

delicious

Raw Food + Lifestyle + Eco-Chic + Spa + Fitness

SPRING 2009 | *Spring in your step*

Beach Ready?

Great moves to firm and tone

plus Q + A with raw power couple
Angela Stokes & Matt Monarch

Raw Recipe Rave

Up close with **Matthew Kenney**
featuring all new recipes from
Entertaining in the Raw

What's Lurking in Your Lipstick?

Are your personal care products
and cosmetics really safe?

plus Diet + Diabetes with
Dr. Gabriel Cousens

THINKING MAN

David Wolfe

an interview

Eco-Chic

By Elissa Quist

fetching green.

(wag-wag-wag)



Ok, so we've taken the raw plunge! Now we are feeling great and are sporting that raw food glow. Our future feels bright, indeed. But a funny thing happens along the way... as we continue our journey. A whole new awareness develops. Along with our food choices, we begin to reconsider other choices as well. We start to ask questions about the ingredients in our lotions, soaps and shampoos. Perhaps we start reading the labels on our cleaning supplies and decide to use our apple cider vinegar for more than dressing our salads. We become more conscious of what our clothes are made of and how they are manufactured. "Is a sweatshop the reason my new sweater was so cheap?" Maybe we learn about carbon footprints and become more aware of the effect that consumerism has on our planet. Our commitment to be healthy doesn't stop with our apples... **so what about our pets?**

Are we doing what is best for Fido and Fluffy?

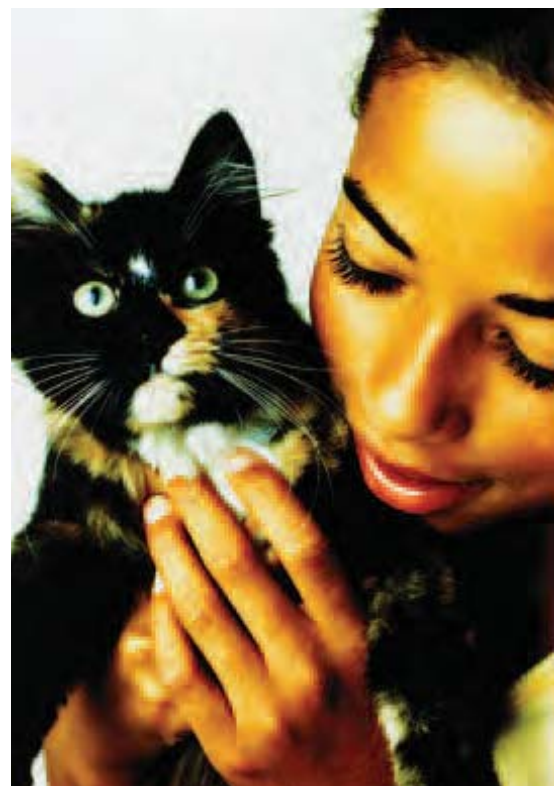
Yes, eventually our holistic eyes turn to our furry friends as we ponder exactly what is in the kibble in that big bag in the pantry. What about their shampoos, are they safe? What are the environmental hazards of buying those "new" cheap toys that have been shipped halfway around the world?

One option to consider is adding some raw, organic foods to our pet's diet – a holistic approach to

maintaining health and a shiny coat. As we know, raw whole foods in their organic state are loaded with nutrients and natural healing properties. "Conventional" pet foods, similar to our processed foods, undergo production methods such as heating and irradiation and many times contain fillers and allergens. This process destroys digestive enzymes, most essential vitamins, amino acids, probiotics, and other antioxidants. Pets may enjoy the very same benefits we do by adding more raw foods: more energy, healthy weight, reduction of allergies, fewer digestive disorders, stronger immunity, quality of life and longevity. Use caution, many foods can be toxic to animals such as grapes, mushrooms and nutmeg.

It's not just about the food.

Just like you and I, Fido and Fluffy should avoid unsafe ingredients. Pet care products that are natural and irritant- and carcinogen-free are now widely available for our best friends providing safe, healthy alternatives to commonly used shampoos, soaps and balms. As with humans, pets can also develop sensitivities to these questionable additives, chemicals and fragrances. This in turn can cause chronic and difficult-to-diagnose health and skin problems. Natural products promote and encourage the body's ability to safely heal. Things are a-changing... now there are smart, eco-friendly and green pet products everywhere. Pioneering companies are providing stylish, high-quality alternatives to those mega pet-mart purchases. Cool and chic collars made from recycled truck tires, comfortable and renewable fibers for

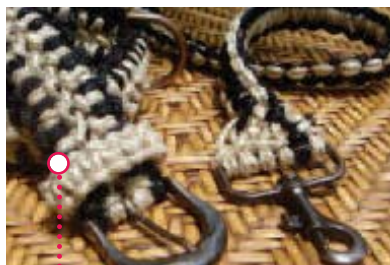


your pet's bed and toys. So you can feel good about tossing your pooch a toy made from clean recycled plastic bottles and giving your kitty organically grown catnip wrapped in organically grown cotton fabric! So many of these wonderful products are being produced in the USA, allowing us the opportunity to support the environment and the economy.

As we become more deliberate and informed, our purchases become a direct reflection of our commitment to health, well being and conscious living. Thanks to concerned and creative companies, we now have more responsible, conscious and healthy choices than ever for our entire family... even our furry kids.

It's the perfect hood ornament for your favorite co-pilot. Designed specifically for conscientious consumers and savvy fashionistas, each collar is handcrafted from reclaimed truck inner tubes and made in Boulder, Colorado. One hundred percent vegan, they are an ecologically sound alternative to animal products.

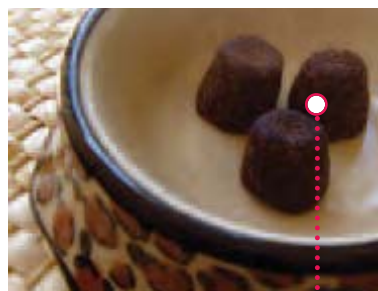
EnglishRetreads.com | \$39



Handsome, comfortable, rugged, fully adjustable and crafted from braided organic hemp makes this collar and leash an excellent choice because it is resistant to mold, bacteria, saltwater, sunlight, abrasion and chemicals. And it's eco-friendly.

123Raw.com | \$16

WasteFreeLivingStore.com | \$18



Chuckleberry Chews Raw Dog Treats are healthy and handcrafted in small batches from fresh, raw, certified organic ingredients. Just as Mother Nature intended. Our beagle adores them.

PetaCatalog.com | \$12

eco chic pet

7 FABULOUS FINDS



Paw Rub for dogs and their humans is formulated to protect, heal and moisturize. It's made with human-grade ingredients that are safe if ingested and is great for dry skin and chapped lips.

CainAndAbleCollection.com | \$6/18



Made from 85% post consumer recycled plastic bottles the plush Eco Nap is not only comfortable it's green and diverts over 40 bottles from the landfill per large mat! Made in the USA.

123Raw.com.com | \$24

WestPawDesign.com | \$28



With a face only a feline would love this "Hairball" is made from faux fur, filled with organic catnip and made in the USA. West Paw also features a great line of plush toys and pet beds made from recycled plastic bottles.

WestPawDesign.com | \$7



The ultra-light Bambu Lounger – what pet wouldn't feel positively pampered relaxing on this handmade, Scandinavian-inspired solid bamboo lounger? Easy on the eyes and planet.

PetLoungeStudios.com | \$249