

Natural Health

FOR A BALANCED, BLISSFUL LIFE

SIMPLIFY YOUR WHOLE LIFE

93 SECRETS FOR
FINDING SPACE,
TIME, MONEY &
HAPPINESS

LOVE VEGGIES EVEN MORE!

Tasty Ways
to Enjoy
Your Greens

The
10-Minute
Health
Test Every
Woman
Should Take

NATURAL AGE ERASERS

Look Younger for
as Little as \$7

Kristen Bell

ON EATING CLEAN,
NURTURING HER
FAMILY & KEEPING
PERSPECTIVE

NO-EFFORT WEIGHT LOSS

15 Delicious
& Fresh
Dishes
That Slim

MARCH/APRIL 2015

DISPLAY UNTIL APRIL 27, 2015

\$4.99US \$6.99CAN



0 74470 51081 9 04 >

Mar/Apr

2015

COVER STORIES & FEATURES

12

KRISTEN BELL

On quitting sugar, loving her body and putting family first

58

NATURAL AGE ERASERS

Straight-from-the-earth ingredients for smooth, even skin and gorgeous hair

64

LOVE VEGGIES EVEN MORE!

Three recipes that amp up your go-to greens

72

SIMPLIFY YOUR WHOLE LIFE

Stealth tips for a happy home and a healthier planet

78

NO-EFFORT WEIGHT LOSS

Eat right intuitively and love every bite!

