

DOES BEAUTY COME FROM THE INSIDE-OUT OR OUTSIDE-IN? FIND OUT HERE!

VIBRANT HEALTH

BALANCED

natural SOLUTIONS

23

HEART
HEALTHY
FOODS

SPIRULINA:
THE AZTEC
MULTIVITAMIN

4

**STEPS TO
CURE THE
COMMON
COLD**

6

**OFTEN-MISSED
SIGNS OF A
HEART ATTACK**

+ *Beat the cold!*
**6 HEARTY AND
HEALTHY SOUPS**

TOP FOOD
TRENDS FOR
2014

New Sources of
Omega-3s



NATURALSOLUTIONSMAG.COM
ISSUE 160 | FEBRUARY 2014 | \$5.99

Julia Mancuso

ON BEING IN OLYMPIC SHAPE





Bobo's Oat Bars

Get ready for Bobo's Oat Bars! These moist and delicious homemade bars are made with non-GMO, natural, and organic ingredients and are available in ten flavors, including four gluten-free flavors. // \$29-\$38, 12 bars, bobosoatbars.com



Gourmet Cheesecake Bar

Advanced Nutrient Science International is proud to present Gourmet Cheesecake Protein Bars. Each soft-textured bar has 20 grams of isolate protein and is sweetened with stevia. This low-carb bar contains no soy protein. // \$29, 12 bars, nutrient-science.com



RW Garcia

Enjoy RW Garcia's Tortatos, a potato chip that's like a tortilla chip. Made with red potatoes and corn, Tortatos are gluten-free and non-GMO. Perfect for a variety of dips, they are available in four different flavors. // \$3, 6 oz, rwgarcia.com



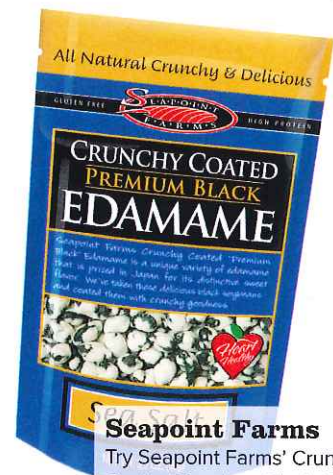
Crunchmaster

Crunchmaster's Multi-Seed Crackers are lightly seasoned with roasted garlic but also gluten- and cholesterol-free. Enjoy as a lunch, side, or a snack before the main meal. // \$9, 2 pack, crunchmaster.com

on the go

Healthy Snacks for Busy People

No need to drop everything to make a healthy snack. As companies continuously work on tailoring their product to the mainstream, they work hard to make sure you're getting the best snack for the on-the-go lifestyle. Choose to grab any one of these great options before heading to that gas station in between work and picking up the kids' hand.



Seapoint Farms

Try Seapoint Farms' Crunch Coated Premium Black Edamame for a different kind of snack. They are gluten-free, heart healthy, non-GMO, and packed with protein. Try them out on your next snack break. // \$2, 3.5 oz, seapointfarms.com



Cocomo Joe Joebar

Cocomo Joe now offers Joebars, a great way to stay healthy while on the go. Each bar contains maca root to help regulate energy and metabolism levels, as well as chia seeds to help with digestion. // \$33, 12 bars, cocomojoefoods.com



Movit Energy Gummies

For maximizing endurance and minimizing fatigue, take Movit Energy Gummies. These chewable gummies are filled with nutrients to increase stamina, strengthen your body, and help you focus mentally. // \$17, 12 count box, movitenergygummies.com



Lundberg Family Farms

If you love the taste of a smoky BBQ, try Lundberg Family Farms Redwood Smoky BBQ. These multigrain chips are made with organic grains, seeds, and beans, making for a healthy gluten-free snack. // \$3, 6 oz, lundberg.com