

natural

LIVING WISELY » LIVING WELL

HOME[®]

*Green Your Home
on any budget*

TREASURE HUNT

Shabby Chic's Rachel Ashwell
Shares Her Secrets

BATHROOM MAKEOVER

Natural & Nontoxic

HEALTHY ESSENTIALS

Every Medicine Cabinet Should Have

BRIGHTEN YOUR LIVING SPACE

No Remodel Required



SEPTEMBER/OCTOBER 2010

\$5.99US



www.naturalhomemagazine.com

18 Essentials for Your Medicine Cabinet

These natural products and herbal treatments will help keep your family healthy and happy.



- ALL NATURAL ORANGE VANILLA HAND SANITIZER
CleanWell
1-ounce spray: \$3
www.cleanwelltoday.com

- BIOACTIVE BERRY WHITE PEAT EXFOLIANT
Red Flower
14.5-ounce jar: \$62
www.redflower.com

- CERTIFIED ORGANIC COTTON TAMPONS
Natracare
20-count box: \$7 to \$8
www.natracare.com

- NATURAL HEMP OIL ROLL-ON DEODORANT
Lafes
3-ounce bottle (scented and unscented): \$8
www.lafes.com

- HIMALAYAN GERANIUM & POMEGRANATE BALANCING OIL
Pangea Organics
1-ounce bottle: \$50
www.pangeaorganics.com

- ULTRA MOISTURIZING SHAVE CREAM
EOS
7-ounce bottle: \$5
www.evolutionofsmooth.com

- VANILLA BEAN CLEANSING MOUSSE
derma e
6-ounce bottle: \$15.50
www.dermae.net

- PRESERVE TRIPLE RAZOR
Preserve Products
Recycled plastic razor (two blades): \$9
www.preserveproducts.com

- INFUSED SALT RINSE
Baraka
4-ounce glass jar: \$12
www.sinussupport.com

- NETI POT
Baraka
Handcrafted, lead-free ceramic pot: \$17
www.sinussupport.com

- ORIGINAL BLACK ELDERBERRY IMMUNE SYSTEM SUPPORT
Sambucol
4-ounce bottle: \$13
www.sambucolusa.com

- SPF 30 NATURAL MINERAL SUNSCREEN
John Masters Organics
2-ounce glass pump bottle: \$32
www.johnmasters.com

- CERTIFIED ORGANIC TEA TREE ESSENTIAL OIL
Mountain Rose Herbs
1-ounce bottle: \$9
www.mountainroseherbs.com

- ECHINACEA 125 MG STANDARDIZED 4%
NOW Foods
Bottle of 60 Vcaps: \$10
www.nowfoods.com

- MR. FIX IT ANTIMICROBIAL WOUND RESCUE SILVER GEL
Jack Black
1-ounce bottle: \$20
www.getjackblack.com

- RECYCLED PLASTIC TOOTHBRUSH
Preserve Products
Single toothbrush: \$3
www.preserveproducts.com

- BASIS TOOTHPASTE
Lavera
2.5-ounce tube: \$7
www.lavera.com

- ORGANIC PIMA COTTON FACE TOWEL
Native Organic Cotton
13-by-13-inch face towel: \$6
www.nativeorganic.com

PHOTO BY POVY KENDAL ATCHISON

Tea Time

Instead of reaching for conventional cold and cough medicines, try drinking a cup of tea to soothe or prevent minor ailments.



NUMI ORGANIC TEA'S PUERH, an ancient healing tea, is a smooth, rich native Chinese tea often pressed into "bricks" or "tea cakes" after a 60-day fermentation period.
2.2-ounce tea brick: \$13
www.worldpantry.com



YOGI ORGANIC TEA has specialty-blend teas for a wide variety of health needs, from stomach aches to sore throats.
Box of 16 tea bags: \$5
www.yogiproductions.com



CHOICE ORGANIC TEA'S fair-trade, organic, caffeine-free Chamomile Citrus helps calm anxiety and soothe upset stomachs.
Box of 15 tea pyramids: \$6.50
www.choiceorganicteas.com