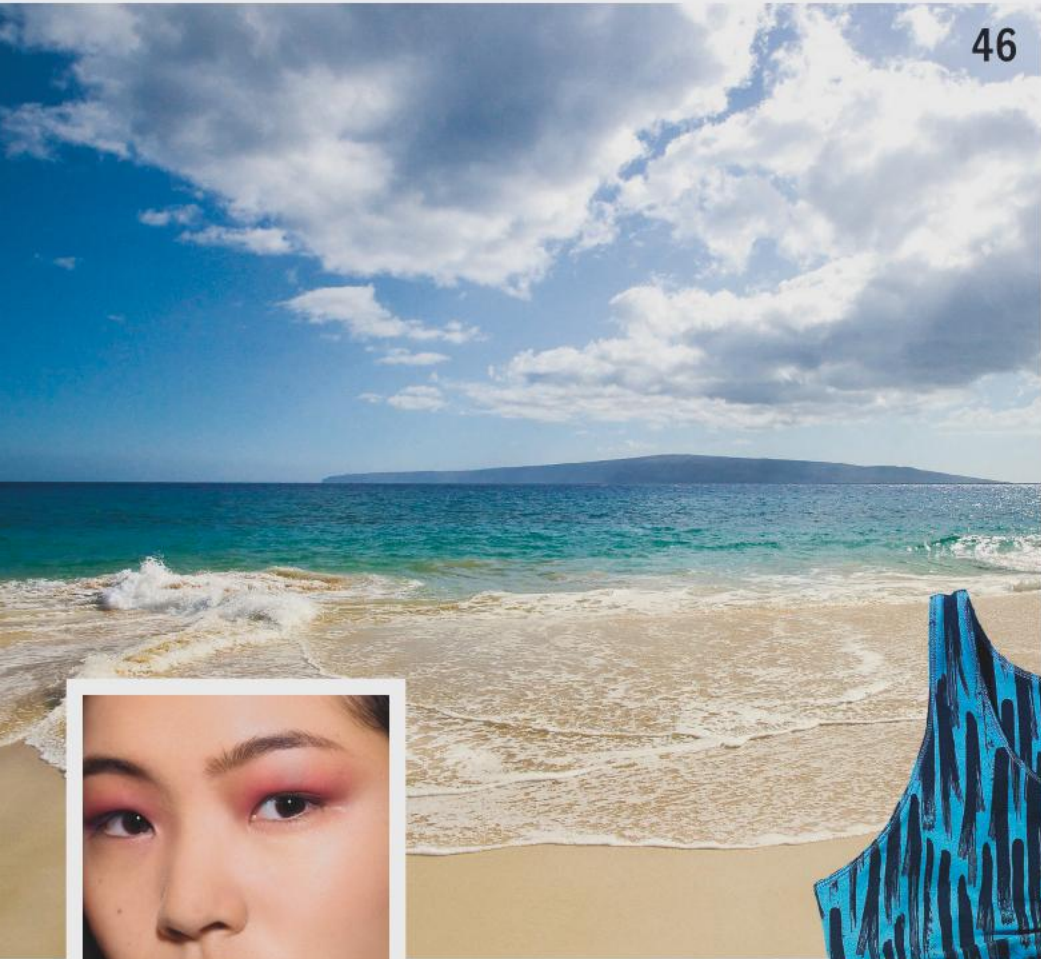
84

THE UNFILTERED TRUTH

The 10-minute H₂O test everyone should know about

**“I’VE
BECOME
MORE
CONSCIOUS
THAT THE
WORLD IS
ONE BIG
FAMILY.”**

—KRISTEN BELL



46



64



55



30

HOME & AWAY

- 37 WELCOME CHANGES**
The benefits of bare windows, how to switch up your home's scent and more
- 40 GO GREEN WITH EVANGELINE**
Our editor-at-large shares her favorite easy ways to show the planet some love.
- 42 PAWS HERE**
Move your pet adoption application to the top of the pile.
- 46 WORTH A VISIT**
Chill out amidst healthy, homegrown eats and luxurious landscapes in Maui.
- 48 ECO SPECIAL**
Six stars who are saving the planet

STAY HEALTHY

- 25 NEWS & NOTES**
Pucker up to boost immunity, dream on for a better memory and detox with coffee.
- 28 TREAT YOURSELF**
Three experts ease your back pain.
- 30 SMART MOVES**
Eco-chic activewear to take you from the mat to the farmers market
- 32 SPOTLIGHT**
Cool new research on yummy foods that boost your mood

YOUR STYLE

- 55 BEAUTY BUZZ**
Get pretty purple eyes, supple skin and effortless beachy waves.

GOOD FOOD

- 70 SHOP LIKE A CHEF**
The blink-and-you'll-miss-'em spring veggies to cook up tonight

IN EVERY ISSUE

- 4 POWERED BY YOU**
- 10 EDITOR'S NOTE**
- 88 MAKE ONE CHANGE**
- 90 ASK THE EXPERTS**
- 96 NATURAL WONDER**

ON THE COVER



Kristen Bell wears a Daniel Silverstein dress, A Peace Treaty earrings, Far & Wide Collective bracelets, Brilliant Earth diamond rings and a Wanderlust + Co ring. Get Bell's look with products from Neutrogena: Shine Control Liquid Makeup in Classic Ivory, Healthy Skin Smoothing Concealer in Fair, Healthy Skin Blends in Pure, Nourishing Eyeliner in Spiced Chocolate, Healthy Volume Mascara in Carbon Black, Nourishing Long Wear Eye Shadow + Built-in Primer in Cocoa Mauve and MoistureSmooth Color Stick in Sweet Watermelon.

(CLOCKWISE FROM LEFT): 145/PETER GRIDLEY/PHOTOGRAPHER'S CHOICE RT/OCEAN/CORBIS; LISA SHIN; ANNA WEBBER/STRINGER/GETTY IMAGES

powered by you

Life-enhancing tips, web exclusives and more



CLASSIC KRISTEN!

Check out online-only extras—including behind-the-scenes footage from our photo shoot with Bell—at naturalhealthmag.com/kristen.

EDITOR'S PICK

The everclen Sensitive Skin Gift Basket includes six super-gentle products to keep your skin silky smooth all over through spring. Enter to win one (valued at \$150) at naturalhealthmag.com/edpick.



GREEN UP MEALTIME



We're fans of the cauliflower tabbouleh from the new cookbook *Best Green Eats Ever* by Katrine Van Wyk. Get more nutrient-packed recipes at naturalhealthmag.com/healthy-eating.

Cauliflower Tabbouleh

SERVES 4

Finely chop 1 head cauliflower into grain-like pieces. Add cauliflower, 1 cup chopped tomatoes (about 2 medium), 1 cup chopped English or Persian cucumber, 1 cup chopped green bell pepper, 2 chopped spring onions, 1½ cups chopped curly kale,

½ cup finely chopped parsley and ½ cup finely chopped mint to a bowl; mix well. Drizzle in the juice of ½ lemon, 3 tablespoons olive oil, ¼ teaspoon salt and freshly ground pepper to taste. Mix well again and do a taste test. Add more lemon juice, salt or pepper if desired.

