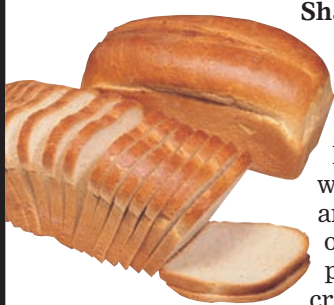


Works for Me



Shake Better Crumbs The one thing my family and other relatives have been getting from me lately is home-made bread crumbs. I started making my own when I started reading the labels on bread crumbs at the store. I was amazed at the amount of sodium and sugar. The Vigo brand had 520 mg. of sodium and 2 g. of sugar – just in plain old bread crumbs! Making the crumbs is simple – just store and dry out

any type of bread or freeze it in freezer bags. When ready, put through a food processor until smooth. Let air dry a bit more and then store. No extra sodium or sugar needed!

-Cindy Torp, Des Plaines

Tried and TRUE! When I got sick of not being able to fit into my jeans and designer clothes, I finally became determined to lose weight. I chose to follow a plan of eating 4-6 meals which was a challenge because I work fulltime, go to the gym after work and am exhausted by the time I get home. The only time I have to prepare meals is Sundays, so now I spend most of every Sunday cooking the foods for the week and packing them away in freezer bags and storage containers.



I really do find this extremely helpful because it makes my weekday life so much easier. Each morning, I just grab a container and go! I have been doing this for three months now and my clothes are getting looser, soon I'll be able to wear my jeans again!

- Michelle Haskins, Waukegan

Root Remedy In between colorings at the salon, I use Nice 'N Easy's Root Touch Up. Depending on where you get it (any drug store), it averages about \$7.00 retail and comes in big variety of colors. Everything you need comes in the box: mini color tube, color activator, tray, brush and gloves. Just mix it up and apply with the little brush where your roots are the most visible, crown, temples, parting etc.



Leave it in for about 10 min and wash it out – the whole process takes about 15 minutes. It works amazingly well and gives you at least an extra 2-3 weeks before salon re-coloring.

- Aileen Bailitz, Corta Madera, CA.

Cheesy Tips I don't know about you, but it seems to me that every bag of shredded cheese I open lately grows moldy immediately – whether I use the zipper locking kind of package or not. I asked Registered Dietitian and Chef, Cheryl Bell, for her thoughts on the matter; here's what she said: *When you open a bag of shredded cheese you introduce oxygen and moisture, which are needed for mold growth. Shredded cheese has more surface area available for mold to develop, whereas a solid block of cheese only has the exterior of the cheese available for development of mold. Harder cheeses have a longer shelf life than soft cheeses. Again it's an issue of moisture content. When cheese is on sale I stock up and throw it in the freezer. Freezing the cheese may make it more crumbly or mealy, but if you are melting it won't be an issue.*



I also asked her about using waxed paper to prolong shelf life... *Yes, wrapping cheese in wax paper and then in a Ziploc bag (with as much air removed as possible) does extend the shelf life. Wax paper is not moisture proof, so the extra covering with the plastic bag helps. Remember, mold on a cheese does not mean that it is spoiled. For bricks and wedges, just remove approximately 1/2" from each moldy side of the cheese before using.*

Can't wait to try the freezing technique! Thanks, Cheryl.
-JJ Rusch, CWM Publisher

What things do you do for yourself to make life just a little bit easier? Let us know! Email your tried and true tricks, tips and traditions to: jj@chicagowellnessmagazine.com

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When you understand that your disappointment in another's behavior or choices always stems from their immaturity, or yours, rather than their unkindness, or yours, it becomes much harder not to keep skipping through life, giddy with joy, smelling the flowers. Moreover, when you understand that with enough maturity on your end you can always find peace in all of your relationships, it becomes much harder not to run down the street kissing everyone you meet on both cheeks.

- The Universe at tut.com