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EYE REHAB

Salvage the skin around your eyes—often the first place your face shows signs of wear—and stay radiant with these all-natural tips and tools



1 At the start of your day, dab **Aubrey Organics Lumessence Rejuvenating Eye Crème with Liposomes** (\$23.50/0.5 oz.; aubrey-organics.com) around your eyes to nourish skin with deeply moisturizing, essential-fatty-acid-rich organic *Rosa rubiginosa* seed oil.

2 **Kimberly Sayer Cellular Extract Eye Lift Gel** (\$38/1 oz.; kimberlysayer.com) blends olive extracts and collagen-like plant proteins to replenish the skin in your outer-eye area, which is easily parched due to lack of oil glands.

3 Research suggests that white tea helps slow the activity of enzymes that damage collagen and trigger the formation of wrinkles. Find the tea in organic-herb-infused **Pangea Organics Turkish Rose & White Tea Eye Cream** (\$55/0.34 oz.; pangeaorganics.com).

4 For defense against next-day raccoon eyes—as well as irritation from makeup left on too long—whisk away mascara, eye shadow, and eyeliner with **Jurlique Eye Makeup Remover** (\$25/1.4 oz.; jurlique.com). It features hydrating botanicals, such as calendula and jojoba oils, along with naturally cleansing plant-based glycerin.

5 Smooth away fine lines in your sleep with **Jason Red Elements Lifting Eye Crème** (\$19.94/0.5 oz.; jason-natural.com), loaded with red tea extract to help combat chemical by-products that accelerate aging.

6 While getting plenty of sleep is essential to avoiding dark circles, you can also try camouflaging with **Mineral Fusion Under Eye & Face Concealer Duos** (shown in Neutral; \$30/0.11 oz.; gloskincare.com) to help brighten eyes. ●

PHOTOGRAPHY Mike Lorrig STYLING Jules Moore

DIY REFRESHERS

Treat your peepers to these at-home remedies from Julie Gabriel, author of *The Green Beauty Guide* and founder of the Petite Marie Organics skin care line.

For dark circles:

Grate a raw potato in a bowl, then use two cotton pads to soak up the juice, rich in the skin-lightening enzyme catecholase. Fold the pads in half, and place one under each eye; let pads rest there until completely dry.

For puffy eyes:

Brew a cup of black tea with two tea bags, then chill the bags in the fridge. Apply the bags directly to your closed eyelids, pressing slightly so that the antioxidant-packed tea penetrates your skin.

For fine lines:

Blend equal amounts of castor seed, pumpkin seed, and flaxseed organic oils, plentiful in nourishing and hydrating essential fatty acids. Each morning and night, dab a few drops around your eyes, avoiding the area near the lash line and making sure oil is absorbed. —E.B.



The Skinny on Essential Fatty Acids

Dr. Ohhira's balanced VEGAN alternative to fish oils



Dr. Ohhira's Essential Living Oils provide the beneficial essential fatty acids (EFA's) in an ideal balance of Linolenic Acid (Omega-3), Linoleic Acid (Omega-6), and Oleic Acid (Omega-9).

Essential fatty acids

- build hormones and maintain normal nervous system function*
- promote effective immune function*
- assure cell membranes do their crucial job, letting nutrients in and wastes out*



We need essential fatty acid supplements because our bodies cannot manufacture enough of them. All too often, our processed foods contain health-damaging fats and few of the beneficial fats.

Dr. Ohhira's Essential Living Oils were created after extensive research by Dr. Ohhira, a renowned Japanese scientist. Eight high-quality plants and seeds were carefully selected to provide important fatty acids that support optimal health to the cells, which in turn build optimum organ function.*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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