

Relaxing Fall Retreats for Weight Loss, Relationships, Detox (page 40)

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FOOD CONTROL

With the holidays fast approaching, some might be tempted to munch more than usual in order to comfort nerves frazzled by the season's extra stressors. "Emotional eating" occurs when we eat to self-soothe as opposed to fulfill our physiological needs," says Dr. Denise Lamothe, a clinical psychologist and author of *The Taming of the Chew*. Instead of turning to food for solace, Lamothe suggests ensuring you're getting proper rest, fresh air, sufficient water, and plenty of enjoyable exercise. For an extra boost, try the new Bach Emotional Eating Support Kit (bach remedies.com), which contains homeopathic tinctures made from crab apple (promotes positive self-image), cherry plum (fosters calm and control), and chestnut bud (inspires self-observance). Enjoying well-balanced emotional and physical health is certainly more delicious than any holiday treat. DANA LORD



stay smart longer The concern about keeping the mind healthy with age isn't new. For more than 2,000 years, the Chinese have utilized herbs and other natural therapies to protect and enhance brainpower. "According to the tenets of Traditional Chinese Medicine, our mental and cognitive abilities function under the influence of many factors," says Clair Beardson, a Traditional Chinese Medicine practitioner and consultant for The Mandarin Spa at Mandarin Oriental Hong Kong. "But certain herbs — combined with acupuncture, ideally — can help rebalance and rejuvenate the brain," she explains. Beardson suggests the following to help you remain sharp well into old age. L.B.



HERB Chinese date

WHAT IT DOES protects cells against oxidative damage and provides the brain with essential vitamins and minerals

TRY IT IN soups (add whole or dried fruit) or eat on its own as a snack at least once a week

HERB ginkgo

WHAT IT DOES stimulates brain microcirculation, ensuring that nutrients

reach every cell for enhanced memory and concentration

TRY IT IN tablets or capsules, 60 milligrams two to three times a day

HERB ginseng

WHAT IT DOES helps prevent brain cell degeneration by protecting against free radical damage

TRY IT IN tea, one cup at least once a day