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Health

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natural
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Page 76

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Page 45

**SLEEP
GREAT!**

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surprising
herbal
secret

Page 79

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America's
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restaurants

Page 165

Top 3
anti-aging
tips

Page 26

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Melissa Etheridge's green makeover

After learning about our planet's problems, the chart-topping musician and mom switched to an ecofriendly lifestyle. Here's her no-hassle approach.

BY JENNIFER GRAHAM KIZER

“I used to try to recycle my plastic a bit,” Melissa says. “But after seeing a presentation by Al Gore three years ago, I decided to *really* make a change. When people are considering being ecofriendly, they think, ‘I’m gonna have to give up things.’ But it’s not true. I don’t feel like I do without at all.”

➤➤➤ I use Seventh Generation biodegradable, nontoxic laundry and dishwashing detergents. People don't realize that **every time they wash dishes, chemical detergent can go into the ground and surface waters** and affect the ecosystem. The products I use don't break down the environment.

➤➤➤ I love **Prescriptives products** because they're gentle on my skin. My favorite is the **Comfort Cream** (\$38.50; www.prescriptives.com).



➤➤➤ For the twins, I use **Seventh Generation diapers**, which are brown and look kind of like a paper bag. But they fit well, and they're made from chlorine-free materials.

➤➤➤ I drive a **diesel Excursion**. It's the hugest SUV, and I run it on 100 percent biodiesel fuel. A guy comes by and fills up the gas tank right in my garage.

➤➤➤ After going through breast cancer, I realized I had to eat what I call closer-to-the-ground foods. **The bulk of my family's diet is fruits and veggies straight from my garden** or local farmers' markets.

➤➤➤ I use canvas bags for grocery shopping and trips to the mall. **I think the world is at a tipping point right now.** People say it costs so much money to buy organic. But the more people buy it, the more the prices will come down.