STAY IN TOUCH!

We want to know what you're loving in this issue and what you'd like to see more of. Tweet us @NaturalHealth, follow us on Instagram @naturalhealthmag, like us on Facebook or email us at letters@naturalhealthmag.com.

FILLED
WITH
Non-GMO
VEGAN
PLANT
power



earth
balance



earthbalancenatural.com
©2015 Boulder Brands USA, Inc.



KRISTEN BELL

cooler than ever

Behind that megawatt smile is a fierce mama bear determined to build a safer, kinder world for herself, her daughters and her fellow man. And she'll do it all while cracking you up.


BY SHAWNA MALCOM \ PHOTOGRAPHY BY JEFF LIPSKY \ FASHION EDITOR: CATHERINE PERIDIS



Kristen Bell arrives for breakfast at Stamp Proper Foods, a Los Angeles-area cafe, shortly after 9:45 on a Friday morning. Removing the helmet she wore while riding her bicycle from her nearby home, the 34-year-old actress places an order at the counter for tamales rancheros, her favorite item on the menu. Then she grabs a seat at a rustic wood table and offers up some saucy dish about Dax Shepard, her husband and father of her two daughters, Lincoln, 2, and newborn Delta, who arrived in December. “He often says he never thought he’d be surrounded by this many females,” she says of the actor, who’s now outnumbered 3-to-1 in the Bell-Shepard household, “while having so little sex.”

The joke, while borrowed from her hubby, is classic Kristen: unfiltered and delivered with the precise comic timing she’s famous for on-screen, whether playing wisecracking private eye Veronica Mars, ruthless management consultant Jeannie in Showtime’s *House of Lies* or spunky, modern heroine Anna in Disney’s *Frozen*. But while the Michigan native may have a winning sense of humor, she’s serious about making healthy choices for herself and her family. Here, the whip-smart Bell—a vegetarian since age 10 and the face of Neutrogena Naturals skin care—fills us in on her clean diet, her mindful approach to her post-baby body and why her favorite role is undoubtedly Mom.

Previous page: **Maiyet** dress, \$1,050, The Webster Miami; **A Peace Treaty** earrings, \$230, apeacetreaty.com. This page: **Amour Vert** dress, \$210, amourvert.com; **Karen Egren** black ring, \$45, and diamond band rings, \$45 each, karenegren.com; **Samilynn Jewelry** moon necklace, \$785, samilynnjewelry.com; **Victoria Bekerman Studio** bangle, \$130, victoriabekerman.com.



Juan Carlos Obando
top, \$1,100,
Barneys New York

NATURAL HEALTH: So how is everything with the new baby at home?

KRISTEN BELL: Blissful. Totally blissful. Right now I'm just focusing on creating a wonderful bond with her.

NH: How did your second pregnancy compare to your first?

KB: I gained a little less weight with this one. I think it's in part because I gave up sugar this time. Before I was pregnant, Dax and I gave up refined sugar for 30 days—cookies, brownies—and at the end, we went to the store and got the desserts we were craving. Then we pigged out and after about five minutes, we both felt like barfing. Like, “Oh, white sugar *is* toxic!” Since then we've just given it up in our

household. And now an apple tastes mind-blowingly delicious.

NH: What's your diet like now?

KB: For breakfast, I'll either do Manna bread or Dave's Killer Bread and a humanely harvested egg or two with sea salt. For lunch or dinner, I make a lot of what I call garbage-disposal salads: I'll start with a grain, like bulgur, or a bean, like lentils or chickpeas, then add lettuce and any fruit, vegetable and nut I can find—strawberries, cucumbers, walnuts. Put an over-easy egg on top and break the yolk as the sauce—game over! I get a box from FarmBox LA every week with vegetables, eggs and some chicken breasts for when I cook for meat-eaters.

NH: Wait—you cook chicken?

KB: It's from a farm right outside of L.A. called Mary's Free Range Chicken that is all but a [luxury spa] Burke Williams for the birds. It has the highest ratings of humane treatment. And when I cook it for people, they notice how different it tastes. The consensus is I make a damn good chicken breast, which is ironic. I really enjoy that FarmBox. They send me vegetables I've never even heard of!

