

# Health & Wellness



## Ayala's Herbal Water

Ayala's infuses organic garden herbs, blended with spices and citrus peel, into purified water—with dazzling results. It's certified kosher and organic; no sweetener or calories. If you like unsweetened fruit-flavored waters, herb and spice flavors open up an exciting new perspective. If you don't like fruit flavors, herbs are far more sophisticated.

Flavors include Cinnamon Orange Peel, Clove Cardamom Cinnamon, Ginger Lemon Peel, Jasmine Vanilla, Lavender Mint Lemongrass Thyme and Lemongrass Mint Vanilla. While the names are a mouthful, the mouthful is calorie-free, sodium free, healthy, hydrating and wonderfully fragrant and flavorful. Ayala's Herbal Water is a refreshment, but it also pairs well with food. Try it with those small plate offerings.

## Teas' Tea

Unsweetened bottled teas, favorites are Jasmine, Lemongrass and Rose; but we give fair time to Golden Oolong, Mint Green and Pure Green. Teas' Teas are as refreshing as the coolest glass of glacier water—with all those antioxidants thrown in for good measure.

Whether you want your tea pure green, blended with white tea, flavored with jasmine, lemongrass or rose, a robust roasted hoji or a glorious oolong (the one non-green tea variety), this is a calorie-free, carb-free celebration of great tastes. Lemongrass Green Tea: Very healthy and incredibly flavorful, this Japanese-Thai fusion flavor hits a home run. *Photo by Naheed Choudhry.*



Read on! Great, healthy ways to shake up what you drink with more flavorful experiences.

## Hint Water

Drink Water, Not Sugar™. Here, lots of luscious fruit flavors reign in a zero-calorie, unsweetened water. From Pear to Pomegranate-Tangerine, they're refreshing and kid-friendly, too. You can think about flavoring water with citrus, cucumber, pear or herbs. Slices and herbs look beautiful in a water pitcher and a glass.

But for most of us, grabbing a bottle of already-infused Hint water is a sure thing. Hint is a line of simply splendid, calorie-free, sugar-free waters subtly flavored with natural fruit, vegetable and herb extracts. The waters are nothing like the sweetened Glaceau Fruitwaters or any of the other flavored waters we've tasted.

Think of Hint as the bottled version of what might be poured at a spa or a fine restaurant, where slices of cucumber or citrus are added to the water pitcher, and their flavors permeate the water to provide the drinker with a special taste experience. Or think of something even more magical, where the flavor of a fresh mango or pear has been infused into water, creating an invigorating deconstructed juice that has the flavor of the fruit but none of its sugar or heaviness—just pure refreshment.

Yes, Hint is so refreshing that people who have not been tempted to drink enough water may develop a real thirst for it. The standard line includes Cucumber, Lime, Pear, and Peppermint, plus Apple from the Hint Kids line. Seasonal flavors include Cranberry-Orange, Pomegranate-Tangerine, Tangerine, and Raspberry-Lime.

If you're a parent with influence over the choices available to your children at schools and recreational facilities, you can exert it on behalf of the Hint. Kids love flavors like Pear, Raspberry Lime, Strawberry-Kiwi and Tropical Punch. Hint is available at Whole Foods stores.

More information at [www.drinkhint.com](http://www.drinkhint.com). Start the new year healthy; drink well!

## Mediterranean Diet

According to an article in the prestigious journal Thorax, children of women who eat a Mediterranean diet rich in fruits and vegetables were a lot less likely to develop asthma and allergies later on in life. And eating vegetables more than eight times a week, fish more than three times a week and legumes more than once a week increased this protection against asthma and allergies, according to researchers.

These astounding results provide further proof of the health benefits of the Mediterranean diet which is rich in fish, healthy fats, fruits and vegetables. Increasing the amount of healthy fats and fresh food in your diet has been shown to not only improve overall health but metabolism, skin tone, blood sugar levels, and even mood.

Dr. Apostolos Pappas cites the four main principles of the Mediterranean diet in one of the original and best-selling Mediterranean diet books, The Saint-Tropez Diet (Hatherleigh Press):

- \*Eat more foods containing large amounts of healthy unsaturated fats, especially omega-3 essential fatty acids
- \*Eat foods rich in vitamin A, together with foods containing omega-3 essential fatty acids.
- \*Eliminate foods with unhealthy ratios of omega-6 to omega-3 essential fatty acids.
- \*Eat plenty of fruits and vegetables to boost your consumption of vital nutraceuticals with antioxidant activity.

