

MORRIS EDITION

yourhealth MONTHLY

AUGUST 2010

4
Steps
to Make
Your
Medicine
Cabinet
Safe

**DON'T
TOUCH
THIS!**

Surprising Places
Where Germs Lurk

4 Non-Pill
Alternatives
For Pain
Relief

DRESS UP
FOR A BETTER
WORKOUT

**DOES YOUR
NECK REVEAL
YOUR AGE?**

3 WAYS TO ERASE YEARS

Sensible & Satisfying

Outwit your cravings. These tasty snacks deliver
without the guilt. BY SHANNON SPENCE

FUN FINDS



SEAWEED SNACK CHIPS

Great as a salad
topper, these
100-percent-natural
chips are low in
calories and come
in a resealable
pouch for longer-
lasting freshness.
stashtea.com,
\$3, 0.74 ounces



BORA BORA BARS

Inspired by the
culture, tastes and
spirit of Bora Bora
island, these bars
are all natural,
certified organic
and preservative-
free. Vegan and
gluten-free varieties
available. [borabora-
foods.com](http://boraborafoods.com), box of
12 is \$23.88



NATURAL BAKED CHIPS

Super-crunchy,
wheat-free
snacks made
with all-natural
ingredients
and no MSG or
hydrogenated
oils.
[naturalsnacks.
com](http://naturalsnacks.com), 99 cents,
0.83 ounces

HONEY LOVERS

These jelly-beansque fruit
chews are made with real honey
and are high in vitamin C. A
portion of proceeds go to save
honeybees. candydirect.com,
\$3.29-\$3.79, 10-13 ounces



ALMONDINA COOKIES

These thin,
crunchy cookies
are cholesterol-
free with zero
preservatives
and no added
fat or salt.
almondina.com,
\$3.49,
4 ounces



NATURAL VINES LICORICE

This all-natural
timeless treat is
preservative-free
and tastier than
ever. [candycabi-
net.com](http://candycabinet.com), \$3.49-
\$3.59



GARDEN VEGGIE STRAWS

All natural with
no trans fat,
preservatives or
cholesterol, these
crunchy treats come in
several tasty varieties.
sensibleportions.com,
\$24 for box of 24



NUTURIUS NUT CONFECTIONS

Full of omega-3, all-
natural ingredients
and zero trans fat,
these nut combina-
tions will make you
nutty for more.
Flavors vary.
[nuturiousstore.
com](http://nuturiousstore.com), \$8.49,
8 ounces



PEELED SNACKS

These organic,
individually
packed fruit
peels deliver
vitamins, min-
erals and a
full serving of
fruit. [peeled-
snacks.com](http://peeled-snacks.com),
\$17.99 for
pack of 10
individual
bags

PHOTO BY TONY MARINELLA