

MORE ENERGY IN MINUTES PAGE 70

whole living

body + soul

45 Super Foods for Long Life

Get healthy with the best diet on the planet

Curvy or Skinny?

The perfect fitness plan for every size

Scary Scents

Everyday home products could be harming you and your family

Arggh!

How to harness your anger and feel better



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## Overhaul Your Scents

Sniffing for alternatives to health-hazardous artificial fragrances? Try the naturally scented cleaners and beauty products below. Unscented goods steer clear of fragrance, while essential and other plant-derived oils please the nose in scented ones. Most products are available at natural-foods stores.

	SCENTED	UNSCENTED
LAUNDRY DETERGENT	 <p><b>NATURAL BLUE EUCALYPTUS &amp; LAVENDER DETERGENT</b> by <b>Seventh Generation</b> Your laundry will smell fresh, not cloying. \$10.99, seventhgeneration.com</p>	 <p><b>FREE &amp; CLEAR LIQUID LAUNDRY DETERGENT</b> by <b>Ecos</b> Gets the job done without scent; good for the fragrance-sensitive. \$6.79, ecos.com</p>
FACE CREAM	 <p><b>ROSE DAY CREAM</b> by <b>Dr. Hauschka</b> Rose hip and avocado extracts help nourish skin in this daily moisturizer. \$39.95, drhauschka.com</p>	 <p><b>ALMOND MOISTURE CREAM</b> by <b>Weleda</b> Relax skin with a combo of sweet almond and plum kernel oil in this gentle cream. \$20, usa.weleda.com</p>
BODY LOTION	 <p><b>JASMINE EVERYDAY BODY LOTION</b> by <b>EO Luxuriate</b> in this jasmine-scented moisturizer, also rich in vitamins A and E. \$7.99, eoproducts.com</p>	 <p><b>UNSCENTED VERY EMOLIENT BODY LOTION</b> by <b>Alba Botanica</b> Pamper dryness with aloe, chamomile, and green tea. \$9.95, albabotanica.com</p>
CANDLES	 <p><b>BEESWAX AROMATHERAPY PILLARS</b> by <b>Big Dipper Wax Works</b> Say hello to scent with candles in nine blends. \$19, bigdipperwaxworks.com</p>	 <p><b>PURE SOY PILLAR</b> by <b>Sunbeam Candles</b> Cool, clean, long-burning soy wax creates a pure, clean light sans scent. \$11.50, sunbeamcandles.com</p>
LIP BALM	 <p><b>BEESWAX LIP BALM</b> by <b>Burt's Bees</b> A touch of peppermint oil blends with honey-tinged beeswax for a tingly lip treat. \$3, burtsbees.com</p>	 <p><b>BASIS LIP BALM</b> by <b>Lavera Naturkosmetik</b> This moisturizing balm includes organic jojoba and shea butter to heal dry lips. \$5.90, lavera.com</p>
FABRIC SOFTENER	 <p><b>FABRIC SOFTENER</b> by <b>Ecover</b> The calming aroma of lavender creates a fabric softener that leaves clothes soft and sweetly scented. \$3.99, ecover.com</p>	 <p><b>NELLIE'S DRYERBALLS</b> by <b>Nellie's Laundry</b> These rubber balls soften clothes in the dryer without adding scent. \$19.99, nellieslaundry.com</p>
SOAP	 <p><b>INDIAN LEMONGRASS WITH ROSEMARY SOAP</b> by <b>Pangea Organics</b> Invigorate your senses as you bathe. \$8, pangeaorganics.com</p>	 <p><b>UNSCENTED BABY-MILD PURE-CASTILE SOAP</b> by <b>Dr. Bronner's Magic Soaps</b> Mild for sensitive skin, with vitamin E. \$5.75, drbronnerson.com</p>