priority. The toxins we come in contact with daily, our stress levels and the kind of diet we have all can weaken or strengthen our body's immunity and change the way we react to allergens. In fact, seasonal allergies can often

be reduced or *stopped altogether* by uncovering hidden food allergies. The reasoning behind this idea is simple—food allergies are affecting your body's ability to fight off other invaders, so if you can eliminate these allergens from your diet, your body will be in better shape to fight off other threats to your health. You may find that you are not sick as often because your immune system is better able to deal with the bacterial and viral infections you come in contact with. Milk, wheat and sugar are all common food irritants, but keeping a food diary or getting a scratch

contain pantothenic acid (vitamin B5), which helps detoxify mucous membranes. Other sources of this vitamin include peas, carrots, cauliflower, soybeans, nutritional yeast, bran, nuts and eggs.

Other important vitamins include vitamins A, E and C. Vitamin A is essential for mucous membrane health, while vitamin E acts as an antioxidant and antihistamine. Taking vitamins A and E in combination for a few months prior to the allergy season can actually prevent hayfever altogether in some people. Vitamin C is also a good recommendation because of its immune boosting ability. In fact, if taken in high dosages, it can act like an antihistamine without the drowsiness associated with drugstore antihistamines. Other immune boosters include *L. acidophilus* and thymus gland extract. In addition, essential fatty acid (EFA) deficiencies can aggravate allergies, so including fresh-water fish, such as salmon, in the diet is also beneficial.

To treat an allergic reaction, nettle juice and leaves are helpful for relieving inflammation and congestion. Ground ivy can reduce phlegm, and chamomile and rosemary oils can be made into salves and rubbed into the chest and face to relieve discomfort.

Although herbal treatments for hay fever are helpful, improving your overall health now will often prevent seasonal allergies in the first place and is the best course of action. For more information on dealing with both food and seasonal allergies, see the Woodland title *Allergies and Holistic Healing* by Skye Weintraub, N.D. **TH**

Ephedra: Powerful Allergy Fighter

The Commission E Monographs, based on the findings of a special committee of the German Federal Institute for Drugs and Medical Devices, endorse ephedra as a treatment for seasonal allergies. Using ephedra to treat hay fever is also endorsed by the World Health Organization (WHO). Ephedra stimulates the nervous system and produces actions similar to adrenaline. It is also endorsed for use against sinusitis, allergic rhinitis, the common cold and bronchial asthma. People with high blood pressure or sleeping disorders should consult a health care professional before using ephedra.

test at your doctor's office can help you pinpoint food allergies and other irritants.

When you begin treatment for your allergies, it is beneficial to start with a juice fast rich in leafy vegetables. After the fast, your diet should consist of raw foods to stimulate your immune system. Fresh fruits and vegetables, whole grains and fresh-water fish are good choices. If you suspect a food allergy, introduce the food slowly into your diet and record daily the reactions of your body. Make sure to test only one suspected allergen at a time.

Including white beans in your diet can be beneficial for your hay fever, because they

Get energized—try these natural energy-enhancing tips

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PHYSICAL INACTIVITY or sleeping too much can also lead to a general lack of energy. Even if a gym is not for you, walking or stretching for 45 minutes, three times a week is suggested.

SOMETIMES FATIGUE IS DUE to a problem with the thyroid gland, especially if you are pregnant. Consider talking to your health-care professional about thyroid testing. Adding kelp to your diet is also helpful because of its iodine content—an iodine deficiency is sometimes responsible for thyroid disorders.

DEPRESSION, NERVOUS TENSION AND emotional or physical stress can tax the body, and if experienced daily, they can lead to a chronic lack of energy. Research suggests that daily journal writing is effective for dealing with depression and stress. Daily meditation is also helpful.

MAKE AN HERBAL JUICE by mixing sage, rosemary and oat juice (from the green plant), and take 1 tablespoon each day. This juice will help counteract nervous tension and irritability, as well as exhaustion. It is also good for insomnia if taken before bed.

AROMATHERAPY IS a positive and easy way to stimulate or relax the body. The scents work with chemicals in your brain for a calming and/or energizing effect. Basil, marjoram, pine, rosemary and red thyme oils are all excellent for those suffering from fatigue.

COENZYME Q₁₀ IS A useful supplement that increases the supply of oxygen to your body tissues, thereby boosting your energy and performance levels. This supplement should be easy to find at any pharmacy or health store.

LONG-TERM FATIGUE can be a symptom of low blood pressure, arthritis, diabetes, cancer or liver problems. If you are concerned, see your health care professional.

CONSIDER GETTING TESTED FOR weak adrenals or low iron in the blood. If you are suffering from either of these problems, you are likely to feel a general lack of energy. DHEA, a precursor hormone, can help with adrenal problems, and low iron can be remedied with a simple mineral supplement fortified with iron.

MAKE AN EFFORT to unwind before bedtime. By reading, going for a short walk or taking a bath before you go to sleep, you have a chance to release tension and stress that will affect how well you sleep each night. Also, try not to eat right before retiring to bed.

CONSIDER ADDING TWO OR MORE yoga positions to your daily routine. There are a number of books on how yoga increases well-being and fights fatigue.

THE PRESENCE OF a yeast infection in the body can also decrease energy levels by overtaxing the immune system. These infections can be brought on by antibiotics, birth control and environmental stress. Acidophilus and a cleansing diet are helpful for dealing with yeast infections. Serious infections may require medication.

THE PRESENCE OF PARASITES in the body can also compromise your immune system and lead to chronic fatigue or lack of energy. Goldenseal, echinacea, grapefruit seed extract, zinc and vitamin C can all help fight microbes and support healthy immune function.

ESPECIALLY DURING THE spring and summer months, when the weather is getting warmer, you should be drinking plenty of water. Also, consider trying this energy booster: 3 cups pineapple juice, 1 cup water, 1 cup alfalfa sprouts and 10 almonds, all blended until smooth.

ONE OF THE MOST substantial problems of the typical American diet is a lack of fiber. Aim for 25–35 grams of dietary fiber each day by including beans, fruits (like apples, skin included) and whole grains to the diet. Fiber is essential for proper digestion and elimination, both of which affect all other body systems.

BOOSTING THE IMMUNE SYSTEM is especially important for enhancing your energy levels, especially if you have been ill. Consider adding vitamin C, bee products and green foods to your daily diet to fight infection and fatigue. **TH**



Physical exercise can do wonders for raising your energy levels.

NEXTMONTH
in
Today's
HERBS

Spring **C**leaning
Detoxification Programs
for Optimal Health

SPORTS NUTRITION

A guide to alternative nutrition and supplements for athletes—find out what's hot in the sports arena