

whole living

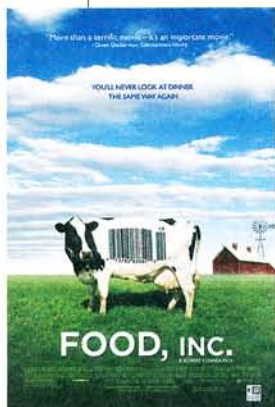
body + soul

whole living



A Must-See Movie

You'll never look at dinner the same way again. That's the goal and slogan of *Food, Inc.* (takepart.com/foodinc), the documentary by Robert Kenner, in theaters this month. In his eye-opening film, Kenner illuminates critical issues all across the food production spectrum: families that can't afford fresh fruit ordering from Burger King instead; farmers who are left with no choice but to



purchase genetically modified seeds or risk litigation from agrochemical companies; pitch-dark, overcrowded chicken coops and vast pork factories. The film also illustrates the devastating health effects of processed foods (corn syrup, anyone?) and connects the dots of how former corporate agriculture execs play puppeteer by infiltrating the very government regulatory agencies meant to protect our food supply. The systematic problems run deep; nevertheless, the film's message remains hopeful. If tobacco can have a backlash, the documentary theorizes, so can America's tainted food industry. All we need to do is band together to insist on better policies. This film shows how.

Bring Back ... the Jump Rope

For heart-healthy fitness, jumping rope is more than just child's play. In fact, go at it for 15 minutes and you'll burn roughly 125 calories—more than swimming, bicycling, or playing tennis for the same duration. It also improves agility, balance, endurance, and cardiovascular fitness. To find the perfect rope for you, hold the handles in each hand and step on the middle; the rope should reach your armpits.

Splurge or Steal: Rose

A rose is anything but a rose. Case in point: these two lotions. Both use antioxidant-rich rose extracts and oils that fight inflammation. But the cost is far from equal. You decide which one is right for you.



Rose Body Lotion by The Organic Pharmacy \$72.32, theorganicpharmacy.com (7 ounces) The Organic Pharmacy sources the Persian Rose extract from an Iranian village, where petals are hand-picked and distilled using mountain spring water. You need only a dab of this quickly absorbing lotion for full-body moisture.

Everyday Body Lotion in Rose & Chamomile by EO \$8.99, eoproducs.com (8 ounces) Save and still get nourishing benefits of rose essential oils, mango seed butter, and vitamins A and E. The company never uses synthetic colors, fragrances, or harsh chemicals, and packages products in recycled plastic bottles.

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