

Ease your itchy scalp \* Surprising facts about fat

# Natural Health®

feel good » look good » do good

## The energy answer!

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NOVEMBER 2011



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# 10 ways to go natural



**4.** **Learn to love your hot flashes** Turns out they're actually a good sign. Research shows that women who experience hot flashes, especially early in menopause, have a lower risk for cardiovascular disease and stroke than those who experience them later or not at all.

**5.**

**Get crafty** With a little imagination, you can save money the eco-friendly way by giving new uses to your old stuff. Turn plaid shirts into pennants, chopsticks into trivets or hotel toiletries into one big soap-on-a-rope. See how and get more ideas in environmental-lifestyle expert Danny Seo's latest book, *Upcycling* (Running Press).

**6.**

**Work out safely** More than 50,000 Americans land in the ER each year after injuring themselves on workout equipment. Don't be one of them: Ask how to properly use each machine (and stay off your phone while you're on the treadmill!).

**7.**

**Snack like a kid** It's no small feat finding a healthy snack your kids will actually want to eat. But **Peter Rabbit Organics** doesn't stop with tots: Their squeezable fruit and vegetable pouches are as palatable to adults as they are to children. Boost the nutrition in your next casserole by adding a veggie blend or squeeze a fruit purée over oatmeal—you can even blend them with ice and spirits for a healthy, grownups-only frozen treat.