Healthy lifestyle is the focus of the Mediterranean diet, whether you need to lose weight, or want to make sure that your children don't suffer from allergies or asthma later on in life.

The Saint-Tropez Diet is an essential tool in understanding everything you need to know about the Mediterranean diet to reap all of the health benefits from the Mediterranean lifestyle.

The book also contains recipes created by chefs from some of the most celebrated restaurants on the Cote d'Azur.

If you're having trouble eating the recommended servings of fruits and vegetables each day, try supplementing with Schiff® Fruits and Vegetables. It can help pick up where your diet leaves off with purified, concentrated phytonutrients from fruits and vegetables like broccoli, carrots, spinach, blueberries and cranberries, all in the convenience of one easy-to-swallow tablet.

**Have leftovers** and don't trust your nose? Find out how long it takes good food to go bad at [stilltasty.com](http://stilltasty.com) Search by food or category. Also find out answers to other food safety questions, like 'is it OK to eat chicken that's been frozen for over 2 years?' The answer is YES!



Small is beautiful. More restaurants are offering small plates, or small bites like the tapas imported from Spain, or dim sum from the Cantonese; small-plate meals which are healthier for you. Sized-down specialties like soy-dressed tuna salad, grilled eggplant with olive oil, sauteed asparagus wrapped in ham, crispy oysters, sweet potato dumplings, sauteed shrimp, tuna tacos, all contribute to the small plate trend. Plus, if you eat some high-fat foods, you are only getting a small amount. You can reproduce small plate dining in your home, making mealtime healthier, more interesting, tasty, and cost effective.

**FLAXSEED** - Research shows that cancer risks, including the risk for prostate cancer, may be reduced by 30 to 40 percent if people ate a more plant-based diet. This healthy diet includes fruits, vegetables, whole grains, beans, nuts and seeds – including flaxseed.

Cancer cells migrate by attaching onto other cells. The omega 3 fatty acids found in flaxseed keep cells from binding together and attaching to blood vessels. Here are some easy ways to get going with flaxseed:

- Try crackers or tortilla chips with flaxseed baked in; they have a pleasant nutty taste.
- Add ground flaxseed to cookies, muffins or cornbread recipes. Its mild and nutty flavor tastes great in peanut butter cookies, or in almost any baked good.
- Add ground flaxseed to yogurt or cottage cheese.
- Sprinkle flaxseed over your salad, or mix it into salad dressing.
- Sprinkle flaxseed over oatmeal, cold cereal or grits.
- Mix flaxseed into pancake or waffle batter. It also perks-up your maple syrup.
- Stir ground flaxseed into juice, water, sports drinks or smoothies.
- Sprinkle flaxseed over soup.
- Stir flaxseed in applesauce, jellies and jams.
- Mix flaxseed in with low-fat mayonnaise before putting it on a sandwich.

Research supports flaxseed's prostate cancer fighting power using only three tablespoons of flaxseed a day. Store unused portions of ground flaxseed in a tightly sealed container and keep it in a cool, dark and dry place, like the refrigerator or freezer, to keep it from spoiling.

**Alzheimer's** risk drops by 42 percent among people who eat lots of fish, vegetables, nuts, and other foods that are particularly low in saturated fat.

**FRIENDLY HOMETOWN SERVICE**

## Ione Pharmacy & Supply

New Product Lindsay Phillips  
SwitchFlops & Ballet Flats

Tyler Candles • Cards and Balloons  
Unique Gifts • Home Medical Equipment • Diabetic Supplies  
Digital Photo Machine

Monday - Friday 9:00 AM to 6:00 PM • Saturday 9:00 AM to 3:00 PM

307 Preston Ave., Ione, Hwy 124 & Hwy 104  
274-2432

Free Delivery • Best Gift Selection In Amador

*Stress is Destructive ...*

*Purrrrrfect!*

Fight Back, help accelerate your  
Natural Healing Process  
Relieve Pain! Call Today!

Donna Manfredi, AP, CMT  
Acupressure Practitioner

(209) 295-5583  
Cell: 304-6020

Acupressure Meridian Work  
Sports Massage Deep Tissue  
Reflexology Shiatsu  
Swedish Massage

GIFT CERTIFICATES  
AVAILABLE!

[www.awellnesshaven.net](http://www.awellnesshaven.net)