

Experience Life

November 2010

# EXPERIENCE LIFE

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**LIFETIME**  
FITNESS

**HEALTHY EATING / WORTHY GOODS**

Impeccable choices that deliver extra flair and flavor.

# In Good Taste

## A Cut Above

The stunning good looks of this cutting board come from its source — the tropical teak tree, long treasured for the beauty and durability of its wood. Until recently, most of the world's teak was sourced from Myanmar, where old-growth forests are rapidly disappearing. But thanks to a company called Proteak, you can now get sustainably harvested teak from Mexico's Pacific coast. Teak makes an excellent chopping surface because the wood is hard enough to endure years of use, but not so hard that it will dull your knives. Proteak makes a variety of sizes and shapes to suit your particular needs, from end-grain chopping blocks to simple boards. This sturdy block is \$78; other prices range from \$12 to \$180. Available in a variety of home and kitchen stores; find your nearest source at [www.proteak.com](http://www.proteak.com).



## Pep Rally

Adding fresh ground pepper can bring out the best in almost any savory dish, reducing the need for added salt and adding dimension to healthy but simple foods like green salads, eggs and vegetable soups. **And these handy glass pepper mills from Frontier make the pleasures of fresh pepper portable. They're fitted with plastic grinders so you can add fresh spice at your leisure, whether you're sprinkling it on your soup at work or jazzing up your egg salad on a picnic. For now, though, experiment with these Frontier specialty blends, like black, green and red peppercorns or the citrusy pink peppercorn.** Find them at Whole Foods Market for about \$7.



## Gluten-Free Goodness

For those who've had their heart repeatedly broken by gluten-free pastas that promise miracles but deliver only mush, here's some good news. Tinkyada brown rice pastas are different — firm but not chewy, tender but not mushy, and equal in just about every way to their glutenous counterparts. Their mild taste and terrific texture make them a worthy partner to all your best sauces, and if wheat pasta often leaves you feeling bloated or sleepy, you'll notice how much more easily these pastas sit in your belly. Instead of searching for the nearest napping place after dinner, you'll feel full, satisfied and ready for action. Look for Tinkyada pastas at your local natural grocery. About \$4 for a 12-ounce package.



## Beyond Fair

Olive lovers will rejoice at the perfection of these tapenades — just olives and more olives in a jar, with nothing added to distract your happy taste buds. Use them to jazz up your salad dressings and pasta dishes, or smear them on fish or chicken with a squeeze of lemon for some simple culinary bliss. You can also enjoy the fact that the olives were sourced and processed by a fair-trade seed-to-sale organization in Argentina called Interrupcion, which works with local farmers to produce outstanding organic food and distribute the profits to much-needed projects in their community. One taste and you'll see that a fair price is a good deal for everyone. About \$4.50 a jar at natural-foods grocers, where you can find these and other Interrupcion products.

## Less Is More

*Living Without* magazine proves that a food sensitivity or allergy doesn't have to stand between you and a rich culinary life. Packed with simple, healthful recipes for gluten- and dairy-free delights, tips for navigating through various food-sensitivity situations, and up-to-the-minute allergy research, this is a terrific resource for living well without the foods that plague you. Visit [www.livingwithout.com](http://www.livingwithout.com) to subscribe. For more on gluten intolerance, see "Gluten: The Whole Story," page 41.