NH: Like what?

KB: Tomatillos. I didn't really know what those were. And they exposed me to Swiss chard, which I then planted in my garden. I've learned to appreciate eating whatever is in season. If tomatoes aren't growing, maybe cool it on tomatoes. Mother Nature has a system. She rolls this way for a reason, you know?

NH: Definitely. Are you and Dax raising your daughters vegetarian?

KB: Nope. If they want to be, certainly

“I won't kill myself to look a certain way. And I won't ruin the first six months with my baby because I'm only eating lettuce.”



Lemlem shirt, \$225, lemlem.com; **7 For All Mankind** shorts, \$190, destinationmaternity.com; **Wren and Glory** earrings, \$85, wrenglory.com; **Victoria Bekerman Studio** silver rings, from \$85, and bracelet, \$95, victoriabekerman.com; **Wanderlust + Co** silver bangle, \$39, wanderlustandco.com; **Vanessa Lianne Jewelry** bracelet, \$250, vanessalianne.com.

I'll support that. But I'm exposing Lincoln to everything—healthy and within reason, of course. Our pediatrician said, "Give her everything you'd eat. Don't bland it down." So whatever we had—Chinese, Indian—we just made sure she could swallow it, and now she has an extreme palate. She likes curry and real briny stuff, like garlic and onions. She eats olive tapenade with a spoon. She's weird.

NH: After having Lincoln, you were vocal about taking all the time you needed to get back to your prepregnancy weight. Are you taking the same approach this go-round?

KB: Yeah. Part of it is just honest-to-goodness laziness. I'm not willing to kill myself to look a certain way. And I won't ruin the first six months of being with my baby because I'm only eating lettuce. It's also not healthy while you're breastfeeding, and I breastfeed like a champion.

"I let things unfold organically. For me, it's less about my circumstances and more about my perspective: Have a good attitude and you'll enjoy your life."

NH: Was it easier to watch your body change with the second pregnancy?

KB: It was more fun because we knew what was coming, and we knew the result: the baby. I was doing something extraordinary. It's a magical process. Plus, my husband likes me chubby.

NH: What's your post-baby workout routine like?

KB: My philosophy has been: One day a week, I'm not going to give into the fatigue. Every other day I might rest, but once a week, I'll get off my ass and ride my bike even though I'm tired. When I was pregnant, I'd do water aerobics with a few other pregnant girlfriends. We'd have these silly little dumbbells and huge Jackie O glasses and visors. It was hilarious. I felt like, just for the heck of it, we should've pulled out Virginia Slims afterward, pretended it was the '60s.

NH: You'd have people reporting you to the cops immediately!

KB: Right? But whatever exercise I do, my one rule is that I never work out in the evening. That time is for me, hubby and babies—always.

NH: Let's talk fashion—are you eco-conscious with your clothes?

KB: I try to be. I like a company called Out of Print, which isn't necessarily eco-conscious, but it's certainly ethically conscious. They do prints of old, cool books like *Animal Farm* and *Slaughterhouse-Five*, and for each T-shirt purchased, they donate a book to an African community. It's very cool.

NH: Since becoming a mom, have you become more focused on giving back?

KB: I've become more conscious that the world is one big family, you know? The older I get, the more I realize all these boundaries we've made with race, gender, city and country, it's all blsh*t.

NH: We're all in it together.

KB: Exactly! So I try to make decisions that benefit the most people. If I can buy Yoobi desk supplies and then school supplies go to a school in need, or buy a This Bar Saves Lives and a life-saving nutritional packet is sent to someone who needs it, then obviously that's what I'll do. *Obviously.*

NH: You've been instrumental in the No Kids Policy [a campaign to stop paparazzi from photographing celebs' children], too. Had you thought about the issue before you were a parent?

