

Skin as Cool as a Cucumber

Packed with skincare benefits including vitamin C, caffeic acid and hydration, cucumbers are the perfect way to keep cool when those hot days approach. After lounging under the sun, cool down with Cold Compress Soothing Cucumber Mask from ClarityRx. This gentle gel mask cools on contact bringing instant relief to your stressed skin. Calming cucumber, chamomile and aloe blend together to soothe and hydrate while



providing relief for inflammation, redness and rosacea-prone skin.

After a day of fun in the sun, apply a thin layer to the face and neck for 10-15 minutes. Remove with tepid water and follow with a moisturizer. Use twice a week. Cold Compress Soothing Cucumber Mask is available at www.clarityclinicalskincare.com. Cost: \$27.50. Suitable for all skin types.

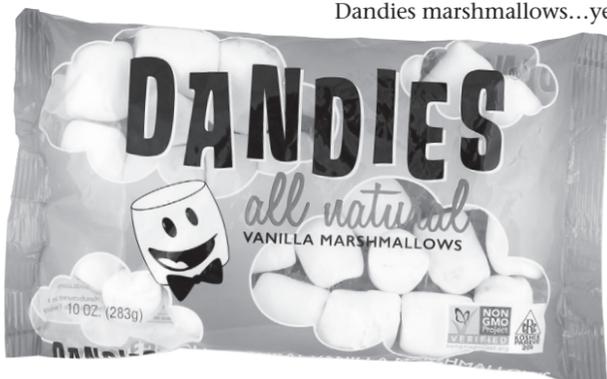


10-in-1 Rice & Multi-Cooker

With 10 cooking programs, including rice, risotto, reheat, oatmeal, slow cook, steam/soup, yogurt, baking browning and keep warm, the T-Fal 10-in-1 Rice & Multi-Cooker covers each and every home cook's needs. It's the ultimate appliance to have in the kitchen and makes a nice gift for Mother's day which is coming up in May. Cost: \$99.99 at Bed, Bath, & Beyond.

Finally! Marshmallows without that...

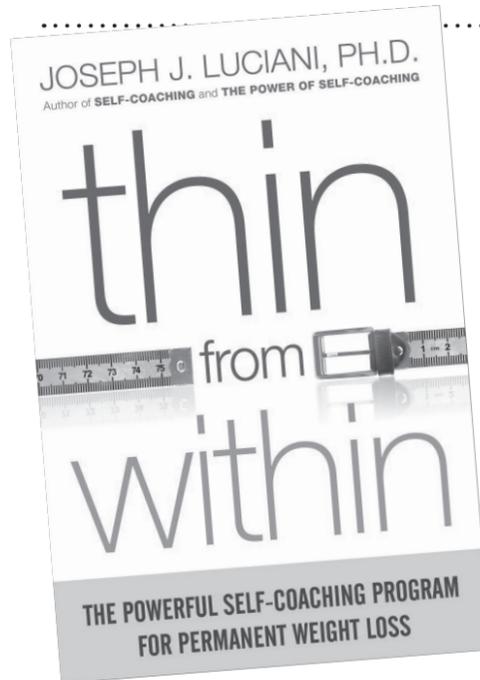
You know—that really not appealing ingredient that marshmallows have always had (answer: gelatin). Well it's not in the ingredients of Dandies marshmallows...yey!



In addition, Dandies marshmallows are the first Non-GMO Project Verified marshmallows on the market. They have a traditional texture and flavor that melts, tastes and bakes just like the marshmallows you grew up with. Made completely free of gelatin, artificial ingredients, and high fructose corn syrup, the products are produced in the company's dedicated facility, which is free of dairy, eggs, peanuts, and tree-nuts. Dandies' light and fluffy marshmallows are also free of wheat, gluten and corn, 100% vegan, and certified kosher.

Dandies Classic Vanilla Marshmallows are available in big (campfire style) and mini sizes at Whole Foods Market and other natural foods stores across the country for \$4.99. Visit DandiesMarshmallows.com

Coach Yourself to Weightloss



Fad diets often offer outlandish promises of, eat-whatever-you-want-and-lose-weight-quickly *fixes*, it's no wonder we're becoming addicted to chronic yo-yo dieting (one recent study revealed that by age 45, the average woman has been on 61 diets). Sadly, for many, losing and maintaining a healthy weight may seem difficult—if not impossible.

And yet, in spite a lifetime of countless frustrations with destructive eating habits—habits that inevitably resurface—the search for that elusive, mythical, effortless diet continues. And will continue as long as we keep ignoring one simple truth: losing weight and keeping it off has less to do with what you eat and just about everything to do with why you eat it.

Clinical psychologist, bestselling author of the *Self-Coaching* series, and author of the book, *Thin From Within: The Powerful Self-Coaching Program for Permanent Weight Loss* (AMACOM; January, 2016), Dr. Joseph Luciani understands why people struggle to lose weight and keep it off. Throughout his forty-year career, he's helped patients deal with, not only the emotional struggles of anxiety and depression, but with the emotional first-aid that many who struggle with every day stress seek from comfort food. Expanding his Self-Coaching program to include the psychology of weight loss and weight mastery, his revolutionary Self-Coaching insights, along with his 3-step technique of Self-Talk, can readily be applied to handling, not only the role that emotions play in destructive eating, but in building the self-trust and confidence necessary to handle the unique challenges of winning the war of calories.

Thin From Within is available in both paperback (\$16.95) and e-book (\$12.95) formats via Amazon. Learn more about Dr. Luciani at Self-coaching.net.

Go Nuts over Coconut Oil



Carrington Farms Organic Extra Virgin Coconut Oil Paks are packaged in single-serve packets. Each Pak contains 1 tbsp of organic unrefined cold-pressed coconut oil you can add to your morning coffee, smoothie or even popcorn.

Many believe coconut oil provides a wealth of benefits.

It can also be used as a hair conditioner, natural moisturizer, teeth whitener and more. Carrington's

pre-measured PAKS make adding coconut oil to your cooking, health/nutrition or beauty regimen easy. Cost: \$8.99 at grocery stores nationwide and at CarringtonFarms.com.