

better nutrition

October 2008

BETTERNUTRITION.COM

foods to

TAME PAIN & inflammation

10 ways to make ANTIOXIDANTS WORK HARDER

do you have adrenal fatigue? fight back with

ENERGY

chia seeds

NEW S

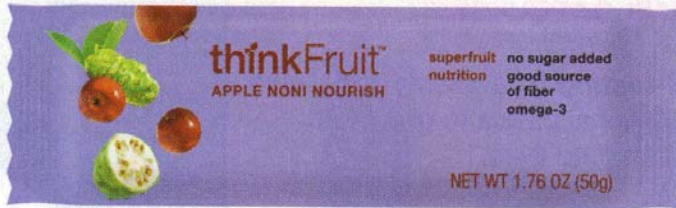
say yes

plus

secrets for in reverse



READY, SET, SHOP | FOOD



Think on-the-go goodness with **thinkproducts thinkFruit** bars.

Made with unprocessed nuts and

superfruits, each bar is gluten and soy free, high in antioxidants and omega-3s, and a good source of fiber. Choose from **Cashew Açai Protect, Chocolate Pomegranate Power, Peanut Goji Glow, and Apple Noni Nourish** (see more about the health benefits of noni on p. 24). You can also help support the fight against breast cancer by choosing the **thinkThin Pink Bar**, a sugar- and gluten-free treat that comes in **White Chocolate Raspberry, Peanut Butter Caramel, Blueberry Dark Chocolate, and Lemon Burst**. Ten cents from every thinkThin Pink Bar is donated to Susan G. Komen for the Cure.