

LOSE 10 LBS THIS MONTH! p. 41

JUNE 2009

Health

#1
ANTI-AGING
SECRET
p. 22

**EAT
YOUR
WAY
SLIM**

7 amazing
foods that
BURN FAT

**[SKIP THE DOC!]
BEST-EVER
HOME REMEDIES**

**Shrink
Your Belly**
IN JUST 9 MINUTES

**SLEEP
GREAT
ALL
NIGHT**
p. 98

THE NATURAL
CURE FOR
CELLULITE

*Brooke
Shields*
Shares her
surprising new
stress-busting plan

**GORGEOUS
SKIN!**

**24 BUYS
YOU'LL
LOVE**
[We tested
them]



Health.com

best in HOME

FROM A TOUGH ALL-NATURAL CLEANER to kitchen tools that help you cut the fat, these products make it easier to live healthy. —Elizabeth Roehrig

kitchen gadgets

Small appliances

Fagor 3-in-1 Electric Multi-Cooker (\$119.99; Amazon.com) Three cheers for this multitasker that's a rice cooker, slow cooker, and pressure cooker in one. "Anytime I can maximize a gadget to save money and counter space, I'm in heaven," judge Jill Davie says. She loves it for cooking whole grains like millet, faro, and brown rice, or to plump up dried beans.

Hamilton Beach Big Mouth Deluxe Food Processor (\$69.99; HamiltonBeach.com) This food processor stood out for its generous feed tube, which fits whole veggies. "Other processors require precutting, but this one saves you that step," Davie notes. "You can whip up big batches of fresh salsa, sauces, or soups fast."

Cookware

Cuisinart GreenGourmet 12-inch skillet (\$69.95; Cuisinart.com) A non-stick skillet is a must-have for low-fat cooking, Davie says. This skillet is free of potentially-harmful PTFE (a.k.a. Teflon) and PFOA chemical compounds. "Its ceramic-based coating seems to be just as good, so you can still cook with less oil without burning your food," she says.

towels

Hotel Collection Organic Towels (\$10 to \$50; Macys.com)

Wonderfully plush, these organic-cotton towels aced the "feel test" and got even softer after washing, judge Sarah Barnard says. And they're made with all-natural vegetable dyes. "I love that they're truly chemical-free," she notes.

The judges

Kitchen gadgets: **JILL DAVIE** is a Culinary Institute of America-trained chef and the host of Fine Living Network's *Shopping With Chefs*.

Towels: **SARAH BARNARD**, an L.A.-based Leadership in Energy and Environmental Design-accredited interior designer, focuses on healthy living and green design.

Cleaning products: **RENEE LOUX** is the host of Fine Living Network's *Easy Being Green* and author of *Easy Green Living*, a guide to an eco-friendly life.



cleaning products

Bathroom cleaner

Ecover Bathroom Cleaner (\$5.50; HerbTrader.com) Ecover, a plant-and-mineral-based formula, got top marks from judge Renee Loux for erasing stubborn sink and shower scum without a lot of elbow grease. She just sprayed, let it penetrate, and wiped—with spotless results. "Waiting a couple of minutes allows the natural surfactants and enzymes to go to work and break down scum" Loux says.

Glass cleaner

Terracycle Natural Window Cleaner (\$2.99; Terracycle.net) Terracycle's biodegradable, nontoxic formula cut through grimy residue on mirrors and windows to leave them squeaky clean. "I'd known of this company only for its garden products, so I was pleased at how well it worked. It didn't leave streaks behind," Loux says. She also appreciated the recycled packaging.

All-purpose cleaner

Caldrea All-Purpose Cleanser in Sea Salt Neroli (\$12; caldrea.com) Put to the test on countertops, bamboo and tile floors, and a dirty door jamb, Caldrea's plant-derived formula was hardworking yet gentle enough for painted surfaces. It's concentrated, so just ¼ cup mixed with 1 gallon of water goes a long way. Loux loved the lemon verbena, neroli, and cardamom scent, too. "It's like aromatherapy while you're cleaning," she says. ●



Styling: Wicky McCarty; Makeup: Susannah Katz for Karamell + Karamell; Hair: Brian Heine; Towel Styling: Brittni Bala