

Food Lover's Issue

March 2014

# Prevention

## 100 BEST CLEAN FOODS



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Cooking **Shortcuts**  
**Healing** with Food  
Insanely **Easy** Dinners  
What's **Hot & New**

**EAT REAL FOOD**  
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\$3.99US

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## We Tried It!



Alice in Wonderland might have dreamed up the latest craze in beauty potions, with labels reading "Drink me" for better skin. We sipped Elixir Juice Bar Skin Tonic (\$8; [elixirjuice.com](http://elixirjuice.com)) and the Organic Pharmacy's Clear Skin Tincture (\$26; [theorganicpharmacy.com](http://theorganicpharmacy.com)), and while our skin didn't change overnight, we did notice a subtle glow. To whip up your own beauty juice, stick to 80% vegetables and 20% fruit, says holistic nutritionist Joy McCarthy, RNCP.

Or try her blend below.

### GET GLOWING: BEAUTY JUICE

#### INGREDIENTS

- 4 kale leaves
- 1/2 cucumber, sliced
- 1 apple, sliced
- 1 lemon, peeled
- 1 slice fresh ginger

#### DIRECTIONS

Toss ingredients in a blender and process until smooth.

## See Wrinkles Run

*The newest age-fighters combine several potent ingredients to target the multiple issues that contribute to the appearance of fine lines, says Paul Jarrod Frank, MD, a cosmetic dermatologist in New York City.*

### Perricone MD OVM

(\$165; Sephora)

**WHAT IT IS:** A daily moisturizer that reduces wrinkles with no irritation

**HOW IT WORKS:** Eggshell membrane is combined with retinol to rejuvenate skin.

### StriVectin SD Advanced Intensive Concentrate for Wrinkles & Stretch Marks

(\$79; [strivectin.com](http://strivectin.com))

**WHAT IT IS:** A potent moisturizer with patented, science-backed peptides

**HOW IT WORKS:** Repairs collagen. We noticed an improvement in texture, fine lines, and sun spots after 2 weeks.

### Olay Regenerist Micro-Sculpting Cream

(\$22; [olay.com](http://olay.com))

**WHAT IT IS:** Daily moisturizer that reduces the look of fine lines after 1 day

**HOW IT WORKS:** Dill seed extract hydrates, and skin cell turnover is upped.

### Marie Veronique Organics Pacific Night Serum with Retinol

(\$150; [mvorganics.com](http://mvorganics.com))

**WHAT IT IS:** A totally natural nighttime retinol that repairs skin during sleep

**HOW IT WORKS:** Vitamin A mixes with peptides from algae to help elasticity.