Cleansing is one of the most important steps—and usually the most overlooked—when attempting to lose weight, shape the body, trim the waistline, relieve bloating, improve the digestive and elimination systems, restore regularity, improve health problems and achieve optimum health.

One of the only effective ways to eliminate this “buildup” and toxins is to use a cleansing supplement and follow a healthy eating program. Sculpt n’ Cleanse is the most effective colon cleansing supplement available, easy to use, and safe and gentle on your system.

Sculpt n’ Cleanse can help:
- Support weight loss programs
- Flatten the waistline
- Relieve occasional constipation and restore regularity
- Relieve bloating

Read more on the benefits of cleansing and Sculpt n’ Cleanse on page 9 of this issue.
fennel-quinoa tabbouleh

Serves 8

Fennel's sweet anise flavor gives traditional tabbouleh a light twist. Excellent served warm or at room temperature.

Salad:
1 cup quinoa, rinsed and drained
¼ cup white rice
1 fennel bulb, diced (about 1½ cups)
1 Tbs. olive oil
20 cherry tomatoes, halved
4 green onions, sliced
2 Tbs. fennel fronds, chopped

Dressing:
2 Tbs. lemon juice
2 Tbs. olive oil
Salt and pepper to taste

1. To Make Salad: Put quinoa and rice in saucepan; stir in 3 cups of water. Bring to a boil, then reduce heat to medium low. Cover, and simmer 18 minutes, or until all water is absorbed. Cool.

2. Sauté fennel in olive oil in large skillet over medium heat 5-7 minutes, or until just tender. Remove from heat. Season to taste with salt and pepper.

3. Combine quinoa, rice, fennel, tomatoes and green onions in large bowl. Will keep in refrigerator for 3–4 days.

4. To Make Dressing: Whisk together all ingredients in small bowl, and add to quinoa mixture. Garnish with fennel fronds, and serve.

PER SERVING: 185 CAL; 4G PROT; 6G TOTAL FAT (1G SAT FAT); 28G CARB; 0MG CHOL; 381MG SOD; 3G FIBER; 1G SUGARS

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving</th>
<th>1 cup fennel bulb, sliced, raw</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>27</td>
</tr>
<tr>
<td>Total fat</td>
<td>0.5g</td>
</tr>
<tr>
<td>Fiber</td>
<td>2.7g (10.8% Daily Value, DV)</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>10.4mg (17.4% DV)</td>
</tr>
<tr>
<td>Potassium</td>
<td>360mg (10.3% DV)</td>
</tr>
<tr>
<td>Bonus</td>
<td>Very good source of phosphorus, folic acid, magnesium, iron and calcium.</td>
</tr>
<tr>
<td>Availability</td>
<td>Year-round but peaks autumn through early spring.</td>
</tr>
<tr>
<td>Storage</td>
<td>Use as soon as possible, may store in refrigerator crisper drawer for 3–4 days.</td>
</tr>
<tr>
<td>Fun fact</td>
<td>In Greek mythology, the fennel stalk was said to be the carrier of coal, vital for the passing of knowledge from gods to man.</td>
</tr>
</tbody>
</table>

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