Lumia Organic has pioneered a new category for organic products: CANDLES! Most candles are made of paraffin, a residue from crude oil refining, and burning paraffin produces harmful chemical vapors and soot. However, soy, palm, and other vegetable oils can be made into wax that burns cleanly. Since commercial soy wax is made with GMO soybeans, Lumia Organic has made their own wax from Certified Organic soy, palm, and other vegetable oils. Using organic wax candles supports sustainable, organic agriculture—better for the environment and better for your health. These candles are always made with pure essential oils, never synthetic fragrances. Available in stores or visit www.lumiaorganic.com. Please see the ad on page 7.

Organic Maca
from Maca Magic
Murphy, OR

Maca is a super-food, grown by the Inca of Peru. It fuels the endocrine system and balances hormones. Maca alkaloids fortify the adrenal, hypothalamus and the thyroid by enabling these glands to start a free flow of natural youth hormones. Maca Magic" Powder and Liquid Extracts are emerging as one of the best alternatives for women’s hormone replacement therapy, by reducing symptoms of PMS, hot flashes and low libido, all without atrophying the glands or creating dependence as some medications can do. Many men report revived sexual abilities and stamina, making “60 feel like 16 again.” In stores or call (541) 846-6222 or visit www.macaorganic.com. Please see the ad on page 6.

Organic Medicinal Mushrooms
from Mushroom Science
Eugene, OR

Mushroom Science has been manufacturing guaranteed potency mushroom extracts since 1994. Using hot water extraction, as recommended in Chinese herbalism and the scientific literature, each individual extract is formulated with two goals: Delivering the complete essence of what made each mushroom valuable in traditional herbalism; and delivering guaranteed levels of all the active compounds identified and studied in the supporting research. Mushroom Science also lists the exact potency on every supplement label, ensuring that these supplements deliver the maximum health benefit each medicinal mushroom has to offer. Available in stores or visit www.mushroomsScience.com. Please see the ad on page 7.

Organic Flax Crackers
from Foods Alive
Waterloo, IN

Foods Alive proudly offers Golden Flax Crackers, with three powerful health benefits: the omega-3 EFAs your body needs for a healthy heart, a high amount of body-cleansing fiber and the all-important lignans, to promote normal blood sugar levels and protect against cancer. Try every flavor: Regular, Onion Garlic, Italian Zest, Mexican Harvest, Maple & Cinnamon, BBQ and Hemp. High in dietary fiber, wheat and gluten free, with over 10 vitamins and minerals—they are a perfect replacement for chips and a wonderful substitute for croutons on your salad—or any other way you invent to enjoy their great taste! Organic Flax Oils also available. In stores or for more info call (260) 488-4497 or visit www.FoodsAlive.com. Please see the ad on page 8.