



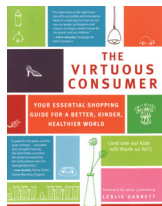
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reading



The Virtuous Consumer By Leslie Garrett

Reviewed by Tam Vo

Not everyone can bicycle to work, raise children diaper-free and farm organic vegetables. For the rest of us, however, there are infinitely more ways to make sustainable choices according to Leslie Garrett's *The Virtuous Consumer*. For busy people who want to buy more responsibly but don't know where to start, this thorough and accessible guide answers questions such as *Is it better to buy plastic bottles or cans?* (plastic can be recycled into a fleece jackets, cans can be recycled indefinitely) and *What are eco-friendly lines of lipstick?* (Burt's Bees and Kiss My Face, to start). Garrett breaks down buying into every possible consumer category, from food and clothing through travel and child

rearing, to energy consumption and pets. And yes, there's a beginner's guide to composting.

Peppered with insightful and colorful profiles of "virtuous consumers" and quirky trivia, the book makes for a fascinating read. For quick reference, readers can skip to "The Buy Line," a section at the end of each chapter that gives you quick shopping options. Garrett reassures us that we don't have to forgo all luxuries, but that conscious choices can lead to guilt-free enjoyment. Innovative tips provide ways to minimize waste and maximize the environment; there's no shame in re-gifting a present—consider it eco-friendly!

The Virtuous Consumer truly shows us that we can create a kinder, better world through environmentally and socially responsible actions. You can make a difference, one purchase at a time, starting with this book.

New World Library - \$15.95



Grow Your Own Pharmacy

By Linda Gray
Reviewed by Seven Jaini

Everything a healthy body needs comes from the earth. All of the essentials are right in the garden, we only need to cultivate them. Linda Gray, gardening expert and author, shows the way in *Grow Your Own Pharmacy*. The gardening itself is easy and may, in fact, account for some of the medicinal effects of growing your own pharmacy. The only challenge is knowing what to grow and why. This natural vitamin book lays out the daily essentials and how to produce them in an average garden. It goes beyond plant-based vitamins to minerals, medicinals, mushrooms and even edible flowers. This information-packed

guide has a brief but terrific section on herbs that heal, empowering readers to treat common ailments. Blackberry/bramble leaf tea, for instance, is a good overall tonic that soothes sore throats and ulcers. Borage for courage, fennel for digestion, lemon balm for restoring youth—these and others are as close and comforting as your botanical bed. Just replace the panoply of supplements in your medicine chest with a handful of garden herbs and go green! The culminating chapter on recipes will make your efforts fun and worthwhile. The easy-to-follow instructions for ratatouille, banana seed cakes, blackcurrant tarts and soups and salads galore will beckon you out of the drugstore and into the kitchen to experiment.

findhornpress.com - \$16.95



Supercharge Me! 30 Days Raw

Reviewed by Nicole Peyraud

Not many raw food vegans dream of becoming showgirls, but Jenna Norwood isn't your traditional health nut. After unsuccessfully trying on a tight showgirl costume for a Halloween party, Norwood vowed to slim down, trading in her favorite snacks for healthier options. Utilizing raw food experts from the Optimum Health Institute of San Diego and conjuring good old-fashioned discipline, Norwood decided to give raw food a chance for 30 days, feeding her soul and shedding excess weight bite by bite.

A play on the popular movie *Super Size Me*, *Supercharge Me! 30 Days Raw* takes a similar approach by following Norwood on an intimate, life-altering expedition. Hoping to experience transformation and restore a sense of health and well-being, Norwood goes head to head with her cravings,

powering through them with the aid of greens, fruits and nuts. Putting a light spin on serious health resolutions, Norwood successfully weaves education with entertainment, inviting viewers to join her as she navigates the foreign landscape of a raw lifestyle. Norwood's personal transformation is supplemented with valuable information on the benefits of raw, live foods.

Morphing into a certified raw foodie, Norwood notes significant derivatives from her new healthy eating habits. Losing a total of 15 pounds in 30 days, experiencing enhanced vitality, and healing her injured Achilles tendon are just some of the benefits she discovers. Inspired by her own health, Norwood decides that the raw way is the right way for her. A fun film packaged with a serious message, *Supercharge Me! 30 Days Raw* will leave you craving seconds.

Emporia Pictures - \$24.95

viewing