Lasting relief from back pain and PMS SLEEP

The new natural way to lose weight

YOU STRESSED?

This trick will change your life

Walk off stubborn lbs fast!

Gorgeous skin in just 1 minute

GREAT!

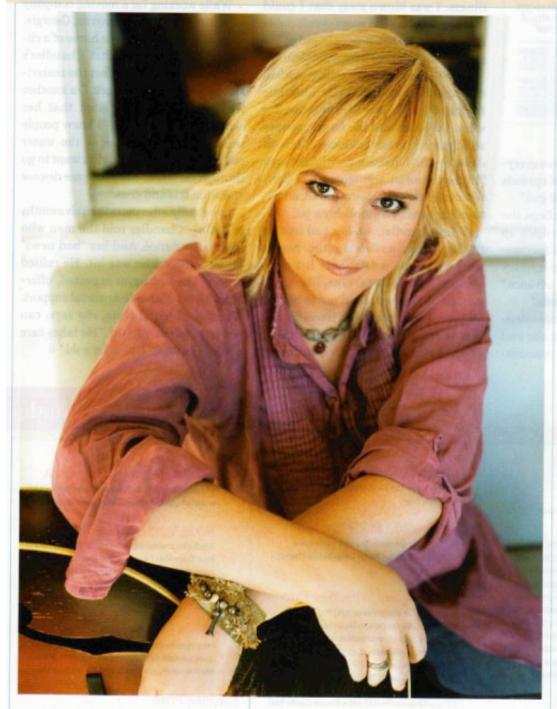
The surprising

herbal secret Page 79

EXCLUSIVE! America's healthiest restaurants Page 165

Top 3 anti-aging

Curb your cravings
These drinks really work



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.

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-tothe-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.