

10 Superfoods for KIDS // GREENS: Cleansing, Refreshing, & Energizing!

# betternutrition

THE SHOPPING MAGAZINE FOR NATURAL LIVING

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## WINNING BEAUTY PRODUCTS

Great Finds for Gorgeous Hair, Skin, & Nails

*plus!*  
**ANXIETY & MENOPAUSE**

*How to Balance Hormones & Brain Chemistry Naturally for Relief, p. 34*

**FACT OR FICTION?**  
Take Our Myth-Busting Quiz on Healthy Fats

**THE SPICY GOURMET**  
How to Season Your Meals Like a Pro

**EASY DETOX TIP**  
It's Simple: Eat More of This Food—Every Day

**CANCER PREVENTION**  
What Can You Really Do to Lower Your Risk?



# face



**ACURE Cell Stimulating Facial Mask**, featuring a smart mix of French green clay, argan stem cells, chlorella growth factor, CoQ10, and seabuckthorn oil, is the mask to reach for when you want softer, brighter-looking skin.



**ACURE Superfruit + Chlorella Growth Factor Facial Cleanser** is perfect for combination to oily skin—it leaves your skin feeling refreshed, easily removes makeup, and helps fight signs of aging.



**Annemarie Börlind Orange Blossom Energizer** is an on-the-spot skin revitalizer and firming agent in one. The credit goes to nourishing orange fruit extract, jojoba oil, carrot extract, and macadamia nut oil.



**Aubrey Collagen Restorative Moisturizer** suits all skin types and boasts the added cache of clinical research proving it works against wrinkles!



**Aztec Secret Indian Healing Clay** has developed a cult-like following for its ability to clear blackheads and blemishes. Try mixing with apple cider vinegar before applying as a mask.



**Badger Argan Face Cleansing Oil** contains an intoxicating blend of spa-scented oils (castor, argan, sunflower) to purify and replenish skin.



**Botanique by Himalaya Exfoliating Walnut & Wood Apple Face Scrub** has garnered its share of stellar reviews online, including one that reads, "My face simply glows when I use this scrub!"



**derma e Skin, Hair, and Nail Oil** is a must-have multipurpose beauty oil for a head-to-toe glow. This blend of organic argan, jojoba, and kukui oils tames frizz, hydrates dry cuticles, and is great for combating skin aging, too!