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editor's note

FOOD for Humans

This issue has a whole lot of one of my favorite things—food!

One of the perks of being an editor is that I am constantly offered a vast array of food samples. Many companies send full-size products to our office, and we also attend trade shows with endless rows of free food. Many times, I've felt like a kid in a candy store!

It's therefore a pleasure to share some of our favorite food products this month in "Superstars: The Best Natural and Organic Products from Health Food Stores" (p. 52). With the help of regular contributor and self-proclaimed foodie Lisa Turner (inspireeating.com and the new iPhone app "The Healthy Gourmet: Inspired Eats"), we've put together a list of foods that taste delicious, are nutritionally balanced, have mostly organic ingredients, and are available at most health food stores.

I love to shop at a little health food store in Northern California called Food for Humans where I've been able to buy many of these products. Not only do I love the selection and local, organic produce available there, but I also love the store's name because it captures the essence of natural foods. The products spotlighted on pages 52–56 are just that—food for humans.

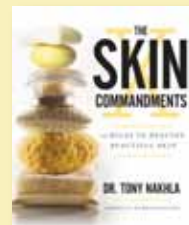
September is National Organic Harvest Month. To celebrate, we included a pull-out section (p. 30) featuring the top 12 foods to always buy organic. You'll find tips for cooking, buying, and storing these fruits and vegetables along with their peak seasons.

Please also try and enjoy the other recipes in this issue—from the cleansing, pH-balancing Napa Rolls with Green Pea, Basil, and Garlic Sauce (p. 34) to the comforting Basic Blueberry Corn Muffins (p. 60). There's even a pet-friendly recipe (p. 50) for Grass-Fed Burgers with Savory Parsley Sauce. Bon appétit!



Nicole

The articles in *Better Nutrition* are for educational purposes only. They are not intended to replace the advice of health care professionals, who should be consulted for diagnosis and treatment of illness, medication use, and changes to diet or supplement plan.



BOOK-OF- THE-MONTH CORNER

The Skin Commandments: 10 Rules to Healthy, Beautiful Skin by Tony Nakhla, DO, FAOCD. This new book gives you a dermatologist's secrets for flawless skin—at any age. Nakhla has extensive training in traditional and holistic medicine and offers an integrative approach to achieving beautiful skin. Most of his suggestions are natural based, including his "must-have" antioxidant supplements, superfoods, beauty oils, and hydrating beverages for great-looking skin. It's everything you ever wanted to know about your skin and how to improve it naturally and through advanced beauty treatments.

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