

NATURAL HEALTH

feel good | look good | do good

WALK FOR MORE ENERGY

3 Easy Plans to Feel Great & Burn Calories

HELP FOR HEADACHES

6 New Ways to Stop the Pain

OUTDOOR BEAUTY SECRETS

IS YOUR DIET KEEPING YOU DOWN?

Eat to Beat Depression

ATTACK ACNE!

Find Out How, p. 41

SIMPLE SUMMER SAVERS

Motion Sickness Fixes
p. 26

Beach First Aid
p. 24

Banish BO
p. 95

Sunscreen Savvy
p. 28

JUNE 2005

DISPLAY UNTIL JUNE 28

USA \$3.95 CANADA \$4.95



Health & Healing

wellness solutions from a natural perspective

supplements p. 87

system check p. 89

therapies p. 90

for men p. 92

remedies p. 95

herbs p. 96

tonics from the tropics

These exotic elixirs have gained many fans—and some scientific support—for their wellness claims.



tHE ADS PROMISE PARADISE in a bottle: “a wondrous sea plant” ... “the world’s most exotic fruit” ... “from uninhabited islands.” No wonder limu moui, mangosteen, and noni have become three of the most popular liquid supplements to wash ashore in a long while. Depending on which tonic you take, you may be able to benefit from nature’s bounty—but watch what you’re paying for packaging. Here’s a taste of the best-known brands of these exotic elixirs, along with a look at their prime ingredients.

tang of the sea

Despite the addition of organic mango and papaya purées, a briny ocean flavor prevails in **Original Limu** (thelimucompany.com; \$42 for 33.4 ounces), whose key ingredient is limu moui (*Sphaerotrichia divaricata*), a brown algae.

The dose 2 to 4 ounces daily.

The claims Improved immune function, restful sleep, increased energy and joint mobility, healthy levels of blood glucose and cholesterol.

healing supplements

The science Research confirms anti-viral activity in fucoidan, a polysaccharide found in limu moui. A study on mice, which appeared in the journal *Anticancer Research*, suggested that anti-tumor effects in fucoidan may be related to enhanced immune response. Another study, published in *Immunology*, showed that fucoidan blocks the activation of proteins associated with atherosclerosis, heart attack, and Alzheimer's.

The option "In Japan, where it's called kombu, brown algae is a very popular food, especially with the people of Okinawa, who are known for being long-lived," says Christopher Kilham, an ethnobotanist at the University of Massachusetts at Amherst and author of *Tales From the Medicine Trail*. "Follow their example and add kombu to soups and stews; look for it in health-food stores."