KB: It took being directly affected for me to get angry. The first months of carting a baby around, it was unnerving to be followed by strangers. And the recognition that that would be



Daniel Silverstein dress, \$265, danielsilverstein.us; A Peace Treaty earrings, \$230, apeacetreaty.com; Anahita V-ring, \$536, anahitajewelry.com; Wanderlust + Co open weave ring, \$29, wanderlustandco.com.

transferred to Lincoln was unacceptable. What if she doesn't want to be in the public eye? What if she wants to be a hermit and live in Fargo and play guitar and cook beans out of a pot? I'll support whatever my daughters want to do, so I better set up a scenario where they have options.

NH: Spoken like a great mom. What's surprised you most about motherhood?

KB: How cool of a job it really is. Before we had kids, I'd say to Dax, "I don't want to be like those people." I saw a few parents I didn't envy and was terrified I'd become crotchety and close-minded like them. And he said, "Those people had bad personalities *before* they had kids." Which is maybe the best point ever made. I was like, "You're right! And we're fun, so let's stay fun." Even though my life

has changed drastically, I've been surprised how little it's changed me.

NH: Are you where you thought you'd be today? And what's next?

KB: I am where I thought I'd be, but I didn't put too much effort into getting here. I let it unfold organically, and I hope to do that with the next five years. Maybe I'll be in the exact same spot. Maybe I'll be a stay-at-home mom. Maybe I'll have had five more kids. For me, it's less about my circumstances and more about my perspective: Have a good attitude and you'll enjoy your life.

NH: Do you really want five more kids?

KB: No, I don't want to be outnumbered! I think we're stopping at two. I'm not even sharing a *soda* with Dax until he gets his tubes tied! ♦

bell's tips for natural beauty

You wouldn't know it from her glow, but Bell has battled eczema and hyperpigmentation—so she loves gentle products. But she knows she's lucky to live in L.A., where she can nab pure goods: "It's great to have someone in Beverly Hills making deodorant in her kitchen, but what good does that do when she only sells to a hundred people?" That's why Bell's a brand ambassador for Neutrogena Naturals. "A line without phthalates, parabens or sulfates that my family in the Midwest can buy at a drugstore—that's huge," she says. "I'd love to say, 'Let's all go outside and smear mud on our faces,' but it's not realistic. People everywhere need access to responsible products." To get pretty the Bell way, try her fave buys and tips.

HOMEMADE BODY SCRUB

"I mix brown sugar, honey and coconut oil. You feel good about what's going on your skin and down the drain. And you smell like a delicious Mai Tai afterward!"

PURE FACE WIPES

"Neutrogena Naturals Purifying Makeup Remover Cleansing Towelettes (\$7, neutrogenanaturals.com) are my new obsession. I have them stashed everywhere."

A NATURAL DEODORANT

"I've made an effort not to use aluminum deodorant, so I found one on Etsy called **Fat and the Moon Deodorant Cream** (\$12, fatandthemoon.com). It's coconut oil, baking soda, arrowroot starch, beeswax and essential oils. I love it."

WIN IT! We're giving five lucky readers the entire Neutrogena Naturals line. Enter to win a beauty gift set at naturalhealthmag.com/deals.

WORK(OUT) OF ART

Still stuck in black capris? Freshen up your palette with eco-friendly fitness picks in on-trend painterly prints.



1 STROKE OF GENIUS

The high neckline keeps you covered—even in Cat-Cow—with a stretchy blend of recycled and organic materials. (Move by Alternative, \$58, alternativeapparel.com)

2 LEGS FOR DAYS

Show off toned stems in these tie-dye shorts, crafted at a solar-powered factory using soy pigments. (Gypsy05, \$60, gypsy05.com)

3 TOP SPLITCH

If feeling sleek keeps you motivated, you'll love these capris' wide waistband. Also cool: the responsibly sourced fabric. (Ellie, \$65, ellie.com)

4 ZIP CODE

This chic watercolor topper is printed with nontoxic chemicals. (Prismsport, \$98, prismsport.com)

5 FUTURE PERFECT

These abstract, made-in-the-USA capris pair just right with a black top or a bright one. (Koral Activewear, \$110, saksfifthavenue.com)

6 OFF TO THE RACES

This bra's flexible-but-strong support (made from recycled plastic bottles!) also boasts breathability. Comfort during Bikram: achieved. (Cozy Orange, \$38, cozyorange.com)

7 THINK TANK

Score a so-hot layered look with this racerback top, made in Los Angeles. (Vimmia, \$98, vimmia.com)