

Greener cleaners ✦ Kill house mold ✦ New weight-loss research

Natural Health[®]

feel good » look good » do good

EARTH-FRIENDLY BEAUTY FINDS
p. 38

DETOX YOUR WAY

✦ Boost your energy + clean up your diet without fasting. Find your plan p. 64

6 natural migraine remedies p. 58

Save the Earth!
5 simple ways to improve the planet & your health p. 84

Good Food Awards
Our top 30 healthy & delicious grocery picks
p. 72

Sculpt dancers' legs without pricey lessons
p. 44

ANTI ANTIBIOTICS?
HOW TO LIVE WITHOUT THEM

MARCH/APRIL 2013

DISPLAY UNTIL APRIL 15, 2013

\$4.99US \$6.99CAN

04>





* by **Ashlee Hillier**

win common scents

SMELL AS GOOD AS YOU FEEL. WITH OUR FAVORITE TOXIN-FREE
FRAGRANCES MADE FROM BOTANICALS AND ESSENTIAL OILS.

When it comes to beauty products, you likely go as natural as

possible—so fragrance should be no exception. Synthetic scents are often the culprits of headaches, nausea and migraines, and can have long-term health consequences as well, says Jeffrey A. Morrison, M.D., author of *Cleanse Your Body, Clear Your Mind* (Hudson Street Press).

"Phthalates (used as a preservative in fragrances) have an estrogenic hormone-disrupting effect, which can cause menstrual irregularities and PMS, wreak havoc on allergies and even increase your risk for breast and prostate cancers," Morrison says.

And it's not only the presence of phthalates that is raising concerns: A recent study published in *Environmental Health Perspectives* found that perfumes contain high concentrations of other endocrine (hormone)-disrupting chemicals, including parabens and triclosan (an anti-bacterial agent). What's more, researchers found that many chemicals detected in the products used in the study weren't listed on their labels—which means you could unwittingly be spritzing your skin with a toxic cocktail.

Fortunately, many newer fragrances are free of synthetic ingredients—and don't leave you smelling like the incense you burned in college. And because they contain essential oils from fruits, nuts, flowers and other botanicals, their essences vary depending on how and where they're grown. This makes them more complex than fragrances created in a laboratory, so they're more likely to smell unique on different people, says Victoria Fantauzzi, CEO and fragrance creator at La Bella Figura Beauty in Chicago.

No matter what type of fragrance you're drawn to—energizing citrus, sweet and yummy or something grassy or floral—you'll find one to suit you among our 12 toxin-free favorites for spring.

